



# sty but light quartet

seasoned Japanese  
less oil but are still  
**Lee Hui Chieh**

rice and salmon heated in a hot  
bowl at the table makes for a  
hot meal.

this also used to mean a  
meal at Japanese food chain  
My Izakaya (which means  
it opened in 2006.

of oil was poured into the hot  
the rice would not stick to the  
ave more flavour," recalled  
ector of Ministry Of Food, which

il has since been reduced by  
leaving just enough to keep the  
o the bowl, he said.

ntire saucer of "MOF sauce" –  
ulation of Japanese soya

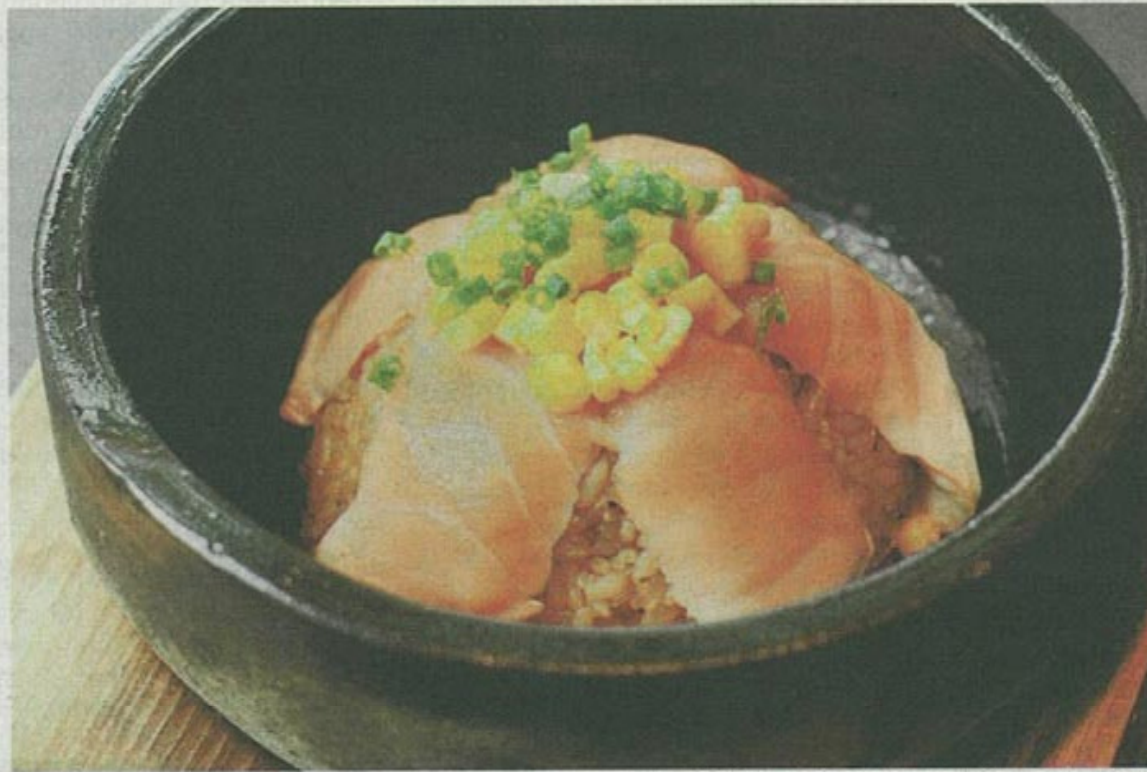
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PHOTOS: TERENCE LIM FOR THE STRAITS



Healthier Restaurant

7.  
ex, the \$9.80 salmon hot stone  
ng. The raw salmon slices,  
ower" atop the mound of rice,  
.

of the rice complemented the  
salmon. The rice also tasted just  
y or oily – and indeed, hardly  
owl.

y offering is the \$9.80 chicken  
with skinless chicken braised in  
rice.

mered from only chicken and  
t the fatty pork that is  
n boiling ramen soup, said

Mr Masahiro Otawa, deputy head of operations at  
Ministry Of Food.

The soup was light – not too salty or oily – and  
quite tasty. The dish was up to the mark, with  
chewy noodles, tender chicken pieces, crunchy  
bamboo shoots and the suitably wobbly half of a  
"hot spring egg" – hard-boiled egg with a  
soft-boiled centre.

Another healthy but delicious ramen dish, the  
\$11.80 seafood cold ramen, delighted with its  
different textures – chewy blanched shrimp, squid  
and noodles, crunchy cabbage, Japanese  
cucumber and baked almonds, creamy avocados  
and juicy tomatoes.

The highlight was the heavenly hiyashi chuka  
(cold Chinese sauce) – created from Japanese

soya sauce, sesame dressing,  
condiments – which dressed the  
savory, sweet and creamy but

The lightest dish of the meal  
avocado salad, a large serving  
\$8.50. The crunchy baked almond  
tomatoes and light wasabi (Jap  
dressing lent their flavours to the

of Japanese soya bean curd.  
The healthier fare at MOF is  
certainly not your usual heavy,  
inducing pub grub, but it provides  
happiness to foodies.