

ST. OLIVER'S SPICE PEOPLE



COOKING CLASSES FOR THE MASSES

LESSON 09-01

Japanese Recipes





Miso Soup

5 g or 1/8 oz dried seaweed (wakame)
6 cups water
handful of dried fish flakes (Konbu)
2 – 3 Tbs of miso (look for the non MSG kind)
10 ¼ oz packet of fresh soft tofu (cut into small squares)
2 spring onions (scallions) finely chopped
Dash of Sansho (Japanese pepper – optional)

Soak the dried seaweed in a large bowl of cold water for 15 minutes. Drain and chop into stamp sized pieces. Set aside. Pour water into medium sized pot and add dried fish flakes. Bring to a boil simmering for approx 15-20 minutes. Skim fish flakes out of soup stock and discard. Reduce heat to medium. Put the miso in a small cup and mix with ¼ cup of hot stock from the pot. Pour 2/3 of the miso mix into the pot. Taste the soup and add more miso if required. Add the seaweed and the tofu. Raise heat to almost a boil. Add spring onions and remove from heat. Sprinkle with Sansho (Japanese pepper) if desired. Enjoy!



California Rolls (Sushi)

1 pk of dried Nori sheets (flat sheets of seaweed)
 2 cups Sushi Rice – follow directions on how to cook (must be sushi rice)
 Seasoned Rice Vinegar (sushi vinegar/dressing)

Fillings: Everything must be sliced into thin, long strips

2 eggs (beaten, cooked into an omelet, lightly salted)

1 large cooked carrot (steamed or boiled)

1 or 2 ripe avocado

imitation crab meat

cucumber (peeled and seeded)

4 dried shitake mushrooms Soak in a bowl of water overnight (When ready to use, bring to boil, then reduce heat to low. Cook for 15 min. Drain, discard stalks, and slice caps thinly. Squeeze out excess liquid and dry on paper towel.)

Sushi Rice: cook according to directions on package. Before the cooked rice can be used to make sushi, it must be seasoned. Transfer the rice to a glass, plastic or wooden mixing bowl. Do Not use a metal bowl as the seasoning vinegar will react with the metal. Use $\frac{1}{4}$ to $\frac{1}{2}$ a cup of seasoning vinegar for every 4 cups of cooked rice. Slowly pour the vinegar over the rice evenly distributing it as much as possible. Use a spatula to gently mix the rice. Cool the rice for 5-10 minutes until the rice is no longer hot to touch. The rice is now ready to be used in making sushi.

Lay a dried seaweed sheet on the sushi mat and spread seasoned rice over it. Leave a slight margin on either side. Layer your chosen fillings near the middle of the sheet on top of the rice. Lift the sushi mat from one end, while pressing the fillings with your fingers and roll up gently. When completed, move the sushi mat to the chopping board and unwrap it, setting the mat aside. Cut vertically into bite sized pieces.

Best when eaten fresh. Store in leftovers in refrigerator or prior to meal.

 Serve with **pickled ginger, wasabi, soy sauce, pickled cucumbers and pickled umeboshi** (or dried apricot).

Abura-age inari (fried tofu wraps and sushi rice)

Purchase pre-made, canned, abura-age wraps in an Asian grocery store (like H-Mart).

Fill with prepared and seasoned Sushi rice.

Garnish the bottom of the wrap with sesame seeds if desired. Store in refrigerator.

Mom's Teriyaki Sauce (also known as Yakitori sauce)



- 1 cup soy sauce (Kikkoman)
- ½ cup sake (rice wine)
- 2 stalks of green onion (chopped)
- 1 root of fresh ginger (about the size of your thumb - minced or crushed)
- 1 large clove of garlic (minced or crushed)
- 1 Tbs of honey
- 2 Tbs of brown sugar
- Pepper to taste (Sansho is recommended and it is the Japanese version of pepper)

Combine ingredients. Bring to a boil, then reduce the heat and simmer sauce gently to almost half of its original volume. It will thicken slightly. Drain with a colander. The sauce will be very concentrated so I do not recommend marinating meats for more than 1 - 2 hours. It is so concentrated, you may add it to the meat as you are cooking it without prior marinating, and it will still give a fabulous flavor. Use it as a marinade for chicken and beef. May be made ahead of time. Refrigerate.

Teriyaki Chicken

- 8 chicken boneless thighs cubed (or) 5 boneless skinless chicken breasts cubed
- 8 large thick spring onions (scallions) cut into approx 1 ½ inch long pieces
- fresh pineapple (cubed)
- large bamboo skewers (soaked overnight in water, this prevents them from burning)
- Mom's Teriyaki sauce (keep some for sprinkling on meats ahead of time, and some in a small bowl with a basting brush).

Sprinkle chicken pieces with the teriyaki sauce, tossing until lightly covered and let rest for 10-15 minutes. Thread the chicken, spring onion pieces, and pineapple (alternating) onto skewers. Cook the skewered chicken on the barbeque, turning the chicken frequently. Brush the chicken with sauce once while cooking. (If the chicken has not been marinated ahead of time - repeat basting twice more until chicken is well cooked.) Enjoy with a steamed bowl of rice or fried rice. Refrigerate leftovers.

Miriam's Teriyaki Marinade for Steak (or chicken)

¼ cup white vinegar
½ cup soy sauce (Kikkoman)
¾ to 1 cup brown sugar
3 cloves of garlic (crushed)
1-2 dashes of Tabasco

thinly sliced steak or cubed chicken pieces.
large Ziploc bag
1 tsp oil
(* 1 - 1 ½ Tbs ketchup for extra sauce)

Combine all ingredients in the Ziploc bag mixing well. Add steak or chicken. Marinate meat overnight in refrigerator. If necessary, turn bag every once in a while to recoat meat. Preheat skillet or wok with 1 tsp of vegetable oil. Drain and discard marinade. Cook steak in a skillet on high, quickly. Be careful to not overcook the steak. It may make it tough. Serve with steamed rice or fried rice.

* You may want to make an extra batch of sauce for adding to your meal after it has been cooked. Use the same recipe as above, but add 1 - 1 ½ Tbs of ketchup. Mix well and put in a plastic squeeze bottle for ease of use. Store in refrigerator.



Japanese Steakhouse White Sauce - Chuck's Easy Recipe

- 1 1/4 cup Hellmann's mayonnaise*
- 1/4 cup water
- 1 tsp tomato paste
- 1 Tbs melted butter
- 1/2 tsp garlic powder
- 1 tsp sugar
- 1/4 tsp paprika
- dash cayenne pepper

Using a fork or a whisk, blend all ingredients together thoroughly until well mixed and the sauce is smooth. Refrigerate overnight to allow flavors to blend. Bring to room temperature before serving.

The sauce will NOT taste right if you don't let it sit overnight. And please don't try to substitute ketchup for the tomato paste! The water is needed to bring this to the right consistency.

* Hellmann's is called "Best Foods" west of the Rockie Mountains. Use other mayos at your peril - many cheap brands make the sauce taste too much like mayo.

Adjustments:

Your favorite restaurant may make this sauce slightly differently but at the 15-20 restaurants I have tried across the country, the sauce tastes pretty much the same. One popular chain's sauce is slightly more tangy, and this can be fixed by adding a little vinegar to the first recipe, in small amounts so you don't add too much. Remember, store-bought mayonnaise already contains some vinegar and/or lemon juice, so the brand your restaurant uses may just contain a little more than Hellmann's does.

*White sauce is actually an American recipe. I found a wonderful version of the recipe online at <http://www.japanese-steakhouse-white-sauce.com/>



Fried Rice:

Steam Plain White Rice first and let it sit for a while before making the fried rice, as it needs to be fairly dry and not too sticky. Just fry it with some oil, we use canola, but others should work fine - and add a good dose of real soy sauce. Try Kikkoman's. Most of the restaurants add some sesame seeds also. Add a little salt and pepper to taste. Finally, clear an empty spot in the center of your rice and add one egg - scramble it, and once it's done, mix it into the rice. Keep the whole thing mixing and moving while you cook it, and serve.

You can cook the veggies and meat the same way - oil, soy sauce, salt and pepper. Veggies normally include onions, zucchini or yellow squash, mushrooms... use whatever you like. Same goes for the meat - chicken, steak and shrimp. Meat shouldn't be overcooked - once it is cut into bite sized pieces, it should take only a very few minutes to cook so it is done but still juicy.