

Perfect
Match

A taste of the EU and Japan



RECIPE

Rice bowl with Dutch Gouda and namaribushi

Find your Perfect Match

Perfect Match is about introducing Japanese consumers to food and drink from the European Union. Why 'Perfect Match'? Because Japanese and EU produce is highly compatible in terms of quality, safety and authenticity. Consumers in Japan and the EU share the same values and high standards. Food and drink from the EU are top quality, safe to eat and wonderfully diverse. Every region has specialities of which they are justly proud, and many have hundreds of years of tradition behind them.

By trying out food and drink from the EU, home cooks will be inspired to get creative in their kitchens – including EU ingredients in Japanese dishes, or producing mouth-watering fusions of East and West.

Essence of umami: scented rice with flaked bonito and Gouda cheese

This is a quick and easy lunch dish that mixes sweet, ginger-scented rice with tasty namaribushi bonito and nuggets of just-melting Gouda cheese.



EU quality schemes

The PDO (Protected Designation of Origin) and PGI (Protected Geographical Indication) logos on food and beverages from the EU protect the names of products from specific regions that follow particular traditional production processes.

They are a guarantee of authenticity and quality.



EUROPEAN UNION

ENJOY
IT'S FROM
EUROPE





Ingredients - for 1/2 persons

- 40g Dutch Gouda, cubed
- 50g namaribushi (boiled and half dried bonito), loosened
- 320g warm cooked rice
- 2 leaves green shiso

For the broth:

- 1/2 tbsp cooking sake
- 2/3 tsp soy sauce
- 1/2 tsp sugar
- 2 thin slices ginger

Preparation

1. Put 50ml water, the sake, soy sauce, sugar and ginger in a small pot and bring to the boil. Add the namaribushi and mix over a low-medium heat to break up. Simmer until the broth reduces substantially.
2. Remove the ginger and mix the broth into the warm rice. Cool a little and then mix in the cheese.
3. Finely shred the green shiso leaves and sprinkle over the rice to serve.

Dutch Gouda

Gouda cheese is named after a town in southern Holland, where waxed wheels of Gouda are still weighed and sold in the medieval market square during the summer months. Young Gouda is mild, sweet and nutty, while more mature cheeses (aged for 7-8 months to 1-2 years) can become crumbly and even slightly crystallised, with nuggets of intense umami flavour.

Alternatives

Lots of hard cheeses could take the place of the Gouda in this rice dish. Try nuggets of salty Spanish Manchego or slightly softer, sweeter Italian Pecorino Romano. If you prefer mild flavours, try sweet Edam from the Netherlands, or French Comté.

To drink

The Penedès wine region in Catalonia is best known for its production of Cava, the deliciously sparkling Spanish wine. However, its aromatic rosé wines are wonderful too, and just what's needed for this savoury rice bowl. All wines from this area have PDO status.

Visit [foodmatcheu.jp](https://www.foodmatcheu.jp) to discover more.

 [foodmatcheu](https://www.instagram.com/foodmatcheu)



EUROPEAN UNION

