

BASIC STOCK “DASHI”

Dashi or basic stock plays a fundamental role in simmered dishes, soups and other Japanese cuisine, ultimately determining their flavors. This tasty stock will greatly enhance the overall taste of food and by learning how to prepare it, cooking Japanese food will become more fun.

□ PREPARATION:

2000ml water

Warm up the water, just before boiling add:

40g kombu algae (previously soaked in cold water for 2-4hrs)

When the water boils, add:

60g dried Shiitake mushrooms/Bonito flakes

MISO SOUP WITH EGGPLANT “MISO SHIRU”

Miso soup is an integral part of Japanese cuisine. Properly prepared dashi is the crucial element in miso soup.

1. Cut eggplant and leek into bite-sized pieces (soak eggplant in cold water first for few minutes to eliminate the bitterness).
2. Prepare dashi.
3. Cook dashi in middle-high temperature. Add eggplant and lower the temperature just before boiling. Gradually add miso paste and stir lightly. Add leek. Serve in small bowls.



Instead of eggplant, other types of vegetables can be used in miso soup such as spinach, onion, kale, wakame algae or classic Japanese tofu.

Taste of miso paste differs from brand to brand – some miso pastes are more salty and assertive in taste so it is necessary to taste the miso paste before preparation.

INGREDIENTS

- 2 eggplants
- 1200ml dashi
- 90 g miso paste
- leek

“TEMPURA”

Tempura is a Japanese dish of seafood or vegetables that have been battered and deep fried.

1. Prepare sauce –

Cook soy sauce, mirin and sake (medium heat) for several minutes. Remove the heads of the shrimps, shell and devein but leave the tails attached. Chop off the tips of the shrimp tails and gently press out the moisture from the shrimps with the flat blade of the knife tip. To prevent the shrimps from curling, make 3 incisions across the belly, and open each of the cuts with your hands to straighten the body.

2. Cut the vegetables into bite-sized pieces (it is important to wipe moisture away from the vegetables immediately)

3. Prepare the batter -

Stirr briefly egg yolk, ice water and flour. Don't overmix, otherwise, the batter will become sticky. If the water is not chilled, you can put in a few pieces of ice.

4. Dust each of the ingredients to be fried with flour.

5. Preheat the oil to 160C. Vegetables that are less likely to leave odour in the oil should be put into the pan and fried first. When the batter feels crispy, it's time to take it out of the pan.

Place the fried food on a draining tray. Arrange the fried food on plates and garnish with grated white radish and grated ginger. Provide a bowl of dipping sauce for each dinner as well.

White fish, eggplant, zucchini, carrot, Shiitake mushrooms can also be used as ingredients for Tempura.



INGREDIENTS:

Tempura Sauce

- 200ml dashi
- 50ml soy sauce
- a pinch of sugar
- grated white radish
- grated ginger

Batter (koromo):

- 200g soft wheat flour (cake, pastry or all-purpose flour).
- a pinch of baking soda
- 1 egg yolk
- 150ml chilled water
- vegetables
- oil

“CHIRASHI-SUSHI”

Apart from classic sushi (Nigiri-Sushi), there are several other types of sushi. Chirashi-Sushi is traditionally prepared for Hina-matsuri, Girl's Day which is annually celebrated on March 10.

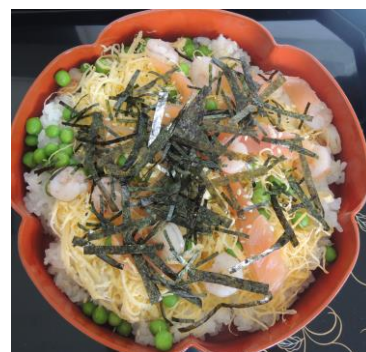
PREPARATION:

1. Wash the rice and leave in the draining tray for 1 hour. Boil the rice (medium heat) for 12-15min, or until all the liquid is gone. Keep the bowl covered and let it stand for 10 minutes until the grains are settled.
2. Prepare the rice dressing -
Cook rice vinegar, salt and sugar (medium heat) and stir until dissolved completely.

Transfer the rice to a wooden bowl. Sprinkle the rice dressing all over rice while the rice is still hot. Using a flat wooden spoon, toss the rice with horizontal, cutting strokes while cooling the rice with hand-fan.

Wooden sushi bowl eliminates the excess moisture of cooked rice, and keeps the grains firm. Use an electric fan if any at home and let it swing in order to let the rice exposed to the breeze while mixing the rice. It will facilitate cooling off the rice and result in making tasty and glossy vinegared rice.

3. Beat the egg. Add water and salt. Pour in the beaten egg in the frying pan and make a paper-thin omelet. Corn starch can be added to make the egg thick. When cool, fold the egg and cut into julienne strips.
4. Scatter the egg threads all over the rice and decorate the surface colourfully with the smoked salmon stripes, prawns, green peas, nori algae and sesame seeds.



INGREDIENTS:

- 400g rice
- 550ml water

Rice Dressing:

- 50ml rice vinegar
- 30g sugar
- a pinch of salt
- smoked salmon
- prawns
- 1 egg
- nori algae
- green peas



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TERIYAKI CHICKEN SAUTE

Chicken is low in calories and contains a lot of protein. Soy sauce goes well with chicken. Chicken Saute is served with rice and sake.

1. Prepare Teriyaki sauce -
Simmer soy sauce, sake, mirin and sugar (medium heat) for 10min.
2. Dust the chicken to be fried with flour. Fry (medium heat) until golden-brown. Eliminate the excess oil in the pan.
3. Pour Teriyaki sauce all over the chicken. Garnish with susame seeds. Serve with vegetables such as cabbage, parsley etc.



INGREDIENTS (2 servings):

- 2 chicken thighs
- 1 tea spoon of oil
- soft wheat flour (cake, pastry or all-purpose flour).

Teriyaki sauce:

- 45ml soy sauce
- 30ml sake
- 30ml mirin
- 15ml sugar

BRAISED MEAT AND VEGETABLES “NIKUJAGA”



PREPARATIONS:

1. Peel the potatoes, cut lengthwise into four wedges. Peel the onion and cut lengthwise.
2. Heat oil in a pot, add the beef and stir- fry briefly.
3. Add potato and onion.
4. Add dashi, soy sauce, sake, mirin, sugar and cook for 30min

INGREDIENTS:

- 800ml dashi or water
- 100ml sake
- 30ml mirin
- 75ml soy sauce
- 40g sugar
- 500g potato
- 100g onion
- 250g minced beef
- oil



SPINACH WITH SESAME DRESSING “GOMA-AE”

Nutritious, refreshing meal.

PREPARATION:

1. Place the spinach in boiling salted water and boil for 1 minute. It is important not to overcook the spinach. Soak in cold water. Squeeze out to drain with hands.
2. Toast the sesame seeds and grind in a grinding bowl while they are still hot. Sesame is very healthy but its full nutritional value is obtained when the sesame is grinded. The smell and taste are much better this way as well.
3. Add mixture of soy sauce and sugar to the sesame paste.
4. Mix well with the spinach.



INGREDIENTS:

- 200g spinach
- 5g sugar
- 15ml soy sauce
- 75g sesame seeds

MARINATED CUCUMBER WITH SWEET VINEGAR SAUCE “SUNOMONO”

PREPARATION:

1. Prepare the sweet vinegar sauce -
Cook rice vinegar, sugar and kombu algae (medium heat) for several minutes. The sauce will enhance the flavor of the food. It goes well with fish, shellfish, clams, shrimp, crabs and vegetables.
2. Soak wakame algae in water for 5 minutes to soften. Squeeze out to drain with hands.
3. Peel the cucumber. Soak it in cold water to soften, squeeze out to drain with hands. Cut cucumber into paper-thin slices.
4. Pour the sweet vinegar sauce all over the cucumber, add grated ginger and wakame alge. For a more luxurious version of the meal, add crab meat instead of wakame alge.



INGREDIENTS:

- 2 cucumber
- 30ml rice vinegar
- a pinch of salt
- 15g sugar
- 30ml water
- 30g wakame algae or crab meat
- grated ginger
- kombu algae



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RICE

Rice is an integral element of every Japanese meal. It is usually served with rice dressing.

BASIC JAPANESE MEAL

Basic Japanese meal consist of steamed rice, miso soup, main dish and 2 or 3 side dishes.

Example:

1. Chicken saute, sunomono, gomae, rice and miso soup.
2. Nikujaga, sunomono, gomae, rice and miso soup.

SAKE

Substitute for sake is dry martini.

MIRIN (sweet cooking sake)

Mirin is made by adding sugar to sake. As an alternative, mirin can be made by adding sugar to dry martini.

RICE VINEGAR

Substitute for rice vinegar is apple vinegar.