



# Recipes of homemade dishes in ASEAN countries



# Nasi Lemak MALAYSIA

# (For 1~2 servings) [Ingredients for the rice]

- ·1 cup of rice (Indica rice)
- 1 onion (finely chopped)
- ·1 cup of coconut milk
- ·1 cup of water
- ·a pinch of salt

# **(Ingredients for Sambal** (hot chili sauce)

# [Ingredients A]

- ·1 onion (cut into wedges)
- •a clove of garlic
- ·a piece of ginger (sliced)
- ·a splash of water

# [Ingredients B]

- ½ onion (finely sliced)
- ·2 tbsp of chili paste
- ·1 tbsp of tamarind juice (if not available, use lemon juice instead)
- ·a pinch of salt
- •a pinch of sugar

# [Garnishes]

- 1 boiled egg
- ·½ cucumber (sliced)
- peanuts
- cherry tomatoes
- lettuce

03

# Comments from us

Nasi Lemak is the national dish in Malaysia. but it's popular in other ASEAN countries as well! The rice cooked with coconuts smelled sweet while cooking, so it made us feel hungry! The sweet rice goes well with the spicy sauce, sambal. We also recommend trying

garnishes such as salad and a boiled eag with **sambal**. This sauce complements them perfectly.

# Steps

Step 1: To prepare the coconut rice, place coconut milk, water. ginger, onion, and rice in a medium saucepan, and stir them over medium heat for 20 min.

Step 2:

Remove from the heat and leave it for another 10 min.

# Step 3:

To prepare sambal, blend ingredients A together in a food processor until smooth.

# Step 4:

Add oil to a pan and lightly fry the blended ingredients A until aromatic (about 1 to 2 min).

## Step 5:

Add 2 tbsp of chili paste and cook for 10 min.

Step 6: Add ingredients B and stir until onion become soft (about 5 min).

# Step 7:

Serve the coconut milk rice on a plate and place sambal, a boiled egg, sliced cucumber, peanuts, cherry tomatoes, and lettuce around the rice. Now you can dig in!

# Comments from us

**[Filling]** 

·l egg

250g minced pork

 $\cdot\frac{1}{2}$  onion (finely chopped)

·2 tbsp of oyster sauce

·a pinch of sugar

•a pinch of pepper

 $\cdot\frac{1}{2}$  tbsp of sesame oil

·1<sup>1</sup>/<sub>2</sub> tbsp of cornstarch

[Loh Bak skins]

•oil for deep frying

·cherry tomatoes

fryer.)

lettuce

•a pinch of salt

It's really important to deep-fry Loh Bak until golden brown and crispy! It tasted a little sweet because we used cinnamon instead of five-spice powder. Personally. we recommend trying Loh Bak after dipping them in sambal (see p.3) 🕽

 $\cdot$ 75g iicama (if not available, use  $\frac{1}{2}$  potato)

 $\cdot\frac{1}{2}$  stalk of green onion (finely chopped)

[Seasonings for the Filling]

·1 tbsp of five-spice powder (if not available,

·10 spring roll skins or dried bean curd skins

(The top of the cooking oil should come up

to 3 to 3.5cm from the bottom of the deep

(if **Loh Bak** skins are not available)

[Garnishes (to your liking)]

use curry or cinnamon powder)

2 cloves of garlic (finely chopped)

finely chopped & excess moisture removed

# Loh Bak MALAYSIA

# **Steps**

Step 1: Place all the ingredients and seasonings for the fillings in a bowl and mix them well.

Step 2: Leave the filling in a fridge for 30 min.

Step 3: Wrap the filling with a skin of your choice.

Step 4:

Pour the cooking oil into the fryer, start deep frying the rolls at a low temperature, and wait until they turn golden brown.

## Step 5:

Turn up the heat and fry them a little more before removing them from the oil. (Be careful not to burn them!)



Step 6: Serve them with garnishes of your choice.





# Feel ASEAN at restaurants in Sakai!

# Punonpen



The Owner: Mr. Kohei Hirano

> What are you committed to when it comes to cooking?

I make sure that I buy ingredients directly from the producers: for instance, pork from Kagoshima, tomatoes from Kumamoto, celery from Nagano and Shizuoka, and garlic from Aomori. I'm also committed to using pesticide-free vegetables. For example, I grow Chinese cabbage called bok choy. In addition, I spent three years developing spicy noodles. I'm particular about every ingredient. After graduating college, I worked at a production technology department in a company. However, I quit my job because I wasn't good at work involving lots of details. Then I had some training at a restaurant. There, I learned to think outside the box and have different viewpoints, and I applied this way of thinking to menu development. I then opened the restaurant "Punonpen," named after the capital of Cambodia, "Phnom Penh."

Why did you open

the restaurant in Sakai?

<u>Who would you like to</u> recommend your restaurant to?

I'd say anyone who is over 10 or 11 years old would enjoy my food. I think young children may find my food a bit hot and spicy as it uses chili peppers. In my opinion, love and food are important for the growth of children. So, I'd like them to come and enjoy my food when they' re older and able to appreciate spicy food.

> <u>Where are your</u> customers from?

Many of them are from South Korea, China, and Vietnam. I think my food matches their taste buds. There are quite a few customers who come to my restaurant by word of mouth. We' re so close to each other that we know about each other's family.





Punonpen

I1:00 AM ~ 7:00 PM

II:00 AM ~

Here, you can enjoy reading many magazine articles and information about TV programs in which this restaurant was featured! You can also see the photos of Japanese

celebrities who have visited here. Why not find out about who has eaten "Punonpen?"





1. 210F



bortion with lots of vegetables.

# Punonpen Soba

This is the dish that Mr. Hirano is most proud of. He is particular about everything that his customers eat— from ingredients to noodles. According to him, "Once you try it, you' II be hooked for life!"



# Roast Pork

Mr. Hirano cooks roast pork a couple of times a day. Why not try them as a topping on Punonpen Soba?

# Feel ASEAN at restaurants in Sakai!

# Sri-thai

The Owner: Ms. Chumlue Chayanan

> Please give a message to readers. People who have never

tried Thai food before, as well as those who love it, will be most welcome to "Sri-thai" ! I'd like you to experience my Thai dishes. I'm looking forward to your visit.

07

<u>Why did you open</u> <u>the restaurant in Sakai?</u>

I'm from Thailand, and I came to Japan when I got married to my Japanese husband. Since then, I've lived in Sakai, which is his hometown. There were no Thai restaurants nearby, so I'd like people in Sakai to enjoy Thai food. That's why I opened the Thai restaurant "Sri-thai."



I'm particular about using authentic ingredients like lemongrass, galangal, and kaffir lime leaf. This restaurant is in Sakai, but here, you can feel as if you'd traveled to Thailand. You can take in many healthy nutrients at once because Thai food uses lots of herbs and vegetables.

Sakai is a convenient city because it has a good public transportation system and many shopping streets. As the city has a relaxing and calm atmosphere, I can spend my time peacefully. Also, local people visiting this restaurant are very kind, so I always enjoy communicating with them.

What do you think about Sakai?





Ms. Chayanan's Recommended Dishes

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Sri-thai (P) Lunch 11:30 AM ~ 2:30 PM Dinner 5:00 PM ~10:00 PM Lunch 1,210 yen~ Dinner 3,000 yen~ 1F Tsujino Building, 1-1-21 Minamihanadaguchicho, Sakai Ward, Sakai, Osaka For access, please check the map here: **)** 072-222-6766 **RESERVE** Available CARD VISA, Master, JCB ¥ Not available Available Sri-thai Map 🖵 Japanese, Thai **SNS** HP (https://srithai-sakai.jimdofree.com/) Instagram(@srithai thairestaurant)

Beloved by local and non-local people alike, "Sri-thai" is the only authentic Thai restaurant in Sakai. Why not try their dishes with authentic flavors? You'll surely feel as if you were visiting Thailand!

again and again!

### Tom Yum Kung

Made with carefully selected local ingredients, their tom yum kung will instantly take you on a journey to Thailand.



Pad Thai

Its authentic and mild taste matches the taste buds of the Japanese. Pad thai is a much-loved fried noodle dish, popular in Thailand.

# Asian • Ethnic Souvenir Shop RAKUDA

## Could you tell us your feelings for Asian ethnic handmade goods?

We sell handmade soods and clothes which we purchased in Thailand and other countries in Southeast Asia. I especially like ethnic costumes with embroidery as well as reworked pouches and accessories made from such costumes. We can set anything easily these days, but I think "throwing things away when you get bored with them" is MOTTAINAI. So, I really want you to take care of each handmade item and use it for a long time. Don't you think worn-out materials and uneven colors are also the special features of handmade soods? We found lots of reworked items in these countries, so I want customers to share such values and passion of those who handcraft items.

#### Please give a message to readers!

I'll be very happy if visiting this store will trisser your interest in Southeast Asia. Sakai is packed with history and energy, and here, I can feel a connection with various customers, and that makes me feel really comfortable. RAKUDA is also a place where I can communicate and interact with my neighbors. I'll be happy if you drop in for a chat! You are more than welcome to ask me about trips to Asian countries and situations over there or ask for my advice on these things!





## (P) 11:30 AM ~7:00 PM CLOSED Wed, Sun, & other select days 👗 1,000~2,000 yen For access, please check the map.

- 1-1-12 Kurumanochohigashi, Sakai Ward, Sakai, Osaka
- Not available Available with translation app.

**RESERVE** Not required

HP https://blog.goo.ne.jp/irokuni-rakuda

[CARD] VISA, Master, JCB, AMEX, Diners club, Discover, 銀聯

¥ PayPay, au PAY, メルペイ, d払い, LINE Pay, 楽天ペイ

## 

# We are members of the Inoue seminar.

#### About us

In our "SAKAI TSUNAGARU ASEAN Project," we have been promoting Sakai through our brochures and social media with support from ASEAN Exchange Promotion Division of Sakai City. We are making our best effort to introduce the historical relationship and the exchanges between Sakai and ASEAN countries as well as the attractions of their cultures to people in Japan and those around the world.







Rivet Design

Hello! We are members of the Inoue seminar, in the Faculty of Foreign Language Studies, at Kansai University. We hope you will find our brochure, "Link - tsunagaru - Sakai with ASEAN," useful and interesting. The concepts of this brochure are "connection" and "people." Through this project, we were able to meet (and connect with) lots of lovely people from Sakai and ASEAN countries. We hope that this brochure and our Instagram account will give you an opportunity to create a new connection or LINK.

Special Thanks to ..... Rivet Design



Nao Morimoto Miho Yamano "Tsunagaru Sakai"

鳯



# Interview with **ASEAN students!**



#### What kind of international Q1 exchange events have you Joined?

#### Lien:

I participated in an online cultural exchange event between Sakai and Da Nang City. I talked about my university, and high school students in Sakai sang a song for us.

## Alvssa :

I joined an exchange event with university students in Tokyo and experienced Japanese culture. It wasn't a big event, but I really enjoyed it.

#### Lew:

I enjoyed an online exchange with high school students in Sakai. They

#### Speaking of Sakai's culture, is Q2 there anything you would like to know more about or experience?

taught us many things about Sakai.

#### Alyssa :

I'm interested in **kofun** (ancient tombs) the most. Also. I'd like to try tea ceremony.

#### Lew :

I once received a dyed item as a gift from students in Sakai, so

I'm curious about how it's made.

#### Lin:

I've heard that Sakai is famous for its tea ceremony, so I'd like to see it and taste the tea.

To understand ASEAN countries more deeply and promote their attractions, we interviewed the local university students. In total, 8 students from 4 countries told us wonderful stories.



#### Natthakron :

What do you want people in

My hometown is Yunna, China. Since

it's also famous for its tea and known

as the "Capital of Flowers," I'd like

them to know that we have flower teas

I recommend Durian chips. They don't

smell as bad as fresh durians so they

I recommend Ba Na Hills! It's an

amusement park and has an atmosphere

of an old French town, so you will feel

Q4 What local food do you often eat?

I like "Mi quang," a popular noodle

dish. People in Da Nang eat it

almost every day. It has some meat

I like "Ayam geprek." "Geprek" means

"to crush" in Indonesian, so this is

crushed chicken. We eat it with hot

and spicy sauce called **sambal**. Quite hot!

in it and is very nice.

Rezkvansvah :

such as rose and jasmine.

are much easier to eat

Sightseeing spots in

and beautiful rivers.

like you are in Europe.

Indonesia are awesome.

Especially, I recommend

Borneo. It has orangutans

They are popular

souvenirs here.

Rezkvansvah :

Cons :

Cons :

Q3 Sakai to know about your

country?

Lin:

Chanathip :

I like "Kway teow." It's like Japanese ramen and has many kinds of noodles. It's quite hot, so you may want to check before ordering if you visit Thailand.

## Lew:

I like "Loh bak." They are like spring rolls, and we typically eat them at Chinese New Year and festivals (See p. 4 for the recipe.)

> What do you think about the cultural exchanges Q5 between Sakai and ASEAN countries?

#### Alyssa :

The exchanges in the past led to the opportunity to interact with the students at Kansai University today. I'd like to know more about the cultures of Sakai through opportunities like this

#### Rezkyansyah :

I think they have a good influence on both Sakai and ASEAN countries, so I hope our relationship will be closer

#### Natthakron :

I suppose they serve as a good opportunity to know each other's cultures.



SAKAI CITY

Ayana Nishizuka Savaka Fukuma

Our official Instagram account:

For the information not available here, please check our Instagram!

RAKUDA Mor

関西大学









# People connecting ASEAN countries and Sakai

# Could you introduce Daiyu Steel Co., Ltd.?

We are a steel service center headquartered in Sakai City. We handle the processing and sales of steel sheets. In 1958, my father, Sakuo Inoue, established Daiyu Steel Company in Japan, and he now is 92 years old and serves as Chairman. I serve as the President of Daiyu Steel Company for the Japanese branch and the Vietnamese branch. My son, and also my daughter, Yuko, have been supporting the company and its development. My son works alongside me in Japan, and my oldest daughter works in

Vietnam. Currently, we have three branches in Japan and one in Vietnam, which is located in the Binh Duong Province. I mainly oversee the head office in Japan, and my daughter is in charge of about 20 Vietnamese employee as a manager

in Vietnam.

Daiyu Steel Co., Ltd. DAIYU STEEL VIETNAM DAIYU STEEL VIETNAM President and Representative Director Sakai ASEAN Week Executive Committee Vice Chairman



03

Ms. Yuko Inoue

Daiyu Steel Co., Ltd. Official Website

> At the time of the interview, he gave us a number of nice

## Please tell us what you like about Vietnam.

The liveliness. Vietnam is full of lively people. When I visited there, I was encouraged by Vietnamese people who were always bright and positive in any situation. Also, they love their family and their country, and I was impressed by such a national character. In addition, the fun of eating is limitless! You can find foods that you have never eaten before.

## What was the most difficult thing about starting a business in Vietnam?

Having an office only allowed us to support products made in Japan. and it took a long time to start a business. In order to do business locally, it was necessary to receive government approval and establish a local subsidiary. Negotiations with a local company ran into difficulties when I decided to purchase their factory, and I stayed in Vietnam for one week to ten days every month to deal with the difficult situation. It was challenging. I think it's partly because it was difficult to trust each other due to cultural differences.



Ms. Yuko Inoue, the daughter of Mr. Inoue, visited Vietnamon a trip a few years ago. This trip inspired her to learn Vietnamese. She found a lot of attractions in Vietnam that would greatly affect her life. She is currently working in Vietnam. This photo shows the lovely smiles of everyone at Daiyu Steel Vietnam.

# Please give a message to readers!

## Mr. Inoue:

Mr. Hiroyuki Inoue

long

His motto: "Work hard, play

hard, and sleep easy," He's

active and energetic all day

"You only live once." "If you try, you can make it." "It's easier to do something than worry about it." "Old men, be ambitious!" It's important to take on challenges even in small things. Even if you then fail, what you learn from these challenges will allow you to rise up and succeed. When you face difficulties, take it positively and think that everything is within your expectations, and enjoy the process of overcoming these difficulties as if you were levelling up in a video game. I'll continue to do my best!

#### Ms.Yuko Inoue:

"Be yourself" is important. You start something because you like it, and if you get results, it will give you confidence. I was the same. Keep trying, even if it's a small thing.

# Please tell us about the ASEAN Exchange Promotion Division!

This department is responsible for planning and promoting policies for international exchange and cooperation with ASEAN countries, and for implementing exchange projects with Da Nang, a friendship city of Sakai. Every year, we plan and operate various projects as the secretariat of the executive committee of the Sakai ASEAN Week.

ASEAN Exchange Promotion Division, Sakai City Government

Ms. Yo Kusano



It's an essential part of my life, and I think any interaction will enrich my life! I became friends with the people working at JICA whom I met through my work. Also, I always cherish the connection with the friends I met while studying abroad. In addition, I learned the importance of not narrowing my values through the interactions.



This is a picture of her and her classmates, which was taken when she was studying in Vietnam and went to lunch with them! At that time, she was the first Japanese

student to teach Japanese at a Vietnamese company!

# What role would you like to play in the future?

I'd like to develop new connections and activities that will help build a lasting relationship between Sakai and the ASEAN countries! I'd also like to be a bridge between Sakai and the other countries including Vietnam, where Istudied before. I also wish to support all citizens in Sakai through the work that can be achieved only at a city government.

support throughout our project. She is a lovely person, who always talks to us in a friendly way!

She's given us a lot of help and

> Sakai City ASEAN Exchange Promotion Division Facebook



# Q4 Please sive a message to readers!

I'm a little embarrassed, but there's a saying that I treasure. A friend of mine that I met in Vietnam said this to me: "Friend one day, friend forever." This is perhaps close to the Japanese saying, "once-in-a-lifetime meeting" (meaning treasure every meeting). I think our values will be formed by going to many places and meeting a lot of people. You only live once, so I'd like you to treasure every encounter.



# KADONO SARASHISOME Inc.

They purchase fabrics, perform scouring and dyeing, and make products using Japanese bleached fabrics. You can experience "Sekka Shiborizome" dveing of tenugui (cotton cloth) or gauze stole in about an hour. A wide variety of products, including umbrellas and book covers, are available here!

#### [Message for visitors] Closed on select days (please check the HP) 👗 tenugui 1,650 yen

Why not make your one -of-a-kind dyed item in the world? You will definitely have fun choosing colors and patterns for your loved ones!

1401 Japan-Ming Trade

gauze stole 3,300 yen 3-32-1 Tsukunocho, Nishi Ward, Sakai, Osaka **RESERVE** Required

(through the application form on our website)

CARD VISA. Master, JCB. AMEX. Diners club, Discover, MUFG card, Nicos, DC PavPav. au PAY. メルペイ. d払い、ゆうちょPay https://kadono-taikenkobo.ip/

## Potteries from ASEAN countries were used in tea ceremony!

During the 16th century, there were vases called "Luzon's vases." One vase was said to be worth as much as one country. It is believed that Luzon Sukezaemon, known as "Sakai's legendary merchant," brought back vases from the island of Luzon in the Philippines and offered them to a powerful lord as gifts. After that, they became popular and were sold at a high price.

## sticks and/or tour the factory Chinese brown glazed vase with four loop handles excavated at KT181 site

You can make

original incense

History of exchange between ASEAN

and Sakai

16th century Tea Ceremony Culture

Sakai City Collection

#### Sen no Rikyu, the Sakai-born tea master, transformed the practice of drinking tea into the art of tea ceremony known as chanoyu and originated the wabi-sabi aesthetic in the tea ceremony Its essential spirit is that tea must be appreciated in a quiet, subdued, and

Portrait of Sen no Rikvu Sakai City Museum Collection

December, 2008 ASEAN Exchange Promotion



Malaysian online tour

The purpose of this event is to promote mutual understanding and friendship with participants from ASEAN countries. This event offers various workshops such as cooking and language classes, as well as a photo competition.

# Division was established in the Sakai City Government.



These tenugui are made at this factory.

You can buy them at Nijiyura LUCUA.

# Okuno Seimeido Co., Ltd

Workshop / tour 1,000 ~ 5,000 yen

~ A long-established incense shop (founded in 1716) ~ This is an incense company that cherishes tradition while continuing to take on new challenges. They offer not only standard products but also unique incense sticks such as ones with wine scent. Why not come and explore your favorite fragrance? You can buy them at Sakai Denshokan or the online shop.

#### [Message for visitors] (?) 9:00 AM ~ 5:00 PM (Workshop / tour 10:00 AM ~ 4:00 PM)

We cherish both tradition and innovation for a better CLOSED Sat, Sun, National Holiday future! Products 500 ~10,000 yen



6-2-15 Ichinochohigashi, Sakai Ward, Sakai, Osaka **ESERVE** At least a 7-day advanced reservation is required (for making incense sticks or taking a factory tour) through the application form on our website. CARD Cash only HP https://www.jinkyu1716.com/japanese/

Making incense sticks

2019

# 2009 Sakai ASEAN Week



~ Let's go to Papaga Village of Borneo island~





of Da Nang City, Vietnam

In 2009, Sakai City and Da Nang City signed a Memorandum of Understanding to Accelerate Mutual Exchanges," and they have since continued exchanges in many areas including culture, education, and the economy. The two cities officially entered into a friendship city relationship in 2019 in order to broaden their exchanges to other areas, as well as to promote further development and build sustainable societies

# Nijiyura LUCUA

A wide selection of colorful tenugui (cotton cloth) made with Sakai-born chusen dyeing technique are available for sale at Lucua Osaka. Some designs are available only at this shop. Why not come and find your favorite tenusui for yourself or for your loved ones at "Nijiyura"?

## [Message for visitors]

We make tenugui that have seasonal designs such as Halloween and Christmas. Why not enrich your life with our wide range of hand-dyed tenusui?

## ⑦ 10:30 AM ~ 8:30 PM

CLOSED Closed on the same days as those of Lucua Osaka ă 1,700 ~1,800 yen

- 1 Lucua 9F, 3-1-3 Umeda, Kita Ward, Osaka city, Osaka (There are five other shops.)
- RESERVE Not required
- Same as the payment method of Lucua Osaka



Instagram(@nijivura tenugui)



Suevoshi's Trading Ship

were huilt overseas

1540s Shuinsen Trade

P 9:00 AM ~ 6:00 PM (tea ceremony experience 10:00 AM ~ 5:00 PM) CLOSED 3rd Tue of the month

🕷 300 ~1.000 ven 🍵 2-1-1 Shukuincho, Sakai Ward, Sakai, Osaka .) 072-260-4386

RESERVE Required (through the application form on our website, or by phone or E-mail) Reservation is not required for the VR contents. Participation is possible on the day of your visit if there is a vacancy.

CARD VISA, Master, JCB, AMEX, Diners Club, Discover, UnionPay ICcard, iD, WAON, PayPay, QUICPay, LINE Pay

https://www.sakai-rishonomori.com/



master, and Yosano Akiko, a famous female poet. Here, you can enjoy "Ryurei Teicha," in which you can sit on a chair to observe a tea ceremony and taste matcha tea with Japanese traditional sweets, or the VR contents, "Time Trip Sakai," where, using the VR goggles, you can see what medieval Sakai was like. (Additional fees apply.)

Namban Screens Sakai City Museum Collection

Sakai became an international trading city through trades between Japan and the Ming Dynasty in

China, and thus gained opportunities to make contact

with foreign countries. This led to the beginning

of the subsequent relations between Sakai and ASEAN countries

[Message for visitors]

Why not experience the tea ceremony in a relaxing atmosphere? Visit us with excitement, and you won't be disappointed!

Vegetarians, vegans, and those with seven major allergies are welcome!



(excluding the tourist information space and goods shop). New Year Holidays

xisho@sakai-rishonomori.com

Kumata-iinia Shrine Collection

During this period, feudal lords and merchants (including

those from Sakai) who obtained a shogunate license

to trade sent trade ships to Southeast Asia and

other countries. As a result, many Japanese towns

refined atmosphere.