

LESSON 23

里奈 ねえ、今度の日曜日富永君ちで鍋パーティーやるんだけど、龍一君その日空いてない？

龍一 その日はちょうど空いてるよ。鍋パーティーいいねえ。行きたい行きたい。

里奈 よかった。全部で6人くらいの予定かな。何鍋にしようか？

龍一 やっぱキムチ鍋？それとも水炊きにするか、みそ鍋、ちゃんこ鍋、海鮮鍋、たくさんあるね。

里奈 最近豆乳鍋とかトマト鍋なんかもあるからね。ほんとお鍋っていろいろな味があって飽きないよね。

龍一 ほんととほんと。冬の間毎日鍋でもいいと思うもん。野菜も肉も入れるし、うどんや雑炊で炭水化物もとれるし、一つすべての栄養がとれる完全栄養食じゃね？

里奈 食材どうやって揃えようか？みんなで持ち寄って「闇鍋」にしちゃう？

龍一 闇鍋は怖いからやめよう。俺一回友達と闇鍋やって、中にとんでもないもん入っててトラウマになったことがあるから。

里奈 何が入ってたの？

龍一 とあるバカがふざけて鍋の中にまんじゅう入れてさ。当然まんじゅうは汁吸っちゃってぐちゃぐちゃになるわ、汁は中のあんこが混ざって甘い変な味になるわで大惨事だったよ。

里奈 ありゃ～それは悲惨だったね。

龍一 というわけで食材は普通にみんなでスーパーに買いに行こう。

里奈 そうだね、そうしよう。私もまんじゅう入り鍋は食べたくないわ。

龍一 日本酒とかも買いたいよね。

里奈 日本酒いいね。熱燗にしたら更に身体あったまりそう。

龍一 熱々の鍋に、おいしい日本酒なんて最高だね。日本に生まれてきてよかったって心から思うよ。

A うち = A の家 (いえ) A's home
鍋 Japanese hot pot

(schedule が) 空いている
be free, be available
ちょうど (つごうのいいことに)
be convenient fortunately

～かな probably

水炊き one of nabe style cooked by water

豆乳 soymilk

飽きない never get tired(sick) of

ほんと = ほんとう true

A の間中 during A
雑炊 rice porridge
炭水化物 carbohydrate
完全栄養食 perfect nutritional food

食材を揃える get ingredients
持ち寄る bring
闇 dark

とんでもないもん = とんでもないもの
unbelievable thing
トラウマ trauma

とある one, some
ふざけて playfully, jokingly
まんじゅう steamed bun stuffed with red bean paste
あんこ red bean paste
大惨事 disaster, tragedy

悲惨 terrible, miserable

A 入り (の) B B with A inside B

日本酒 Japanese Sake
熱燗 hot sake

さらに even more

心から
from the bottom of one's heart

Rina Hey, we're going to have a "nabe" party this Sunday at Tominaga's home, Ryuichi are you free that day?

Ryuichi Fortunately I'm free that day. A "nabe" party sounds great. I would love to go.

Rina Great. There will probably be 6 people. What kind of "nabe" shall we have?

Ryuichi The standard "kimchi nabe"? "Mizutaki", "miso nabe", "chanko nabe", "seafood nabe", there are many choices.

Rina Recently, there are also types like "soymilk nabe" and "tomato nabe". There are so many tastes of nabe, we really never grow tired of it.

Ryuichi I agree. I wouldn't mind if I had "nabe" every day during winter. Vegetables and meat are included, you can get carbohydrates from the udon and rice porridge, and you can get all the nutrition from one dish, so it's a perfect nutritional food, isn't it?

Rina How shall we get all the ingredients? Why don't we all bring something like a potluck and make a "yami nabe"?

Ryuichi "Yami nabe" is too risky so lets not do that. I had a bad experience when I did it once with my friends and there was something unbelievable inside it. I was traumatized by it.

Rina What was inside it?

Ryuichi One idiot was being silly and put in a "manju". Of course, the "manju" sucked up the soup and got all squelchy, the red bean became mixed up with the soup and turned it sweet. It was a disaster.

Rina Wow.. that must have been terrible.

Ryuichi That's why we should all go to the supermarket and buy the ingredients together.

Rina Yes, let's do that. I don't want to eat "nabe" with a "manju" inside it.

Ryuichi We should buy some Japanese sake too.

Rina Japanese sake sounds good. "Hot sake" would warm us up even more.

Ryuichi Hot "nabe" and delicious Japanese sake sounds perfect. I'm grateful for being born in Japan from the bottom of my heart.

【POINT】

日本人に愛される「鍋」って何？ What is "Nabe" beloved by Japanese?

"Nabe" is a hot pot cuisine with a conglomerate of ingredients cooked together in a hot pot.

Generally, a number of people will eat together from a single pot.

A wide range of ingredients can be used, with one main ingredient usually boiled together with

vegetables and tofu. The ingredients are cut into bite-sized pieces for an enjoyable meal. Except for special cases, an earthen pot is almost always used for hot pot cuisine. A portable burner is placed on the table for the pot to sit on, and the food is generally boiled on the spot while everyone eats, periodically adding new ingredients. Hot pot cuisine is most often consumed in the winter months to keep warm.



"闇鍋" とは？ What is "Yami-nabe"?

A "nabe" (pot) dish where each person brings their own ingredient, and the dish is cooked while not knowing what is inside. It is called "闇 (= darkness) 鍋" from the fact that it is usually cooked in a dark place to keep what is being cooked a secret. It is popular as an amusement to enjoy the thrill.