

AIW special event “EXPLORE JAPAN”

Japanese Breakfast Demo

May 7th, 8th, 2014

1. Japanese condiments (調味料)

- **Soy sauce**(しょうゆ, 醤油): or shōyu, is a fermented sauce made from soybeans (soya beans), roasted grain, water and salt. Soy sauce has a distinct yet basic taste of umami, due to naturally occurring free glutamates. Most varieties of soy sauce are salty, earthy, brownish liquids intended to season food while cooking or at the table. It is traditionally divided into several categories depending on differences in ingredients and method of production.
 - **Koikuchi**(濃口, "thick taste")...Its usage eventually spread all over Japan. Over 80% of the Japanese domestic soy sauce production is of koikuchi, and can be considered the typical Japanese soy sauce. **Honjōzō** (本醸造, "genuine fermented") contains 100% genuine fermented product.
 - **Usukuchi** (薄口, "thin taste")...Particularly popular in the Kansai region of Japan, it is both saltier and lighter in color than koikuchi.
 - **Tamari** (たまり)...Made mainly in the Chūbu region of Japan, tamari is darker in appearance and richer in flavor than koikuchi. It contains little or no wheat. Wheat-free tamari can be used by people with gluten intolerance. It is the "original" Japanese soy sauce, as its recipe is closest to the soy sauce originally introduced to Japan from China.
 - **Gen'en** (減塩, "reduced salt")... This version contains 50% less salt than regular shōyu for consumers concerned about heart disease.
- **Sake**(料理酒): Alcoholic beverage of Japanese origin that is made from fermented rice. Sake is sometimes called "rice wine" but the brewing process is more akin



to beer, converting starch to sugar for the fermentation process. In the Japanese language, the word "sake" (酒, "liquor", also pronounced shu) generally refers to any alcoholic drink, while the beverage called "sake" in English is usually termed nihonshu (日本酒, "Japanese liquor").

- **Mirin(みりん):** It's a kind of rice wine similar to sake, but with a lower alcohol content—14%[2] instead of 20%. There are two general types. The first is hon mirin (lit. true mirin), which contains alcohol. The second is mirin-fu chomiryo (lit. mirin-like seasoning), which contains less than 1% alcohol yet retains the same flavour.
- **Dashi(だし):** Soup stock, normally made of dried, fermented and smoked tuna and kelp. You can get dashi powder, packet and dashi liquid stock.



- **Konbu-cha(昆布茶):** "seaweed tea", is a beverage brewed from dried and powdered kombu. This powder is good for cooking too. This is sometimes confused with the unrelated English word kombucha, an incorrect yet accepted neologism for the fermented and sweetened tea from Russia, which is called kōcha kinoko (紅茶キノコ) in Japan.



- **Miso(味噌):** Miso is made by fermenting soy beans with salt and koji, which are cultured grains such as rice, barley, and soy beans. The most common kinds of miso are **shiro (白, white) miso** and **aka (赤, red) miso**. The white varieties aren't really white, but are light yellow and have a sweet taste. The red varieties are dark brown and said to have savory flavors. **Shinshu miso (信州味噌)** - brown miso made in Shinshu region) is also popular. **Awase miso(合わせ味噌)**, which are mixtures of different types of miso, are popularly sold



at stores. Miso is used not only for miso soup but also for marinating fish, sauteed dishes, dip sauce, pickles, and more.

- **Mentsuyu (麵つゆ) or Tsuyu(つゆ):** a condiment made from dashi, soy sauce, mirin and sugar. Mentsuyu is most often eaten as a dipping sauce with sōmen, soba, udon.

- **Ponzu shōyu (ポン酢):** Citrus-based sauce with soy sauce (shōyu) added. It is made by boiling mirin, rice vinegar, katsuobushi flakes, and seaweed (konbu) over medium heat. The liquid is cooled and strained to remove the katsuobushi flakes. Finally, the juice of citrus (yuzu, kabosu, lemon, lime etc.) is added. Tart and refreshing taste, good for salad, meat, fish.]



- **Sesame oil(胡麻油):** Made from roasted sesame. Use for sautéing, baking, and pan-frying. It brings appetizing fragrance and rich taste as a seasoning.

2. Japanese Rice(ごはん)

Rice is still popular and is a very important food in Japan, it's as important as bread for American and European people. Rice is cultivated all over the country. Japanese people call cooked rice "gohan", and they even call each meal "gohan", such as "asa (morning)-gohan" , "hiru(lunch)-gohan" and "yoru(night)-gohan".



➤ **Rice Varieties:**

- ✧ **Okome(お米) - short grain rice(not medium, or long grain!).** It gets slightly sticky when it's cooked. I recommend "Koshihikari(こしひかり)" crop, like "Kagayaki(かがやき)", "Hitomebore(ひとめぼれ)" and I don't recommend "Nishiki(錦)".
- ✧ **Mochigome (もち米, glutinous rice or sweet rice)** - Stickiest rice and is used to make mochi (rice cakes), Sekihan(sweet rice and red beans), etc. "Sho-chiku-Bai" is a popular brand.

(photo of Kagayaki, hitomebore, mochigome package)

➤ **Rice Uses:**

- ✧ **Rice Balls (おにぎり, onigiri)** - Hand shaped round or triangular balls of steamed rice. It's easy to eat and is often taken for picnic or lunch. There are various kinds of fillings, like bonito flakes, grilled salmon, kombu kelp.
- ✧ **Rice Bowls (丼, donburi)** - Steamed plain rice is served in a large bowl and topped with various toppings such as chicken & eggs, beef, tempura.
- ✧ **O-kayu(おかゆ)** - Rice porridge. It's eaten when you're sick because it's easy to digest.
- ✧ **O-chazuke(お茶漬)** - Hot water or green tea is poured over steamed plain rice with various toppings, like grilled salmon, pickled plum.

3. Cooking Japanese Rice (ご飯を炊く Gohan o taku)

You'll Need...

- ✧ 2 cups **short grain** rice (You may use medium grain rice, but taste is different)
- ✧ 2 cups water **plus about 20 percent more.**
- ✧ Fine mesh strainer & a bowl
- ✧ 3 quart heavy bottomed pot with heavy fitting lid (ex. Dutch oven or "le creuset")

Instructions

1. Wash rice gently in a bowl, drain with strainer.
2. Place rice in the pot, soak rice in the water 30mins.
3. Cover the pot with lid. Cook in high heat.
4. When it starts boil and you can see some steam from the lid, reduce heat to very low and simmer for 10 minutes. DON'T open the lids to check!
5. Remove the pot from heat. Stay aside, covered, for 10mins. Again, DON'T open the lids

to check!

6. After 10minutes, take off the lid, and stir the rice lightly using rice paddle or wooden spatula – “cut” the rice with rice paddle turn the rice from bottom to the top, and crumbling the rice. This step would prevent the rice getting hard, mushy or lumpy.
7. Place cooked rice in the container to keep it. If you want to freeze it, fill the cooked rice in a freezer ziploc bag, exclude as much air as you can, and freeze it.

➤ **Freezing Steamed Rice:**

Freezing steamed rice is a good way to preserve its flavor. Wrap small portions of cooled, steamed rice with plastic wrap and flatten them. Then, put them in the freezer. They can be kept in the freezer up to a month for the best flavor. Heat it up in the microwave when you need rice.

4. Vegetable Miso Soup (野菜の味噌汁)

Prep Time: 5 minutes, Cook Time: 12 minutes, Total Time: 17 minutes, Yield: 4

➤ **Ingredients**

- 4 cups water(960ml)
- 1~2 tsp of dashi powder or 2 dashi packet
- 1 onion, sliced
- 1-2 potatoes, cut in small pieces
- 1/2 carrot, optional, cut in small pieces
- 1 green onion, chopped
- 4-5 Tbsp miso paste
- 3 pieces of fried tofu (Age)

➤ **Instructions**

1. Boil 4cups of water, then add dashi powder. If you use dashi packet, simmer for 3 to 5 minutes, then remove the packet.
2. Add onion, carrot and potato. Cook until softened.
3. Reduce heat to low and dissolve miso paste in the Dashi. Don't boil after adding miso. Remove from heat, and sprinkle chopped green onion and sliced fried tofu over the soup. Serve hot.

***Miso soup variation – exchange from vegetables above**

- 2 Tbsp dried wakame seaweed, 6 ounces cubed tofu, 4 ounces fresh mushrooms, sliced
- 2 handful washed baby spinach, 4 ounces fresh mushrooms, sliced

- 6 ounces cubed tofu, 1 piece age (fried tofu), sliced, 1 green onion, chopped
- 2 inches daikon, peeled & sliced, 1 piece age (fried tofu), sliced, 1 green onion, chopped
- 3 cabbage leaves, cut in small pieces, 1 potato, cut in small pieces
- 1 broccoli crowns, cut in small pieces, 1 egg, beaten
- 1 onion, sliced, 2 Tbsp dried wakame seaweed
- 1/2 eggplant, cut in small pieces
- 1/2 leek, sliced, 6 ounces cubed tofu
- 1/4 butternut squash, cut in small pieces

5. Nametake (なめたけ, Enoki mushroom in soy sause)

➤ Ingredients

- 200g Enoki mushrooms (1 small bunch or 1 big bunch)
- 4 Tbsp Sake (Japanese rice wine)
- 3 Tbsp Mirin (Japanese sweet rice wine)
- 2 Tbsp Soy sauce
- 1/4 tsp Sugar
- 3 drops Vinegar (rice vinegar, or other vinegar)

➤ Instruction

1. Cut Enoki to 1 inch long each.
2. In a small pan, add all the ingredients except vinegar and simmer about 10mins in low heat, stirring occasionally. Soy mixture will be a little bit thickened.
3. Add vinegar and remove from heat.
4. Ladle into an air tight container and let it cool.
5. Keep in a fridge for up to 2 weeks.

*You would enjoy Nametake with Japanese rice, chilled or warmed Tofu, sliced cucumber, or mix with egg and make a Tamagoyaki.

6. Hakusai Asa-zuke (Lightly Pickled Napa, 白菜浅漬け) /

Celery Asa-zuke (Lightly Pickled celery, セロリ浅漬け) /

Cucumber Yukari-zuke (Lightly Pickled Cucumber Yukari flavor, きゅうりのゆかり漬け)

➤ Ingredients

- 2 cups of washed and chopped Napa cabbage
- 2 cups of celery, washed and cut in 1/2-inches slices
- 2 cups of cucumber, washed and cut in 1/2-inches slices
- 1/2-1 tsp fine grain sea salt (2% of vegetable weight)
- 1/2 tsp kombu-cha, or 1 tbsp thin shredded or thinly cut by kitchen scissors
- 1 handful katsuo-bushi(bonito flakes) – for celery
- 1-2 tsp Yukari seasoning - for cucumber

➤ Instructions

1. Place vegetable in a quart ziplok freezer bag, and add sea salt, kombu-cha, Katsuo-bushi (for celery), Yukari seasoning (for cucumber) into ziplok bag.
2. Close the bags and shake it 1minutes. Then rub vegetables over the ziplok for 1 minute.
3. Exclude as much air as you can in the bag.
4. Place the ziplok bags in the refrigerator for at least 30 minutes.



7. Celery & Carrot kinpira (セロリと人参のきんぴら、Celery & Carrot sauté Japanese style)

➤ Ingredients

- 4 stalks celery, rinsed and julienned
- 1 carrot, peeled and julienned
- 2 Tbsp sesame oil
- 1 sliced bacon, cut in 1/4 inch (optional)
- 2 Tbsp sake

- 1 Tbsp sugar or mirin (Japanese sweet rice wine)
- 1 Tsp soy sauce
- 1 Tbsp roasted white sesame seeds

➤ **Instructions**

1. Heat sesame oil and bacon in a frying pan over high heat, stir-fry for 1 minute.
2. Add carrot and stir-fry for 2 minutes.
3. Add celery, sake, sugar, soy sauce, stir-fry for 2 minutes.
4. Sprinkle white sesame seeds over the vegetable.

8. Tamagoyaki with Green Onions and Dried Shrimp

(ねぎと干しえびの卵焼き)

➤ **Ingredients**

- 4 eggs
- 3 green onions, chopped
- 1 Tbsp dried shrimp
- 1/4 tsp salt
- 1/4 tsp soy sauce
- 1 Tbsp Mirin (or 1/4 tsp sugar)
- 1 tsp oil (vegetable or sesame)

➤ **Instructions**

1. Mix eggs, salt, soy sauce and Mirin (or sugar) in a bowl. Mix in green onions and dried shrimp.
2. Heat a pan at medium high heat and add oil. (Using square Tamagoyaki pan or a round 8-9 inch non-stick pan)
3. Pour a thin layer of egg mixture in the pan, tilting to cover the bottom of the pan. After the thin egg has set a little, gently roll into a log. Start to roll when the bottom of the egg has set and there is still liquid on top. If you let the egg cook too much, it will not stick as you roll the log. Now you have a log at one end of the pan. You can leave it there or move it to the other end. Pour some more egg mixture to again cover the bottom of the pan. After the new layer has set, roll the log back onto the the cooked thin egg and roll to the other end of the pan.
4. Repeat adding egg to the pan and rolling until the egg is used up.

5. Remove from the pan and cool for 3-4 minutes.
6. Trim the ends of the log off and then slice the log into 1/2" pieces.

9. Wakame seaweed and cucumber Salad (ワカメときゅうりのサラダ)

➤ Ingredients

- 1 handful dried cut seaweed
- 1/2 English cucumber, washed
- 1/4 tsp sea salt
- 2 tsp sesame oil
- 1 tbsp roasted sesame seed
- 1/2 cup Ponzu (citrus soy sauce)

➤ Instructions

1. Soak dried seaweeds in a water, set aside for 10 minutes, and drain.
2. Cut the English cucumber into thin slices.
3. Sprinkle sea salt over the sliced cucumber, set aside for 5 minutes and then squeeze.
4. Mix seaweed and cucumber, pour ponzu over the seaweed. sprinkle roasted sesame seed over the seaweed.

10. Salmon Flakes (鮭ふりかけ)

➤ Ingredients

- 1/2 lb salmon fillet
- 1-2 tbsp Sake (rice wine)
- 1/2 tbsp Mirin
- 3/4 tsp salt (to taste)
- 1/2 tbsp soy sauce (optional)
- 1/2 tsp toasted sesame seeds

➤ Instructions

1. Preheat oven to 425F (220C). Place salmon on a greased baking sheet and cook in the oven for 10 minutes.
2. Using fork, flake the salmon finely on the baking sheet. Remove any bones and skin.
3. Heat a non-stick frying pan on medium heat and add salmon flakes and Sake. Stirring

constantly, cook until the fish is dry and moisture is evaporated. Add salt, Mirin, and sesame. Continue frying for a few more minutes. Remove from heat and cool completely.

4. Put in a clean container and keep it in a refrigerator up to 2 weeks.

11. Salmon Caviar Japanese style (いくら醤油漬)

➤ Ingredients

- 1 can (200g) salmon caviar – Buy at Russian Grocery store
- 2 tbsp Sake (rice wine)
- 2 tbsp Mirin
- 2 tbsp soy sauce
- 1/2 tsp konbu-cha

➤ Instructions

1. Place Sake, Mirin, soy sauce and konbu-cha in a sauce pan. Simmer in medium heat for 3 minutes. Remove from heat and let cool.
2. Add mixture to salmon caviar, and gently mix.
3. Put in a clean container and keep it in a refrigerator up to 1 week.

12. Mentsuyu, noodle soup mixture (めんつゆ)

➤ Ingredients

- 1/4 soy sauce
- 2 tbsp Mirin
- 3 tbsp Sake (rice wine)
- 1 1/2 cup water
- 2 tsp dashi powder
- 1 packet (or 1/2 handful) Katsuo-bushi (bonito flakes)

➤ Instruction

1. Combine Mirin and sake in the saucepan, boil for 1 minute.

2. Add soy sauce, dashi powder, water and simmer with medium heat for 2-3minutes.
3. Remove from heat and add Katsuo-bushi(bonito flakes) to the mixture. Set aside until Katsuo-bushi sink to the bottom.
4. Drain katsuo-bushi and ladle into an air tight container and let it cool.
5. Keep in a fridge for up to 2 weeks.

13. Matcha green tea ice cream (抹茶アイスクリーム)

➤ **Ingredients & Instruction – Just combine 2 ingredients!**

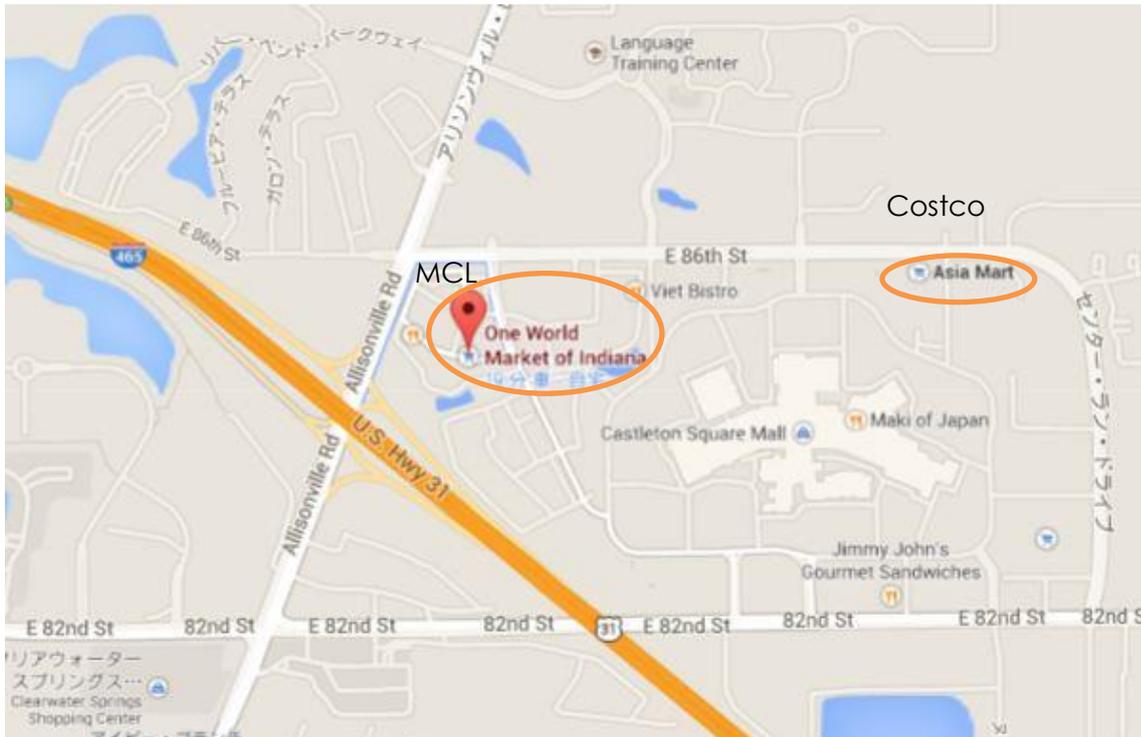
- 1 pint vanilla ice cream
- 2~3 Tbsp Matcha powder

Resources:

Japanese Cooking 101

<http://www.japanesecooking101.com/>

Japanese / Asian grocery store



- **One world Japanese market**

- 8466 Castleton Corner Dr, Indianapolis, IN 46250
- Open: 10am-19:30pm
- Japanese condiments, Japanese dried/frozen foods, Fresh fish (sashimi), Sushi, Bento lunch, Japanese bread
- Japanese cookware, bento box, rice bowl, chopsticks
- Japanese souvenir, books, magazines, DVD
- Japanese food cafe(sushi, tempura, udon noodle, curry rice, etc)

- **Asia Market**

- 6103 E 86th St, Indianapolis, IN 46250
- Open: 9am-9pm
- Asian vegetable, rice, tofu, meat (pork belly etc.), Asian frozen / dried food

- **Saraga International market**

- 3605 Commercial Dr, Indianapolis, IN 46222 (in Lafayette Place Shopping Center)
- Open: 9am-9pm
- Asian vegetable, rice, tofu, meat (pork belly, thin sliced beef / pork etc.), Asian frozen / dried food

- **East Asia Market**

- 9450 Haver Way Indianapolis, IN 46240 (off 96th & Keystone Ave.)
- Asian vegetable, rice, tofu, meat (pork belly etc.), Asian frozen / dried food