

28 July and and 10 August, 2026

Recipes for Workshop on 1.5°C Lifestyles in Kitakyushu 2026

Recipes made by Masako Tanaka, Fukuoka Prefecture-certified Food Loss Reduction Meister



Switch to meat alternatives



Cut food waste

Summer Vegetable Curry with Soy Meat

Ingredients (serves 4)

- Soy meat (textured soy protein) – 160 g
- Onion – 1 (200 g)
- Pumpkin – 200 g
- Tomato – 1
- Eggplant – 1 (100 g)
- Garlic – to taste
- Ginger – to taste
- Curry powder – 1 tbsp (6 g)
- Curry roux – 50 g
- Worcestershire sauce – 2 tsp
- Soy sauce – 2 tsp
- Water – 600 mL
- Soup stock cube – 1 cube
- Vegetable oil – 1 tbsp

*Cooked rice – 150 g per person (prepared from approximately 70 g of uncooked rice)



Directions

1. Finely chop the onion, garlic, and ginger. Cut the pumpkin, tomato, and eggplant into 1.5 cm cubes.
2. Heat the vegetable oil in a pot. Sauté the onion, then add the soy meat, pumpkin, garlic, ginger, and curry powder, stirring well.
3. Add the water and soup stock cube. Then add the tomato and eggplant, and simmer until the pumpkin becomes tender.
4. Once the pumpkin is soft, add the curry roux, Worcestershire sauce, and soy sauce. Stir well and adjust the seasoning to taste.



Enjoy seasonal vegetables



Vegetarian diet

Seasonal Eggplant Steak

Ingredients (serves 4)

- Eggplants – 2 (300 g)
- Vegetable oil – 4 tsp
- Sugar – 1½ tsp (4 g)
- Mirin (sweet rice wine) – 1 tbsp + 1 tsp (24 g)
- Sake (Japanese rice wine) – 1 tbsp + 1 tsp (20 g)
- Soy sauce – 1 tbsp + 1 tsp (24 g)
- Roasted sesame seeds to taste



Directions

1. Cut the eggplants into 1 cm-thick rounds. In a small bowl, combine all the seasonings.
2. Heat the vegetable oil in a frying pan and cook the eggplant slices on both sides until lightly browned and tender.
3. Reduce the heat to low and add the seasoning mixture. Cook while turning the eggplant to coat it evenly with the sauce.
4. Transfer to a serving dish and sprinkle with roasted sesame seeds.



Switch to meat alternatives



Vegetarian diet

Simmered Pumpkin and Bamboo Shoots with Soy Mince

Ingredients (serves 4)

- Pumpkin - 300g
- Bamboo shoots - 50g
- Soy mince (textured soy protein) - 50g
- Water - 150g
- Sugar - 1 tbsp
- Mirin - 1 tbsp
- Soy sauce - 2 tbsp



Directions

1. Cut the pumpkin and bamboo shoots into bite-sized pieces.
2. Place the pumpkin, bamboo shoots, soy mince, water, and seasonings in a pot, and simmer over medium heat until the vegetables are tender.



Enjoy seasonal vegetables

Summer Tomato and Okra Salad

Ingredients (serves 4)

- Tomatoes - 2 small
- Okra - 8 pods
- Japanese yam (nagaimo) - 10 cm (160 g)
- Concentrated noodle soup base (mentsuyu, 3x concentrate) - 2 tbsp (40 g)
- Sesame oil - 1 tsp



Directions

1. Blanch the okra briefly.
2. Cut the tomatoes and Japanese yam (nagaimo) into 1 cm cubes. Slice the okra into thin rounds.
3. Place all the vegetables in a bowl and mix gently. Add the mentsuyu and sesame oil, then toss well to combine.



Vegan food

Fruit Shiratama Dumplings Made with Tofu

Ingredients (serves 4)

- Shiratama flour (glutinous rice flour for shiratama dumplings) - 80 g
- Silken tofu - 100 g
- Canned fruit - 240 g
- Syrup from the canned fruit - 200 mL



Directions

1. Add the silken tofu to the shiratama flour and mix until the dough reaches a soft, earlobe-like consistency.
2. Bring a pot of water to a boil. Shape the dough into bite-sized balls and gently press the center of each one to make a small indentation.
3. Cook the dumplings in the boiling water. When they float to the surface, remove them and place them in cold water to cool.
4. Transfer the shiratama dumplings to serving bowls. Add the fruit and pour on the canned fruit syrup.