

### Measurements used in this book

All our recipes are thoroughly tested in the Periplus test kitchen. Standard measuring cups and spoons are used throughout, and all cup and spoon measurements are level. We have used large eggs in all recipes unless otherwise stated.

#### International Measures

1 cup = 250 ml (8 fl oz)      **Note:** We have used international  
 1 teaspoon = 5 ml      15 ml tablespoon measures. The  
 1 tablespoon = 15 ml (3 teaspoons)      Australian tablespoon is larger (20 ml).

Weights		Volumes		Lengths	
1 oz	= 30 g	1 fl oz = 1/8 cup	= 2 tablespoons = 30 ml	1/8 in	= 3 mm
8 oz	= 250 g	2 fl oz = 1/4 cup	= 4 tablespoons = 60 ml	1/4 in	= 6 mm
1 lb	= 500 g	4 fl oz = 1/2 cup	= 8 tablespoons = 125 ml	1/2 in	= 1 cm
2 lbs	= 1 kg	8 fl oz = 1 cup	= 16 tablespoons = 250 ml	1 in	= 2.5 cm
		32 fl oz = 4 cups	= 1 quart = 1 liter		

#### Oven Temperature Guide

When using convection ovens, the top of the food may cook too quickly. As a general rule, set the oven temperature 30°F (15°C) to 40°F (20°C) lower than the temperature indicated in the recipe or refer to your oven manual.

	°F	°C
Cool	200	90
Low	300	150
Warm	325	160
Moderate	350 to 375	180 to 190
Mod. Hot	375 to 400	190 to 200
Hot	425	220
Very Hot	450	230

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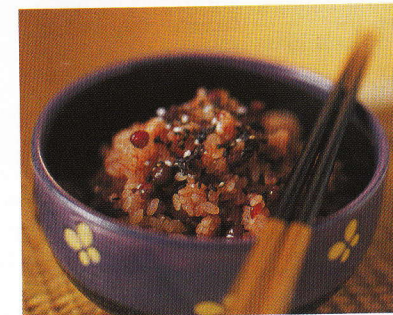
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# JAPANESE HOMESTYLE COOKING

QUICK & DELICIOUS FAVORITES

Susie Donald



Your guide to preparing light and flavorful Japanese meals at home—including classic Japanese dishes like Classic Miso Soup with Vegetables, Nigiri Sushi, Tempura and Grilled Salmon Teriyaki.

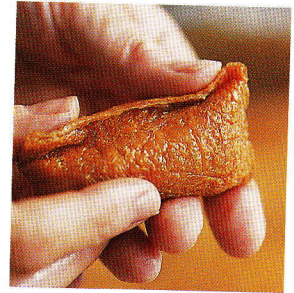
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The traditional Japanese meal is a work of art from the kitchen—balanced in color, texture and design. Applauded for its elegant simplicity and appreciated for its reliance on the freshest ingredients, the Japanese way of cooking fits easily into today’s culinary scene, appealing to those who appreciate healthy eating, lighter portions and artistic presentations. At its best, a Japanese meal, with each course served on specially selected dinnerware, resembles a still life painting rendered in food and ceramics.



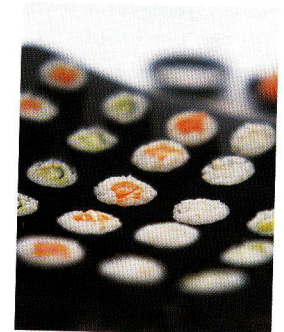
A Japanese meal can be put together quickly and easily. Most recipes call for only a handful of ingredients: rice, soy sauce, wasabi powder, saké, sesame seeds, dried shiitake mushrooms, ginger, wheat or buckwheat noodles, *dashi* stock, and tofu are some of the cornerstones of a Japanese meal. The trick

is to keep a larder stocked with the Japanese essentials and to plan ahead—purchasing the fish, meat or vegetables the day they should be cooked.

The best known of all Japanese foods, sushi—tasty morsels of vinegared rice with slices of raw fish and a touch of wasabi underneath—has become so popular in the West that many restaurants now serve it as an appetizer. In large metropolitan areas, fresh sushi packs are even sold in well-stocked supermarkets. This volume includes easy-to-follow instructions for preparing various types of sushi, from the well known “finger” or nigiri sushi and california rolls, to the hand-rolled “cone” or temaki sushi. Also presented are other Japanese all-time favorites such as miso soup, sashimi platter, tempura, hotpot and grilled skewered chicken (*yakitori*).

All the recipes are light, healthy and delicious, and require no special skill or ingredients. This book promises a delightful venture into the world of Japanese cuisine.

—Susie Donald



oughly and soaked overnight before steaming. Also available as finely milled glutinous rice flour.



**Green tea powder** (*matcha*) is readily available from Asian food stores. It is great for making Quick Green Tea Ice Cream (page 94).

**Japanese cucumbers** are small and do not have the coarse seeds or high water content of Western cucumbers. Substitute baby cucumbers or pickling gherkins.

**Kanpyo** are long, thin, dried gourd strips used in sushi and slow-cooked dishes; also for tying food together.



**Konbu** is a dried kelp in the form of flat black sheets with white powder on the surface, used to flavor Sushi Rice (page 44) and Basic Dashi Soup Stock (page 12). The kelp's flavor infuses quickly in water, so do not wash it before cooking—just wipe to remove any dust or powder. *Konbu* is often removed before a dish is served.

**Lotus roots** are the thick tubers of the aquatic lotus plant. It has a crunchy, powdery taste in its raw form. It is sold either covered in mud in the vegetable section, or cleaned and wrapped in plastic packets in the refrigerator section of the supermarket. A good substitute is jicama or cauliflower.

**Mirin** is a sweet cooking wine made by mixing steamed glutinous rice with distilled spirits and sugar. The resulting liquid contains 12% to 14% alcohol. Avoid products labeled “*aji-mirin*” as they are a MSG-flavored version.

**Miso** is an important seasoning in Japan—a fermented paste made from soybeans and rice, wheat or barley. It is available in various colors and flavors, but the most common are red and white misos, which are used in miso soups. Readily available in Asian food stores.

**Nori** refers to the dried leaves of a seaweed called laver, and is generally sold in 8 x 7-in (20 x 17 cm) sheets and used for wrapping sushi or cut into strips as a garnish. *Nori* is best toasted to make it crisp and fragrant (see instructions on page 66). Also sold pretoasted and packed flat in bags.

**Palm sugar** varies in color from gold to dark brown and is made from the sap of the coconut or *aren* palm. It has a rich flavor similar to dark brown sugar, molasses or maple syrup, all of which make good substitutes. Available

in Asian food stores in plastic containers or packets.

**Ponzu** is a dressing made from citrus juice (lemon, lime or orange) mixed with soy, sugar and vinegar. Available bottled but you can also make your own using the recipe on page 11.

**Prepared Japanese mustard** is similar to English mustard, but hotter—it is a blend of ground mustard seeds without flour. It can be purchased in powdered form in small cans or as a ready-to-use paste in tubes.

**Red beans** (*azuki*) are small, red and oval in shape with a light, nutty flavor and a fairly thin skin. They are used to make red rice for auspicious occasions, or boiled and sweetened to make a sweet bean paste, which is the base for many Japanese desserts. Sold dried or as a sweetened paste in cans.

**Rice vinegar** is a light, mildly tangy vinegar brewed from rice. Its color varies from almost white to pale gold.

**Saké** is a brewed Japanese rice wine. Chinese rice wine or dry sherry may be substituted.



**Sansho pepper** is made from the

ground seeds of the Japanese prickly ash plant. Available in small glass bottles in Asian food stores, it gives a hot flavor to fatty foods such as eel. Substitute dried Sichuan pepper or ground red cayenne pepper.

**Sesame oil** should be used sparingly as a seasoning and not for frying. It has a rich nutty flavor and fragrance. Available in most grocery stores. Japanese sesame oil is milder than Chinese, so when using the latter, you may want to dilute it with a bit of vegetable oil.

**Sesame paste** is made from toasted sesame seeds that are ground up like peanut butter, but unsweetened. Commonly available in Asian food stores. Substitute *tahini* or make your own by pan-roasting and then grinding the seeds in a food processor.

**Sesame salt** (*goma shio*) is a mixture of toasted black sesame seeds (either whole or ground) and salt, and is a popular Japanese condiment.



**Sesame seeds** are available either white or black and are often pan-roasted (page 33) and sprinkled over cooked foods for added flavor.

# Delicious Japanese Dips and Sauces

## Soy Dipping Sauce

- Soy sauce
- Dash of sesame paste or wasabi (optional)

1 Japanese-style soy is the most basic of all dipping sauces. It may also be mixed with a little sesame paste or wasabi for added flavor.

## Tempura Dipping Sauce

- 1 cup (250 ml) Basic Dashi Soup Stock (page 12) or ½ teaspoon instant *dashi* granules dissolved in 1 cup (250 ml) boiling water
- 4 tablespoons soy sauce
- 3 tablespoons *mirin*
- 3 teaspoons grated daikon
- 3 teaspoons grated ginger

1 Combine all ingredients in a bowl and stir well to mix.

## Sesame Seed Sauce

- ¾ cup (100 g) white sesame seeds, toasted
- 1 tablespoon miso
- 1 tablespoon sugar
- 2 tablespoons *mirin*
- 2 tablespoons rice vinegar
- 2 tablespoons saké
- 6 tablespoons soy sauce
- 1 teaspoon prepared Japanese mustard
- 3 tablespoons Basic Dashi Soup Stock (page 12) or ¼ teaspoon instant *dashi* granules dissolved in 3 tablespoons boiling water



1 Combine all the ingredients in a bowl and blend until smooth.

## Mustard Sauce

- ¼ cup (60 ml) soy sauce
- 1 tablespoon sugar
- 1 teaspoon grated ginger
- 2 teaspoons prepared Japanese mustard



1 Combine all the ingredients in a bowl and blend until smooth.

## Homemade Ponzu Sauce

- ¼ cup (60 ml) lemon juice
- ¼ cup (60 ml) soy sauce
- 3 tablespoons Basic Dashi Soup Stock (page 12) or ¼ teaspoon instant *dashi* granules dissolved in 3 tablespoons boiling water
- 1 tablespoon *mirin*



1 Combine all the ingredients in a bowl and stir well.

## Homemade Japanese Mayonnaise

- 3 whole eggs
- 1 teaspoon prepared Japanese mustard
- Salt and black pepper, to taste
- 3 tablespoons lime juice
- 1 clove garlic, crushed
- 2 cups (500 ml) light vegetable oil, not canola



1 Combine the eggs, mustard, salt, pepper, lime juice, and crushed garlic and process until light and frothy. Then gradually add the oil while processing, until the mayonnaise is thick.

2 Transfer to a storage jar, refrigerate, and use as required.

## Sesame Salt (Goma Shio)

- 1 tablespoon black sesame seeds
- 2 teaspoons salt

1 Dry-roast the sesame seeds in a skillet until they splatter. Transfer the toasted seeds to a bowl and coat in the salt. Let cool and use as needed.

## Coriander Pesto

- 2 cloves garlic, peeled
- 1 oz (30 g) macadamia nuts or pine nuts
- Juice from ½ lemon
- 1 cup (50 g) coriander leaves (cilantro) and stems
- Salt and black pepper, to taste
- ¼ cup (60 ml) oil



1 Combine the garlic, nuts, lemon juice, coriander leaves, salt and pepper, and process. Drizzle the oil through the funnel to form a smooth, light paste. Do not over process.

2 Pour into a clean airtight jar, smooth down the top, and cover surface with a thin layer of oil. Seal and refrigerate until required.

## Basic Dashi Soup Stock (Bonito Flake Stock)

4-in (10-cm) square piece *konbu* (dried kelp), wiped clean

4 cups (1 liter) water

¼ cup (60 ml) cold water

2 cups (40 g) bonito flakes

Yields 4 cups (1 liter)

Preparation time: 5 mins

Cooking time: 20 mins

- 1 Cut the *konbu* into 4 uniform strips. Place in a saucepan with the water and cook over medium heat. Just before it boils, remove from the heat and discard the *konbu*.
- 2 Add the cold water and bonito flakes. Bring to a boil, then remove from the heat and set aside to cool.
- 3 When the bonito flakes have sunk to the bottom, strain the liquid and discard the flakes. Store in a sealed jar in the fridge and use as needed.

## Chawan Mushi (Steamed Egg Custard)

8 oz (250 g) chicken breast, cubed

1 tablespoon saké

1 teaspoon soy sauce

2 cups (125 g) spinach, rinsed

8 medium shrimp

4 large fresh shiitake mushrooms

1 small carrot, peeled and thinly sliced, each slice quartered

Zest of ¼ lemon, finely grated, to garnish

### DASHI CUSTARD

2½ cups (625 ml) Basic Dashi Soup Stock (page 12) or 1¼ teaspoons instant *dashi* granules dissolved in 2½ cups (625 ml) boiling water

1 tablespoon saké

1 teaspoon soy sauce

1 teaspoon salt

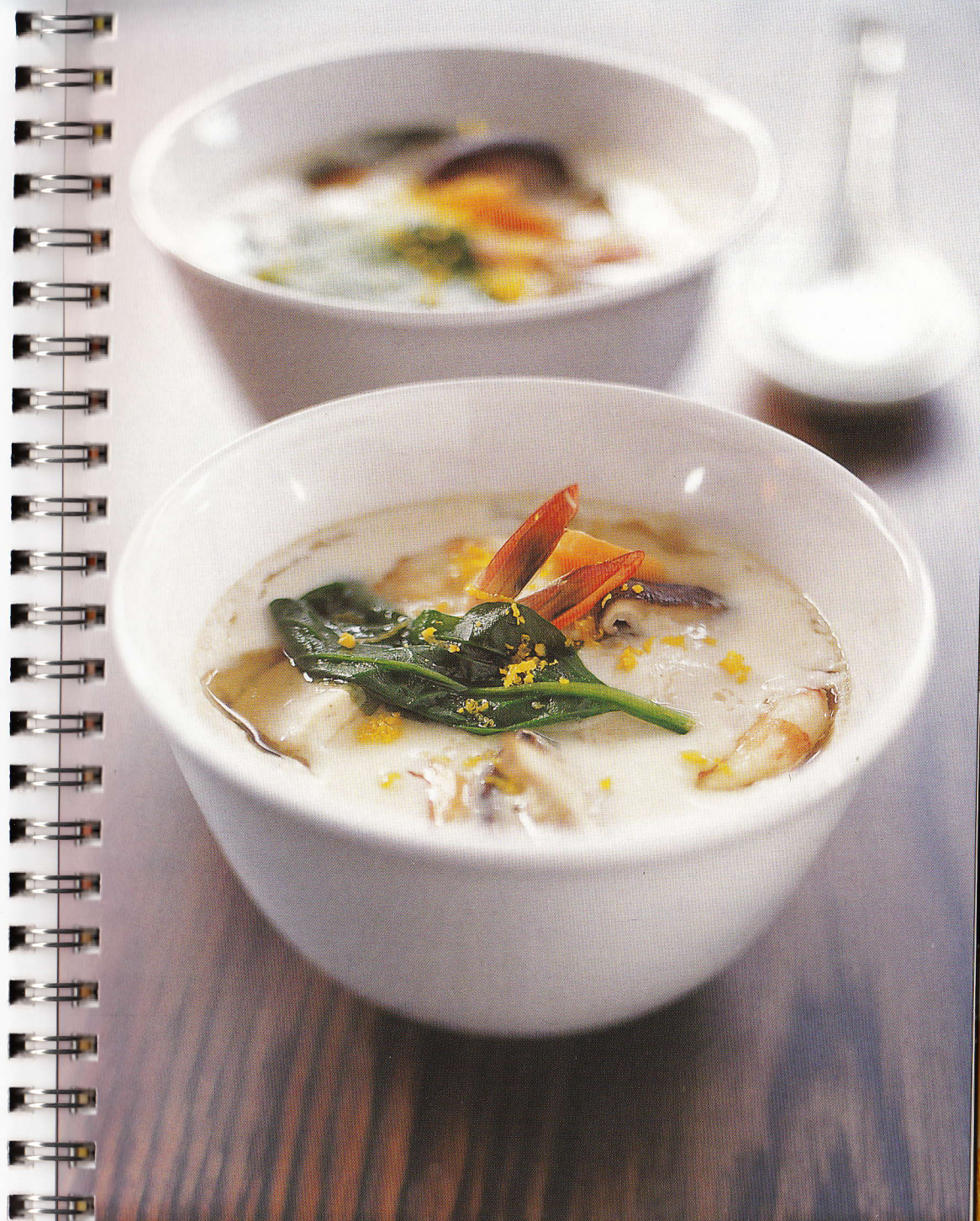
4 large eggs

Serves 4

Preparation time: 15 mins

Cooking time: 15 mins

- 1 Marinate the chicken in the saké and soy sauce for 10 minutes. Drain and set aside. Blanch and chop the spinach. Peel and devein the shrimp, leaving the tails intact. Discard the stems of the shiitake mushrooms and quarter the caps.
- 2 To make the Dashi Custard, heat the *dashi* stock with the saké, soy sauce and salt until the salt is dissolved. Remove from the heat. In a large bowl, combine the eggs without beating. Stir in the *dashi* mixture in a slow, steady stream and strain the egg mixture through a fine sieve.
- 3 Evenly distribute the chicken, shrimp and vegetables into 4 small heatproof bowls. Pour the Dashi Custard over the contents, leaving a ¾ inch (2 cm) gap at the top of each bowl. Cover the bowl with a foil or lid.
- 4 Heat some water in a large saucepan with a steamer rack and place the custard cups on the rack. Cover the steamer partially with a lid to allow the steam to escape. Steam over medium to high heat for 1 minute, then reduce heat to low and steam for another 15 minutes, until a knife comes out clean when inserted in the custard. Remove the custard cups from the steamer, garnish with the lemon zest, and serve immediately.



## Classic Miso Soup with Vegetables

- 1 cup (125 g) daikon, peeled and sliced  
4 cups (1 liter) Basic Dashi Soup Stock (page 12) or 2 teaspoons instant *dashi* granules dissolved in 4 cups (1 liter) boiling water  
3 tablespoons miso  
8 green beans, cut into lengths  
1 teaspoon soy sauce (optional)
- 1 Slice the daikon lengthwise into quarters, then into 1/8-in (3-mm) slices as shown below.
  - 2 Place the daikon and *dashi* stock in a saucepan over medium heat and cook until the daikon softens, about 2 minutes.
  - 3 Place the miso in a small bowl and ladle some of the hot *dashi* stock over it. Stir with a wooden spoon until the miso is dissolved, and pour the dissolved miso into the soup.
  - 4 Stir in the beans and soy sauce, then bring the soup to a boil and immediately remove from the heat. Ladle the soup into 4 bowls and serve.

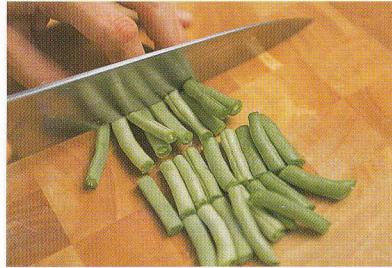
Serves 4

Preparation time: 5 mins

Cooking time: 5 mins



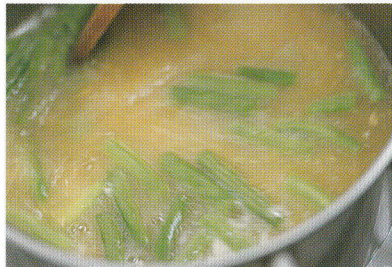
Cut the daikon in quarters, lengthwise, then slice into 1/8-in (3-mm) thickness.



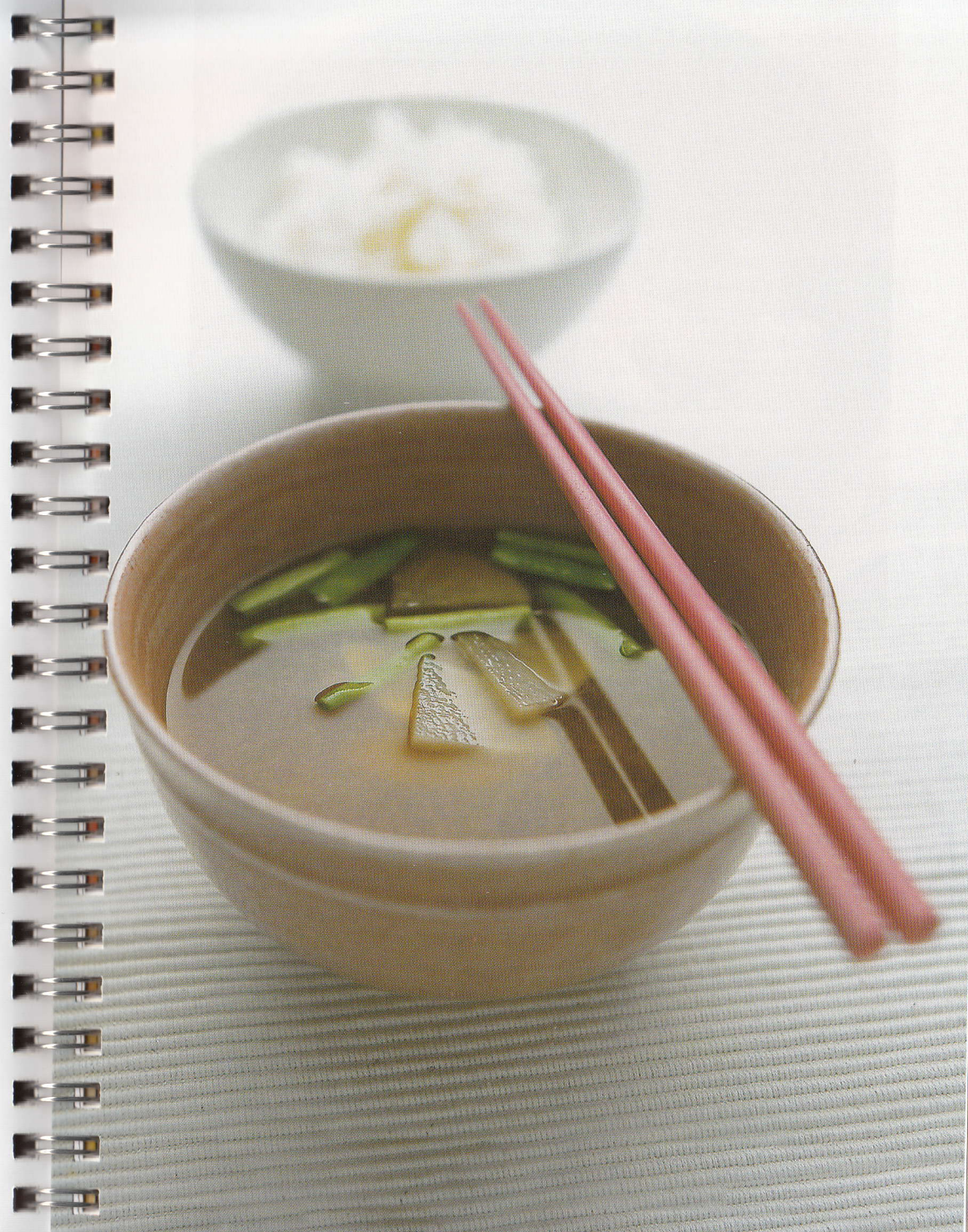
Cut the green beans into lengths.



Stir the miso and *dashi* stock with a wooden spoon until the miso is well dissolved.



Stir in the beans and soy sauce, then bring to a boil and remove from the heat.





## Clear Soup with Shrimp

4 cups (1 liter) Basic Dashi Soup Stock (page 12) or 2 teaspoons instant *dashi* granules dissolved in 4 cups (1 liter) boiling water  
 3 medium shrimp, peeled and deveined, tails intact  
 2 okra (ladies' fingers), cut into thin slices  
 1 teaspoon soy sauce  
 Zest of ¼ lemon, finely grated, to garnish

- 1 Warm the *dashi* stock in a saucepan and adjust seasoning with salt, if required. Bring to a boil over medium heat and add the shrimp. Reduce the heat and simmer for 1 to 2 minutes, until the shrimp turns pink. Add the okra and soy sauce and remove from the heat.
- 2 Place 2 shrimp in each serving bowl and ladle the soup over them. Garnish with the lemon zest and serve.

Serves 4  
 Preparation time: 15 mins  
 Cooking time: 5 mins

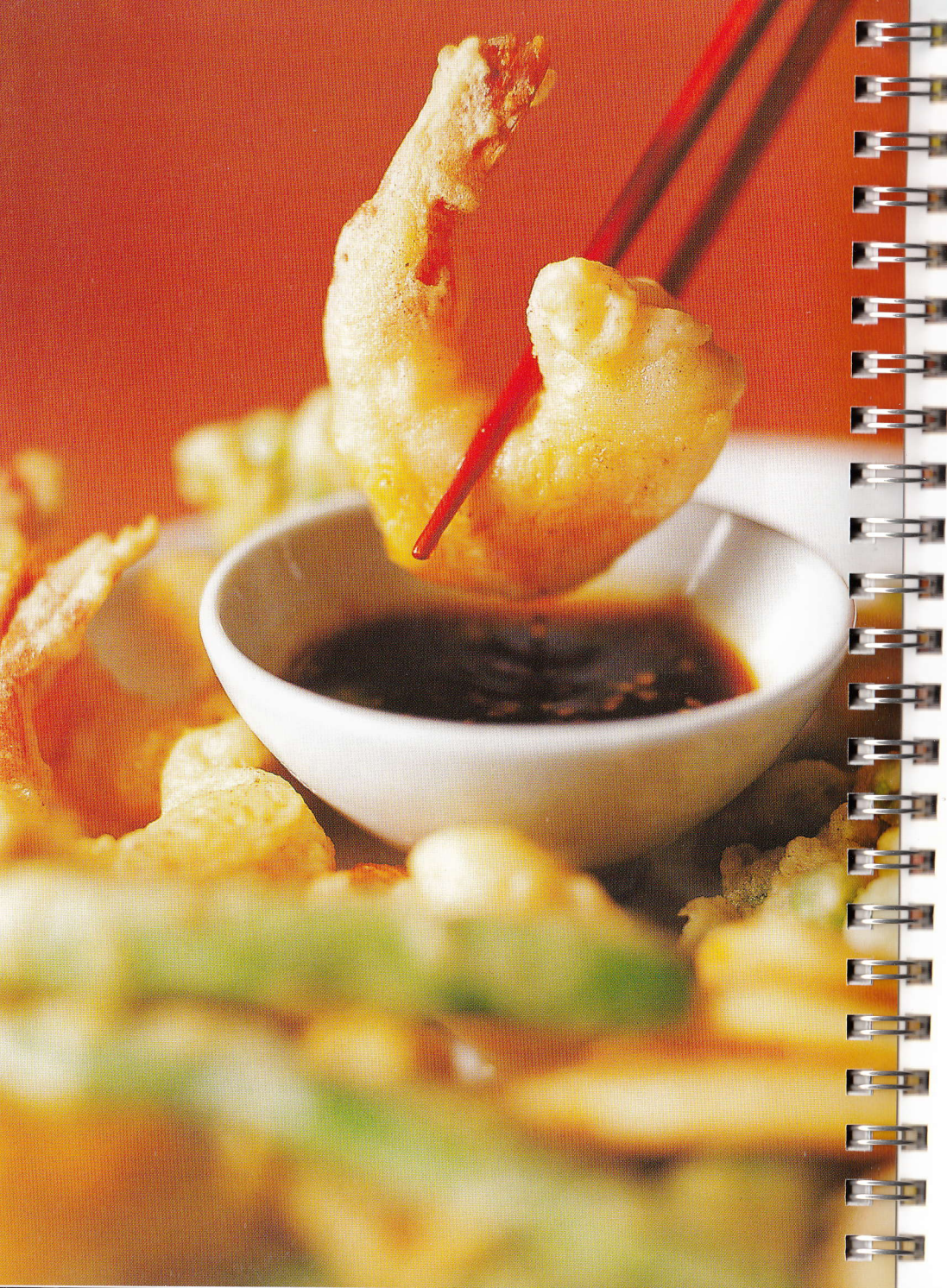
## Clear Soup with Scallops and Asparagus

4 cups (1 liter) Basic Dashi Soup Stock (page 12) or 2 teaspoons instant *dashi* granules dissolved in 4 cups (1 liter) boiling water  
 Zest of ¼ lemon, finely grated  
 1 teaspoon salt  
 4 asparagus spears, tough ends discarded  
 8 fresh scallops, cleaned with muscle removed  
 1 teaspoon soy sauce

Serves 4  
 Preparation time: 10 mins  
 Cooking time: 4 mins

- 1 Place the *dashi* stock, half of the lemon zest and salt in a saucepan and bring almost to a boil, then reduce the heat immediately. Remove the zest with a sieve and discard.
- 2 Cut the asparagus spears in half and add to the saucepan. Bring to a boil and reduce the heat.
- 3 Add the scallops and soy sauce, stir, and simmer over low heat for another minute until the asparagus and scallops are done. Remove from the heat.
- 4 Serve in 4 individual serving bowls and garnish with the remaining lemon zest.





## Classic Seafood and Vegetable Tempura

½ cup (60 g) all-purpose flour for dredging

Oil, for deep-frying

1 Japanese eggplant, cut diagonally into long, thick slices

3 cups (120 g) pumpkin or sweet potato, peeled and sliced

12 green beans, trimmed

1 small onion, cut in crescents

4 fresh shiitake mushrooms, stems discarded

⅔ cup (90 g) fresh or frozen green peas

8 medium shrimp, peeled and deveined, tails intact

4 whitebait, about 2 oz (60 g) each or white fish fillets, sliced

4 scallops, cleaned and sliced in half horizontally

Tempura Dipping Sauce (page 10)

### BATTER

2 egg yolks

2 cups (500 ml) ice water

2 cups (250 g) all-purpose flour

Serves 4

Preparation time: 20 mins

Cooking time: 30 mins

1 Put the flour for dredging in a mixing bowl and set aside.

2 Heat the oil in a wok or deep-fryer to 325°F (160°C).

3 To prepare the first batch of Batter, beat 1 of the egg yolk with 1 cup of the ice water in a mixing bowl until smooth. Add 1 cup of the flour, all at once, and stir briefly with a fork or chopsticks until just combined. The Batter may be lumpy but it should be quite thin. Do not overmix.

4 Dredge the eggplant, pumpkin, green beans and onion pieces in the flour and shake off any excess. Dip a slice of the vegetable into the Batter and gently shake off any excess.

5 Carefully slip the vegetables, 5 to 6 pieces at a time, into the hot oil and cook, turning once until crisp, about 2 to 3 minutes. Remove the fried vegetable tempura from the oil with a slotted spoon and drain on a wire rack or paper towels.

6 To cook the mushrooms, spoon the Batter on the underside of the mushrooms, shaking off any excess. Place the mushrooms in the oil, batter side down and fry, turning once until tender, about 1 minute. Remove the fried mushroom tempura from the oil with a slotted spoon and drain on paper towels.

7 Sprinkle the green peas lightly with the flour. Scoop about 1 tablespoon of the peas onto a slotted spoon and coat the peas in the Batter. Let excess Batter from the peas drip from the spoon. Carefully place the peas into the oil and cook for 2 to 3 minutes, turning once, until the Batter is crisp. Remove the fried pea tempura from the oil and drain on paper towels.

8 Heat the oil to 350°F (180°C) and prepare the second batch of Batter. Dredge the seafood with the flour and dip into the Batter. Cook the seafood until golden and crisp, about 3 minutes (shrimp may take 1 minute more, depending on the size). Remove the fried seafood tempura from the oil with a slotted spoon and drain on paper towels.

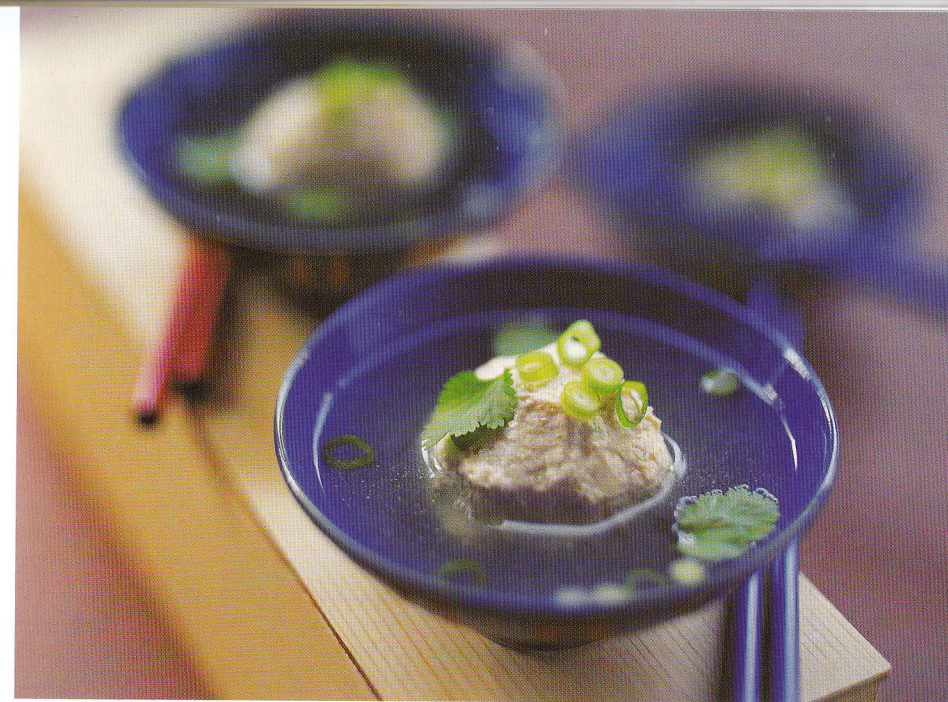
9 Pour the warm Tempura Dipping Sauce into small sauce bowls and serve with the selection of tempura.

## Tofu and Vegetable Soup

- 1 cup (250 ml) water
- 1 teaspoon vinegar
- 4 oz (125 g) burdock root, peeled (optional)
- 8 oz (250 g) firm tofu
- 1 teaspoon oil
- 1 teaspoon sesame oil
- 4 oz (125 g) ground chicken
- 1 potato, thinly sliced
- 1 cup (125 g) sliced daikon
- 1 carrot, thinly sliced
- 5 cups (1.25 liters) Basic Dashi Soup Stock (page 12)
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 4 fresh shiitake mushrooms, quartered
- 2 green onions (scallions), cut into sections
- Seven-spice chili mix or *sansho* pepper

- 1 Combine the water and vinegar in a mixing bowl. Shave the burdock root into thin, long strips and soak in the vinegar-water mixture for 5 to 10 minutes. Rinse and drain.
- 2 Using a fork, break the tofu into chunks.
- 3 Heat both the oils in a saucepan over medium heat, and stir-fry the chicken until just cooked, about 1 minute.
- 4 Add all the vegetables and stir-fry for another 2 minutes.
- 5 Add the Basic Dashi Soup Stock, soy sauce and salt, and bring to a boil. Reduce the heat to low and simmer until the vegetables are tender, about 4 minutes. Stir the mushrooms and tofu into the soup, and simmer for another 2 minutes. Add the green onions and remove from the heat. Serve immediately with the seven-spice chili mix or *sansho* pepper.

Serves 4  
Preparation time: 20 mins  
Cooking time: 12 mins



## Chicken Meatballs in Clear Soup

- 1 lb (500 g) ground chicken
- 2 green onions (scallions), thinly sliced
- 1 tablespoon grated ginger
- ¼ cup (60 ml) soy sauce
- 1 medium egg
- 2 tablespoons cornstarch
- 3 cups (750 ml) Basic Dashi Soup Stock (page 12)
- 2 tablespoons saké
- 2 tablespoons *mirin*
- 1 green onion (scallions), thinly sliced, to garnish
- Fresh coriander leaves (cilantro), to garnish

Serves 4  
Preparation time: 5 mins  
Cooking time: 15 mins

- 1 Combine the chicken, green onions, ginger, 1 tablespoon of the soy sauce, and egg in a mixing bowl. Sprinkle in the cornstarch and mix well.
- 2 Shape the chicken mixture into meatballs about 2 in (5 cm) in diameter. You may need to moisten your hands with water to prevent the mixture from sticking.
- 3 Combine the Basic Dashi Soup Stock, saké, *mirin* and the remaining soy sauce in a saucepan and bring to a boil over medium heat. Reduce the heat immediately.
- 4 Add the chicken meatballs, one at a time, to the simmering broth, and cook for about 5 minutes. Remove the meatballs with a slotted spoon and serve in 4 individual serving bowls. Pour the broth over them and garnish with the sliced green onion and coriander leaves.

## Sesame Omelet Rolls with Shrimp

10 medium shrimp, peeled and deveined  
1 cup (250 ml) water  
3 tablespoons Homemade Japanese Mayonnaise (page 11)  
½ teaspoon black pepper  
1 Plain Sesame Omelet (see below)  
½ teaspoon fish sauce  
4 sprigs watercress

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Makes 10–12 slices  
Preparation time: 5 mins  
Cooking time: 10 mins  
Assembling time: 10 mins

- 1 Boil the shrimp in the water for 3 to 4 minutes, until they turn pink. Remove and let cool. Slice the shrimp into small chunks and mix with the mayonnaise and black pepper.
- 2 Lay the Plain Sesame Omelet on a flat work surface and spread the shrimp mixture across the center of the omelet. Sprinkle the fish sauce over the shrimp mixture, and place the watercress sprigs in a line across the middle.
- 3 Carefully roll up the omelet. Wrap it in plastic wrap and refrigerate for about 10 minutes to help it retain its shape before slicing into 10 to 12 pieces.

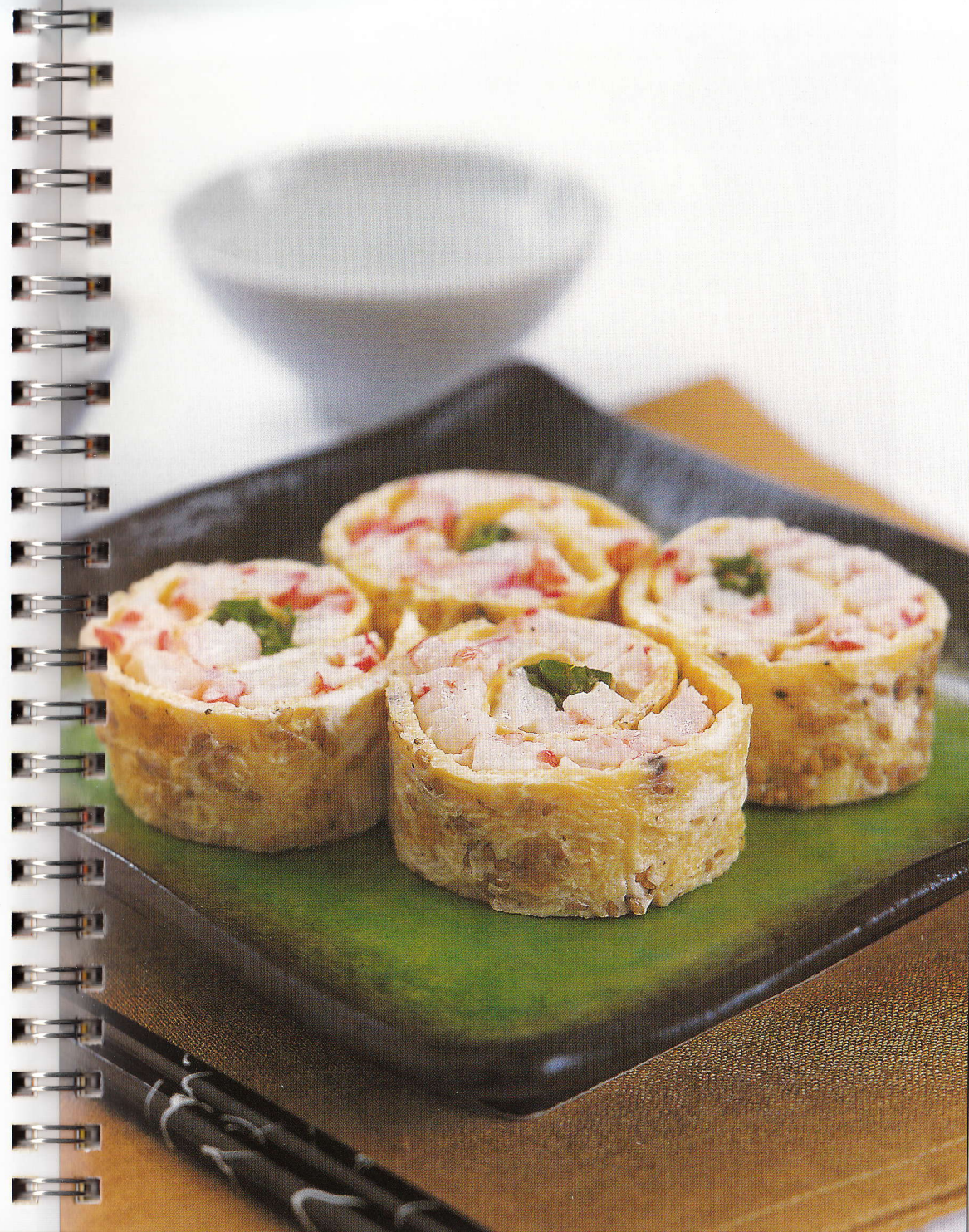
## Plain Sesame Omelet

2 large eggs  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 tablespoon oil  
2 tablespoons white or black sesame seeds

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Makes 1 large omelet  
Preparation time: 5 mins  
Cooking time: 5 mins

- 1 Gently combine the eggs in a bowl with the salt and pepper. Do not overmix as this will make the omelet tough.
- 2 Using a pastry brush, lightly brush the inside of a large omelet pan with the oil. Heat the omelet pan over medium heat and pour in the egg mixture.
- 3 Tilt the pan to cover the bottom with the egg, and using a spatula, swirl the egg around to allow it to cook.
- 4 When the omelet is almost set, sprinkle with the sesame seeds. Flip the omelet over and allow the seeds to toast for 1 minute.
- 5 Slide the omelet from the pan onto a plate or cutting board.





## Cold Tofu Appetizer with Soy Dressing

- 4 *shiso* leaves, stems discarded
- 1 lb (500 g) soft tofu, drained on a rack for 30 minutes or patted dry with paper towels to remove moisture
- 2 tablespoons soy sauce
- 2 green onions (scallions), thinly sliced
- ¼ cup (5 g) bonito flakes
- 2 tablespoons grated ginger

- 1 Stack the *shiso* leaves and cut them into thin, long strips lengthwise, about ⅛-in (3-mm) wide.
- 2 Cut the tofu into 4 equal pieces and place them in a serving bowl.
- 3 Serve the soy sauce in 4 small individual dipping bowls.
- 4 Sprinkle the sliced *shiso* leaves, green onions and bonito flakes over the tofu. Place a small mound of the ginger on the side, and serve immediately with the soy sauce.

Serves 4

Preparation time: 5 mins

Assembling time: 3 mins

## Sesame Omelet Rolls with Shiitake

- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon lemon juice
- 1 teaspoon *mirin*
- 1 tablespoon olive oil
- 6 fresh shiitake mushrooms, stems discarded, finely sliced
- 1 Plain Sesame Omelet (page 24)
- 1 green onion (scallions), thinly sliced
- ½ green bell pepper, thinly sliced

Makes 4 large or 10–12 small rolls

Preparation time: 5 mins

Cooking time: 10 mins

Assembling time: 10 mins

- 1 Combine the soy sauce, sesame oil, lemon juice and *mirin*, and set aside.
- 2 Heat the olive oil in a small skillet and sauté the mushrooms until soft, about 2 minutes. Remove from the heat and pour the soy sauce mixture over the mushrooms. Stir well and allow to cool completely.
- 3 Place the Plain Sesame Omelet on a flat work surface, with the sesame seeds facing down. Place the cooled mushroom mixture across the center of the omelet. Sprinkle with the green onion and bell pepper.
- 4 Roll the omelet over the filling, to form a cylinder with the filling in the middle. Slice the omelet into quarters at an angle to serve as appetizers, or slice into 10 to 12 smaller rounds for hors d'oeuvres as shown.



## Cold Soba Noodles (Zaru Soba)

8 cups (2 liters) water  
10 oz (300 g) dried soba noodles  
1½ cups (350 ml) Basic Dashi Soup Stock (page 12) or ¾ teaspoon instant *dashi* granules dissolved in 1½ cups (350 ml) boiling water  
5 tablespoons soy sauce  
3 tablespoons *mirin*  
1 tablespoon sugar  
1 sheet *nori*, toasted (page 66) and cut into thin strips  
4 teaspoons wasabi paste  
2 green onions (scallions), thinly sliced

Serves 4

Preparation time: 10 mins

Cooking time: 15 mins

- 1 Bring the water to a boil in a large saucepan over high heat and add the noodles, stirring gently to keep them separate. Cook at a vigorous boil until the noodles are cooked but still firm, about 5 minutes. Drain in a colander and rinse under cold water. Drain the noodles again and cover with a damp cloth until completely cool.
- 2 Heat the *dashi* stock, soy sauce, *mirin* and sugar in a small saucepan and cook over medium heat until the sugar is dissolved. Just before boiling, remove from the heat and set aside.
- 3 Distribute the cold noodles into 4 individual serving bowls and top each bowl with a quarter of the *nori*.
- 4 Pour the *dashi* stock into 4 small bowls and stir in some of the wasabi and green onions. Dip the noodles into the *dashi* stock before eating.



## Chilled Noodles with Shrimp and Tomato

1½ cups (375 ml) Basic Dashi Soup Stock (page 12) or ¾ teaspoon instant *dashi* granules dissolved in 1½ cups (375 ml) boiling water  
⅓ cup (90 ml) *mirin*  
⅓ cup (90 ml) soy sauce  
10 cups (2.5 liters) water  
8 oz (250 g) dried *somen* noodles  
12 medium shrimp, peeled and deveined  
Ice water plus ice cubes  
2 medium ripe tomatoes, each cut into 6 wedges  
1 Japanese cucumber, thinly sliced diagonally  
2 green onions (scallions), sliced  
2 tablespoons grated ginger

Serves 4

Preparation time: 30 mins

Cooking time: 5 mins

- 1 To make the sauce, combine the *dashi* stock, *mirin* and soy sauce and cook until just boiling. Set aside.
- 2 Bring 8 cups of water to a boil in a large saucepan and add the noodles, stirring gently to keep them separate. Cook at a vigorous boil until the noodles are cooked but still firm, about 5 minutes. Drain in a colander and rinse under cold water. Drain again and cover with a damp cloth until completely cool.
- 3 Bring 2 cups of salted water to a boil in a saucepan, and poach the shrimp until they turn pink and opaque, about 1 minute. Drain and cool.
- 4 Distribute the noodles into 4 serving bowls and cover with ice water. Add 3 ice cubes to each bowl and arrange the shrimp, tomato and cucumber on top.
- 5 Place the green onions and ginger into 4 small dishes and pour the sauce over it. Dip the noodles, shrimp and vegetables into the sauce before eating.

## Fried Tofu and Noodles in Clear Broth

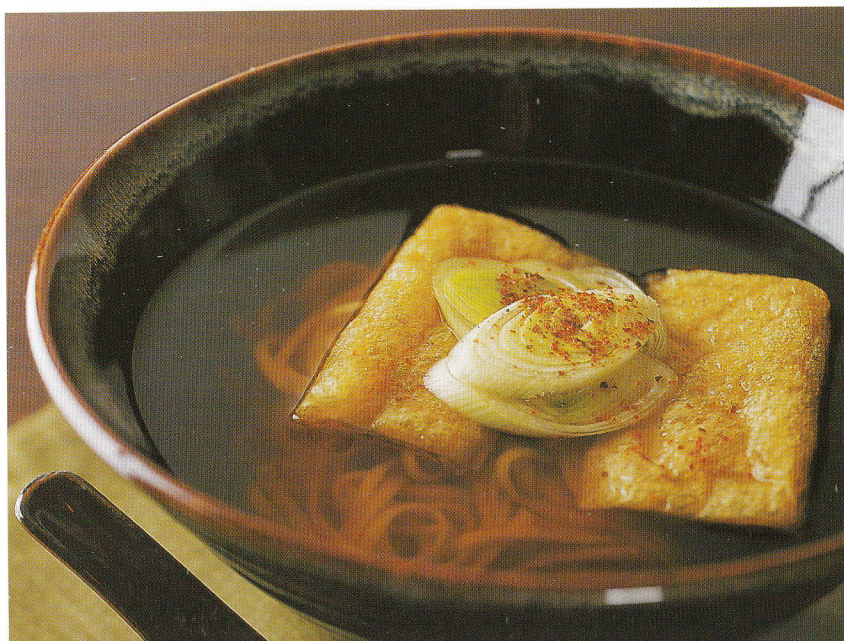
8 cups (2 liters) water  
12 oz (400 g) dried udon noodles  
6 cups (1.5 liters) Basic Dashi Soup Stock (page 12)  
2 tablespoons sugar  
4 slices deep-fried tofu, (*abura-age*), rinsed with boiling water to remove excess oil, drain and pat dry, cut into quarters  
6 tablespoons soy sauce  
3 tablespoons *mirin*  
½ teaspoon salt  
1 leek, thinly sliced  
Seven-spice chili mix, to garnish

Serves 4

Preparation time: 10 mins

Cooking time: 20 mins

- 1 Bring the water to a boil and add the noodles, stirring gently to keep them separate. Cook at a vigorous boil for 5 minutes or until the noodles are cooked but still firm. Drain and refresh under running water. Drain again and cover with a damp kitchen towel until completely cool.
- 2 Bring 1 cup of the Basic Dashi Soup Stock, sugar and tofu to a boil. Just before boiling, reduce the heat to low and cook for another 2 minutes. Add 2 tablespoons of the soy sauce and simmer until almost all the liquid has evaporated. Remove from the heat.
- 3 Heat the remaining *dashi* stock, soy sauce, *mirin* and salt in a saucepan over high heat. When it is just about to boil, add the leek and remove from the heat.
- 4 Distribute the noodles into 4 serving bowls. Top with the tofu and ladle the *dashi* stock over ensuring each bowl has some leek. Garnish with the chili mix and serve immediately.



## Sukiyaki Beef Hotpot

12 dried or fresh shiitake mushrooms, stems discarded  
1 lb (500 g) beef tenderloin, thinly sliced  
8 oz (250 g) dried *shirataki* or glass noodles  
8 oz (250 g) firm tofu, cubed  
2 small leeks, rinsed and sliced diagonally  
4 oz (125 g) spinach, washed and coarsely sliced  
2 tablespoons oil  
4 large eggs or Homemade Ponzu Sauce (page 11)

### SAUCE

¾ cup (175 ml) soy sauce  
¼ cup (60 ml) saké  
¼ cup (60 ml) *mirin*  
½ cup (125 ml) water

- 1 If using dried mushrooms, soak in hot water for 20 minutes until soft. Drain the mushrooms and squeeze out any excess moisture.
- 2 Combine the Sauce ingredients in a bowl and set aside.
- 3 Arrange the mushrooms, beef, *shirataki* noodles, tofu, leeks and spinach in 4 batches.
- 4 Heat the oil in a hotpot on a tabletop hotplate. Stir-fry the ingredients in batches until the food is cooked to taste. Cook the rest of the food in similar batches.
- 5 Diners can use chopsticks to take the cooked meat or vegetables from the hotpot. Use the eggs as a dipping sauce. If you are concerned that the raw eggs may contain salmonella, use the Homemade Ponzu Sauce instead.
- 6 Replenish the hotpot with the remaining ingredients as needed.

Serves 4

Preparation time: 20 mins

Cooking time: 20 mins



## Grilled Tofu with Vegetables

- 2 cakes (about 1 lb/500 g) firm tofu, drained
- 4 fresh shiitake mushrooms, stems discarded
- 1 medium carrot, peeled and thinly sliced
- 1 medium potato, peeled and thinly sliced
- 1 green bell pepper, thinly sliced
- 1 small leek, rinsed and thinly sliced
- 1 egg white
- 1 teaspoon soy sauce
- ¼ teaspoon salt
- 2 tablespoons saké
- 3 tablespoons cornstarch

- 1 Halve the tofu horizontally. Remove excess moisture by pressing it between sheets of paper towels.
- 2 Cut the mushrooms into halves and slice thin.
- 3 Combine the mushrooms, carrot, potato, bell pepper, leek, egg white, soy sauce, salt and saké in a bowl. Sift 2 tablespoons of the cornstarch over the mixture and stir to mix well. Meanwhile, pre-heat the broiler.
- 4 Sift the remaining cornstarch over the tofu and pile the vegetable mixture on top. Using a spatula, lift the tofu and vegetables onto the broiler rack. Broil for 2 to 3 minutes or until the vegetables are lightly cooked.

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Serves 4  
 Preparation time: 20 mins  
 Cooking time: 5 mins

## Spinach with Sesame Seed Dressing

- 3 tablespoons white sesame seeds
- ½ teaspoon sugar
- 2 tablespoons soy sauce
- 3 tablespoons Basic Dashi Soup Stock (page 12) or ¼ teaspoon instant *dashi* granules dissolved in 3 tablespoons boiling water
- 1 lb (500 g) fresh spinach, washed, stems discarded
- 1 teaspoon oil

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Serves 4  
 Preparation time: 10 mins  
 Cooking time: 5 mins

- 1 Dry-roast (without using oil) the sesame seeds in a large skillet over medium to low heat until golden brown, about 3 minutes. Set aside 1 teaspoon of the toasted sesame seeds to use as a garnish. Using a mortar and pestle, grind the remaining seeds until smooth.
- 2 Blend the sugar, soy sauce and *dashi* stock with the sesame seed paste to make a dressing. Set aside.
- 3 Drain excess water from the spinach. Heat the oil in a medium saucepan over high heat and add a handful of the spinach leaves, stirring with a wooden spoon until the leaves have wilted. Continue stirring, adding more spinach as each batch cooks down. Do not overcook.
- 4 Place the cooked spinach in a colander and squeeze out excess moisture with the back of a wooden spoon. Combine the spinach and dressing in a small bowl. Transfer to a platter and garnish with the reserved sesame seeds. Serve hot or at room temperature.



## Bean Sprouts and Bell Pepper Salad

- 3 cups (250 g) bean sprouts, trimmed
- 1 large carrot, peeled and thinly sliced
- 1 large green bell pepper, thinly sliced
- 2 teaspoons toasted sesame seeds, to garnish

### DRESSING

- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon oil
- 1 teaspoon sesame oil

- 1 Wash the bean sprouts in cold water and drain well.
- 2 Combine the Dressing ingredients in a small bowl.
- 3 Blanch the carrot in a saucepan with well-salted boiling water, for 30 seconds. Add the bean sprouts and bell pepper and blanch for another 30 seconds. Drain and plunge the vegetables into a pan of ice water. When cool, drain well in a colander and set aside.
- 4 Just before serving, place the cooled vegetables in a serving bowl. Dress and toss the vegetables well. Distribute the salad into 4 individual serving bowls, garnish with the sesame seeds, and serve.

Serves 4

Preparation time: 20 mins

Cooking time: 3 mins



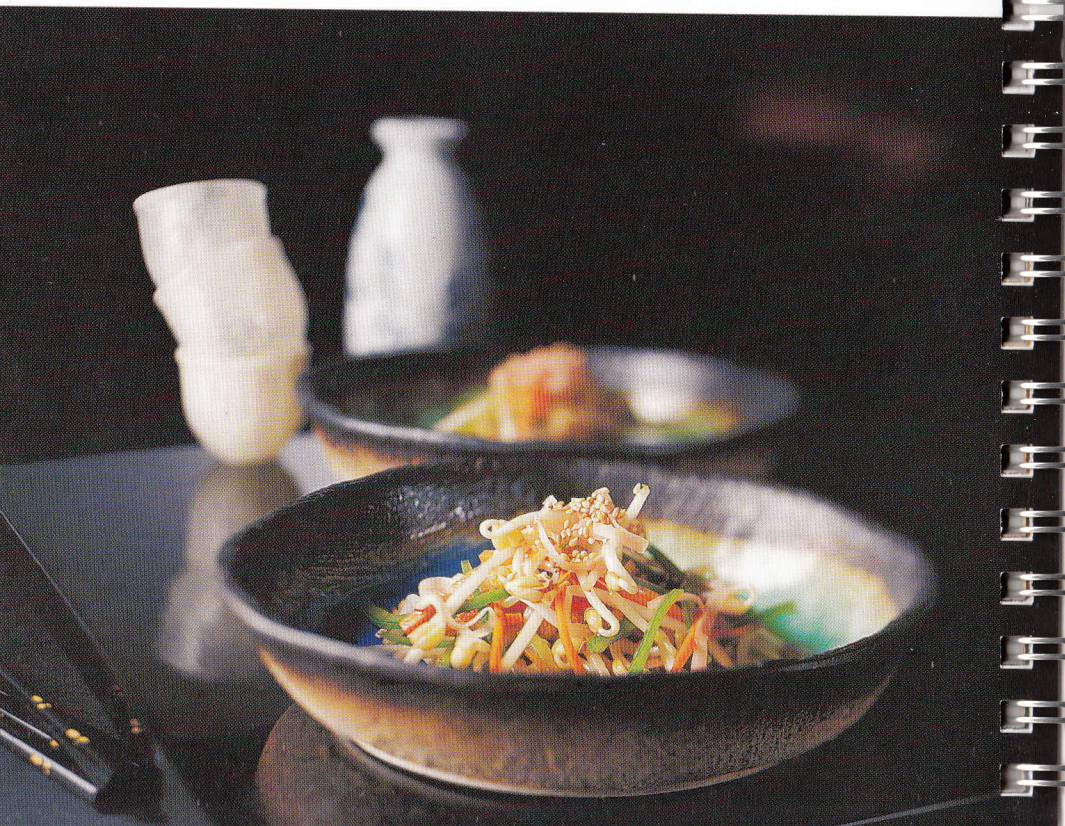
## Savory Japanese Pumpkin Appetizer

- 1 lb (500 g) pumpkin or butternut squash
  - 2 cups (500 ml) Basic Dashi Soup Stock (page 12) or 1 teaspoon instant *dashi* granules dissolved in 2 cups (500 ml) boiling water
  - 2 tablespoons sugar
  - 1 tablespoon *mirin*
  - 2 tablespoons soy sauce
- 1 Cut the pumpkin into 2-in (5-cm) square chunks, leaving the skin on.
  - 2 Using the sharp point of a knife, cut away small pieces of the pumpkin skin to give a mottled effect. Place the pumpkin, skin side down in a saucepan with a heavy base.
  - 3 Add 1½ cups of the *dashi* stock, sugar and *mirin* and cover the saucepan.
  - 4 Bring to a slow boil over medium heat and simmer for about 8 minutes, turning the pumpkin over after 4 minutes.
  - 5 Add the soy sauce and the remaining *dashi* stock.
  - 6 Cook, covered, until the pumpkin is tender. Serve immediately or let it cool to room temperature. The broth is delicious over rice.

Serves 4

Preparation time: 10 mins

Cooking time: 20 mins





## Eggplant Stir-fried with Ginger and Miso

- ½ cup (125 ml) water
- ¼ cup (60 ml) miso
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 2 tablespoons oil
- 3 tablespoons oil
- 1 tablespoon finely diced ginger
- 1 lb (500 g) slender Japanese eggplant, cut into chunks
- 1 large red or green bell pepper, cut into chunks
- 2 tablespoons saké
- 2 teaspoons cornstarch, mixed with a little water to make a paste

- 1 Combine the water, miso, soy sauce and sugar in a small bowl, and stir until the sugar is dissolved. Set aside.
- 2 Heat the oil in a wok over high heat. Stir-fry the ginger, eggplant and bell pepper until the vegetables are almost tender, about 3 minutes.
- 3 Add the saké and stir-fry for another 20 seconds. Then add the miso mixture.
- 4 Stir in the cornstarch paste and continue stir-frying until the sauce thickens. Serve immediately.

Serves 4

Preparation time: 10 mins

Cooking time: 5 mins

## Wakame and Tuna with Soy Dressing

- 2 sheets (10 g) *wakame*
- 2 cups (500 ml) water
- Two 6-oz (170-g) cans of water-packed tuna
- 2 teaspoons lemon juice
- 1 Japanese cucumber, thinly sliced
- 1 tomato, diced

### DRESSING

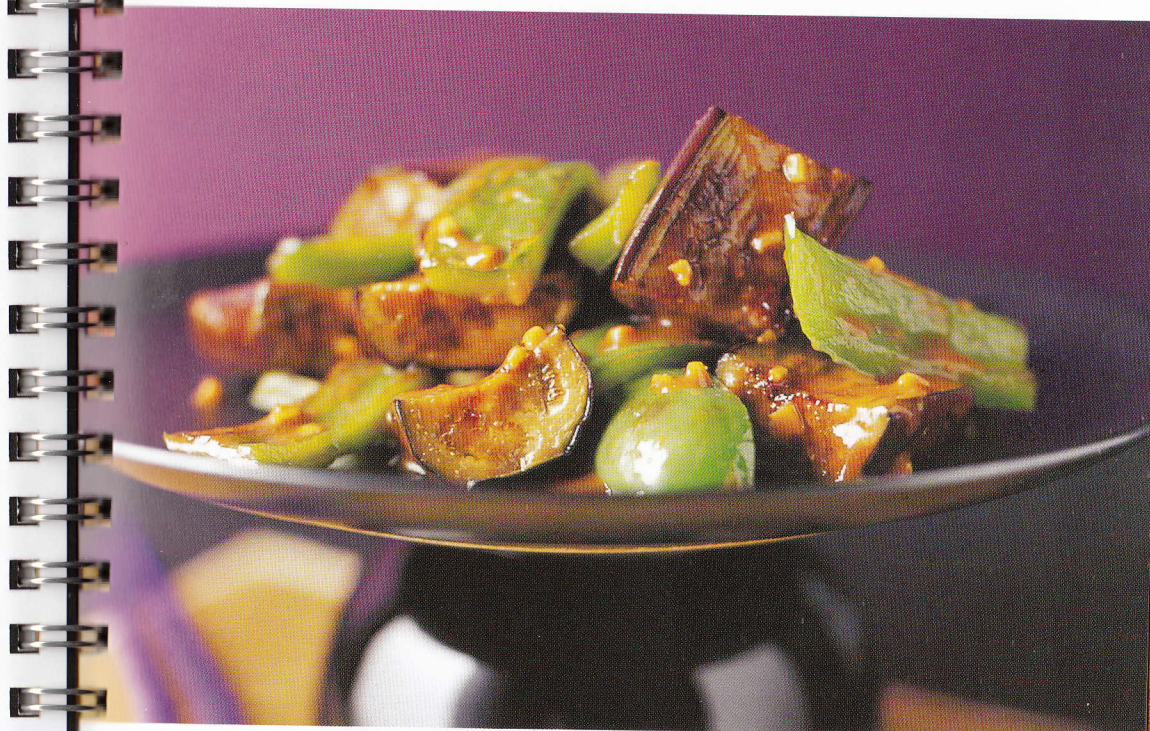
- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 2 teaspoons sesame oil

Serves 4

Preparation time: 30 mins

Assembling time: 3 mins

- 1 Soak the dried *wakame* in a bowl of cold water to soften, about 20 minutes.
- 2 To make the Dressing, combine the vinegar, soy sauce, sugar and oil in a small bowl, stirring until the sugar is dissolved.
- 3 Bring the water to a boil in a small saucepan. Blanch the *wakame* for 30 seconds, drain and rinse under cold water. Pat dry with paper towels. Remove any hard veins from the *wakame* and slice it into ½-in (1-cm) strips.
- 4 Drain the tuna and place it in a mixing bowl. Sprinkle with the lemon juice and use a fork to break the tuna into bite-sized pieces.
- 5 Combine the *wakame*, cucumber and tomato with the tuna and toss with the Dressing. Serve immediately.





## Pan-fried Chicken Rolls

4 chicken thighs (about 1 lb/500 g)  
1 teaspoon grated ginger  
 $\frac{3}{4}$  cup (175 ml) saké  
2 tablespoons soy sauce  
4 green onions (scallions)  
2 teaspoons cornstarch  
1 tablespoon oil  
Kitchen string

Serves 4

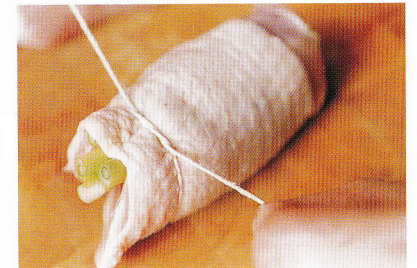
Preparation time: 30 mins

Cooking time: 20 mins

- 1 Debone the chicken thighs and place them on a work surface with the skin side down. Score the flesh with a sharp knife. Press on the meat to spread it out, creating an even thickness.
- 2 Combine the ginger, 2 tablespoons of the saké, and the soy sauce in a bowl. Marinate the chicken in this mixture and set aside 20 minutes, turning occasionally.
- 3 Drain the chicken and place it skin side down on a working surface, reserving the marinade. Cut the green onions to the same length as the chicken and place 3 or 4 pieces across each piece of chicken. Sprinkle with an even coating of cornstarch.
- 4 Roll each piece of chicken up and fasten with the kitchen string, securing at both ends.
- 5 Heat the oil in a large skillet over medium to high heat. Place the chicken rolls seam side down and cook, turning frequently with tongs, until they are evenly browned.
- 6 Drain excess fat from the skillet, leaving the chicken in, and add the remaining saké. Reduce the heat to medium-low, cover and simmer for 7 minutes.
- 7 Add the reserved marinade and cook the chicken roll for another 10 to 12 minutes, or until tender.
- 8 To serve, remove the string and slice the chicken crosswise into  $\frac{3}{4}$ -in (2-cm)-thick slices and spoon the pan juices over the slices.



Place 3 or 4 green onion sticks across each piece of chicken.



Roll up the chicken and fasten with kitchen string on both ends.

## Grilled Yakitori Chicken Skewers

- 1 tablespoon sugar
- ¼ cup (60 ml) *mirin*
- ½ cup (125 ml) soy sauce
- ½ cup (125 ml) saké
- 1 lb (500 g) boneless chicken
- 7 oz (200 g) chicken livers
- 4 fresh shiitake mushrooms, stems discarded
- 1 leek, cut into pieces
- 2 green bell peppers, cut into squares
- 16 to 20 skewers, 8 in (20 cm) long
- Seven-spice chili mix
- Lemon wedges, to garnish

Serves 4

Preparation time: 30 mins

Cooking time: 5 mins

- 1 To prepare the sauce, combine the sugar, *mirin*, soy sauce and saké in a saucepan and bring to a boil. Reduce the heat to low and simmer for 15 minutes, reducing the sauce to 1 cup.
- 2 Cut the chicken and liver into cubes, then thread them through the skewers, alternating with pieces of the mushroom, leek and bell pepper. If bamboo skewers are used, soak them in water for at least 10 minutes prior to use.
- 3 Heat the grill. Baste the skewered food with the sauce.
- 4 Grill the skewered food for 2 to 3 minutes, turning 3 or 4 times and basting each time, until the chicken and livers are just cooked. Do not overcook.
- 5 Remove the skewers from the heat. Sprinkle the grilled food with chili mix and serve with lemon wedges.



## Crispy Chicken Nuggets (Karaage)

- 2 teaspoons ginger juice
- 1 clove garlic, thinly sliced
- 1 tablespoon soy sauce
- 1 tablespoon saké
- 1 lb (500 g) boneless chicken, cut into chunks
- ⅔ cup (90 g) cornstarch
- 3 cups (750 g) oil for deep-frying
- Lemon wedges, to garnish
- Mustard Sauce (page 10)

Serves 4

Preparation time: 30 mins

Cooking time: 10 mins

- 1 Combine the ginger juice, garlic, soy sauce and saké in a mixing bowl. Marinate the chicken pieces in the soy mixture for 20 minutes.
- 2 Drain the chicken and toss it lightly in the cornstarch, shaking off any excess.
- 3 Meanwhile, heat the oil to 325°F (160°C). Fry the chicken, about 4 to 5 pieces at a time, until golden and cooked through, about 4 minutes.
- 4 Remove the chicken from the oil with a slotted spoon and drain on paper towels. When the oil returns to 325°F (160°C), add more of the chicken pieces and repeat until all the chicken is cooked. Keep the cooked chicken warm until serving. Arrange on individual serving plates and garnish with lemon wedges. Serve with the Mustard Sauce.

## Buying Fish for Sashimi and Sushi

The most important consideration when selecting fish to use for sushi and sashimi is freshness. Quite simply, if the fish and seafood used are not extremely fresh, then the sushi and sashimi will not be good.

For shellfish—both hard and soft-shelled—extremely fresh usually means alive at the time of purchase and kept alive until required.

The types of fish and seafood most commonly used in Japan are mentioned here, but these should only act as a guide. Most fish can be eaten raw so we recommend that you use whatever available fresh fish is in season.

As a rule, frozen fish should be avoided when preparing dishes to be eaten raw. This is not only due to the health risk associated with fish that is less than fresh, but also because the flavor and texture are usually compromised. A generally accepted exception to this rule is tuna and squid which have been flash-frozen. If your fishmonger can guarantee that the fish has been treated in this manner, then you will probably find it to be a satisfactory substitute.

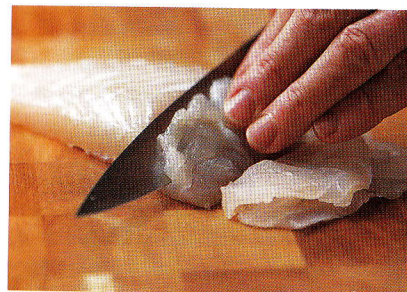
Some fish and seafood are precooked before being used in sushi and sashimi, such as shrimp, crab or lobster. Salmon is often smoked or salted; octopus and eel are often boiled or marinated. For sashimi, only the best parts or cuts are normally used. For example, the body of a squid (and not the tentacles) and only the prime fillets of a tuna are used.

## Cutting Fish for Sashimi and Sushi

Fish and seafood are usually cut into long, thin strips and pieces for sushi and sashimi. Use a long, thin, very sharp knife for cutting raw fish. Handle the fish as little as possible, by cutting each slice in a single motion, without sawing back and forth, as the friction will warm up the fish. Similarly, use the knife blade to lift or move slices on the cutting board or to place on the serving plate instead of your hands which will also warm up the fish.

Ideally, fish should be sliced as thinly as possible, and this is usually determined by the firmness of the fish. The firmer the fish, the thinner it can and should be sliced.

## Various Methods for Slicing Fish



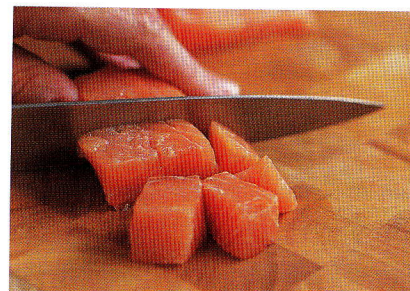
### PAPER-THIN SASHIMI SLICES

Fish must be very fresh. Fillet can also be refrigerated for 10 minutes before slicing. Hold the fillet with one hand. Incline the knife at a 45° angle and slice very thinly, about 1/8 in (3 mm), from the left to the right of the fish.



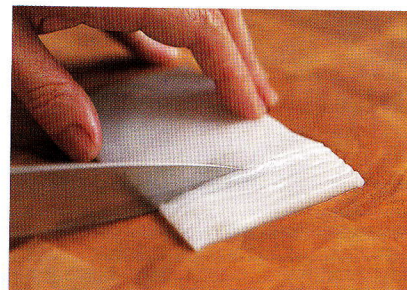
### THIN SUSHI SLICES

Cut the fillet crosswise into 1/8-in to 1/4-in (3 to 6-mm) thick slices. Depending on the thickness of the fillet, these may be rectangular slices, bars or strips.



### CUBES

Cut thick, soft-fleshed fish into 3/4-in (2-cm) cubes by cutting fillet crosswise into 3/4-in (2-cm) strips, and then cutting these strips into 3/4-in (2-cm) pieces.



### STRIPS

Cut very thin fillets diagonally or crosswise into strips 3/4-in to 2-in (2 to 5 cm) wide and no longer than 2-in (5-cm) long. These strips (or threads) are then piled into a mound for serving.

## How to Prepare Foolproof Sushi Rice

Short-grain Japanese rice is readily available in Asian markets, and usually includes the word “rose” in its name, e.g. “Japan Rose” or “California Rose”; it may also simply be labeled “Japanese Rice”. Although often referred to as glutinous or sticky rice, the variety most commonly eaten by the Japanese—*uruchi mai*—is non-glutinous; the slight stickiness is due to the larger amount of water used during cooking.

1¼ cups (250 g) uncooked short-grain Japanese rice

Cold water to wash rice

3-in (8-cm) square piece *konbu* (dried kelp)

1¼ cups (300 ml) water

1 tablespoon saké

1 tablespoon sugar

1 teaspoon salt

1 tablespoon rice vinegar

### Tezu (vinegared water)

When making sushi, *tezu* is used to moisten the fingers to prevent the rice from sticking to them.

½ cup (125 ml) water  
1 tablespoon rice vinegar

Mix the two ingredients and use as required.

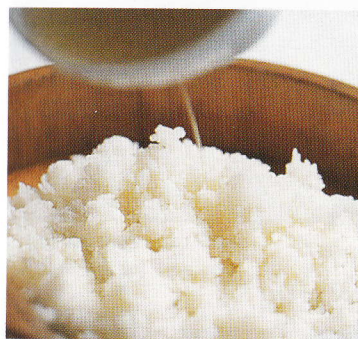
Makes 2½ cups

Preparation time: 10 mins

Cooking time: 15 mins

- 1 Place the rice in a large bowl or saucepan and add enough cold water to cover. Stir the rice with your fingers for 1 minute until the water becomes quite cloudy. Drain in a colander and repeat the process 3 or 4 times until the water is almost clear. Drain in a colander and set aside for at least 1 hour.

- 2 Wipe the *konbu* with a damp cloth to remove any grit, but do not try to wipe off the white powder. Using scissors, cut the *konbu* into 4 pieces.



- 3 Place the rice in a heavy-based saucepan. Add the water and saké, and place the *konbu* pieces on top. Cook over medium heat and remove the *konbu* just before it reaches boiling point (otherwise the rice becomes slimy). When the broth reaches a rolling boil, reduce the heat to low, cover the saucepan, and simmer for about 15 minutes, or until all the liquid is absorbed. (Try not to lift the lid too many times to check this).
- 4 Remove from the heat; leave covered for 15 minutes. Using a wooden spoon or rice paddle, gently fold the rice to fluff it up. Place a kitchen towel over the saucepan and cover with the lid. Leave for 10 minutes to absorb excess moisture. Dissolve the sugar and salt with the vinegar in a small, non-metal bowl. Spread the rice out to dry in a large, non-metallic shallow container, about 12 in (30 cm) across, and sprinkle on the vinegar mixture.
- 5 Fold the vinegared-rice gently with one hand while fanning the rice with the other. An electric fan can also be used. Continue fanning and folding the rice until it reaches room temperature, about 5 minutes. This quick cooling process is essential to achieve the desired texture, consistency and flavor of Sushi Rice.
- 6 Cover the container with a damp kitchen towel. The rice is now ready to be used and can be kept for up to 4 hours. Do not refrigerate the rice as this hardens and dries the grains.



## Classic Tuna Sashimi

- 1 teaspoon wasabi paste
- Juice from 2 large limes
- 1 lb (500 g) fresh tuna fillet, thinly sliced
- ½ cup (125 g) peeled and thinly sliced daikon threads

### PICKLED GINGER

- ½ cup (125 g) peeled and thinly sliced fresh young ginger
- 1 cup (250 ml) boiling water
- ½ cup (125 ml) rice vinegar
- 2 tablespoons sugar
- ½ teaspoon salt

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Serves 4  
Preparation time: 1 hour  
Assembling time: 5 mins

- 1 Make the Pickled Ginger by soaking the ginger slices in the boiling water. Leave to stand for 30 seconds and drain well.
- 2 Combine the vinegar, sugar and salt in a small non-metallic bowl and stir until the sugar completely dissolves. Add the drained ginger and coat well with the mixture.
- 3 Cover the bowl with a plastic sheet and leave it to stand for at least 1 hour, then refrigerate until well-chilled and the ginger slices turn pink. To serve, remove the ginger from the pickling liquid.
- 4 Mix the wasabi paste with the lime juice and set aside.
- 5 To arrange the sashimi, distribute the slices of tuna onto 4 individual serving plates. Put a small mound of the daikon, wasabi paste and Pickled Ginger on each plate. Serve immediately.

## Mixed Sashimi Platter

- 5 oz (150 g) fresh tuna fillet, skinned
  - 5 oz (150 g) fresh sea bream fillet or mackerel, skinned
  - 1 fresh abalone or giant clam, shucked and cleaned
  - 5 oz (150 g) fresh squid, skinned and cleaned
  - 4 fresh scallops, about 3 oz (85 g)
  - 5 oz (150 g) boiled octopus
  - ½ cup (125 g) peeled and thinly sliced daikon threads
  - 1 tablespoon wasabi paste
  - 4 tablespoons soy sauce or Homemade Ponzu Sauce (page 11), for dipping
- 1 To prepare the fish, trim the thin sides of the tuna and sea bream fillet to make a more rectangular shape if necessary. Cut into thin slices.
  - 2 Cut the abalone crosswise into ¼-in (6-mm) slices.
  - 3 Open the squid flat. Make cuts along the body about 2½ in (6 cm) apart to make rectangles. Cut these rectangles across to make thin strips.
  - 4 Slice the scallops to make 5 thin discs. Slice the boiled octopus into ¼-in (6-mm) slices.
  - 5 Arrange all the seafood, daikon and wasabi paste on a serving platter. Pour the dipping sauce into small individual dipping bowls and serve immediately.

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Serves 4

Preparation time: 30 mins

Assembling time: 5 mins



## Nigiri Sushi with Shrimp, Tuna and Smoked Fish

6 medium shrimp, peeled and deveined, tails intact

Small bowl of ice water

¼ cup (60 ml) rice vinegar

2 teaspoons sugar

4 oz (125 g) fresh tuna fillet, skinned

4 oz (125 g) smoked trout or salmon, thinly sliced

Small bowl of *tezu* (page 44)

2 cups (300 g) cooked Sushi Rice (page 44)

2 tablespoons wasabi paste

Pickled Ginger (page 46)

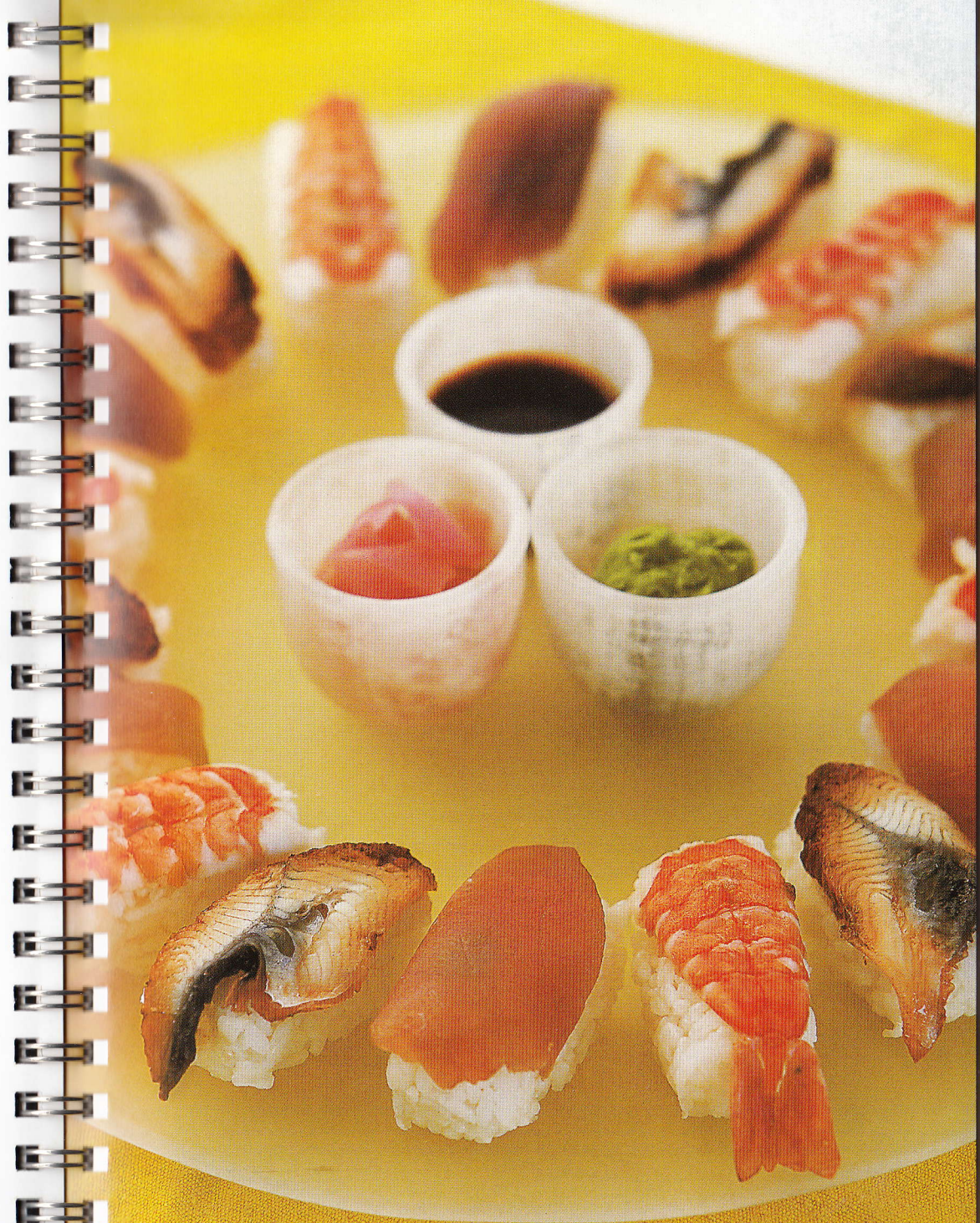
Soy Dipping Sauce (page 10)

Serves 4

Preparation time: 30 mins

Assembling time: 40 mins

- 1 Bring a saucepan of salted water to a boil. Insert a wooden skewer lengthwise into each shrimp from end to end to prevent the shrimp from curling during blanching. Blanch the shrimp for 30 seconds. Remove immediately and refresh in ice water.
- 2 Combine the vinegar and sugar in a small bowl. Add the shrimp and let it stand for 5 minutes, then drain.
- 3 Slide a knife lengthwise along the underside of the shrimp without cutting through. Open the shrimp flat, top side up; repeat with the remaining shrimp. Pat dry with paper towels.
- 4 Cut the tuna fillet crosswise into 1 x 2-in (2 x 5-cm) pieces.
- 5 Cut the smoked fish into 1 x 2-in (2 x 5-cm) pieces.
- 6 To shape the rice, first moisten your hands with the *tezu* to avoid sticking, then take 1 tablespoon of the Sushi Rice in your right hand and shape to form an oval “finger”. Pick up the tuna with your left hand and use your right index finger to dab a little wasabi on it. Place the rice “finger” on top of the tuna. Using your index finger, press the rice onto the tuna. Turn the rice and tuna over so that the tuna is on top. Using your index finger and middle finger, mold the tuna around the rice so that the rice does not show around the edges of the tuna. Repeat with the remaining tuna, shrimp and smoked fish.
- 7 Arrange the Nigiri Sushi on a serving platter. Serve with the Pickled Ginger and Soy Dipping Sauce.



## Nigiri Sushi with Egg and Nori

### ROLLED OMELET

- 4 large eggs
- 5 tablespoons Basic Dashi Soup Stock (page 12) or ¼ teaspoon instant *dashi* granules dissolved in 5 tablespoons boiling water
- 2 tablespoons *mirin*
- 1 teaspoon sugar
- Scant 1 teaspoon soy sauce
- ¼ teaspoon salt
- Oil, for frying
- Soy Dipping Sauce (page 10)

### SUSHI

- Small bowl of *tezu* (page 44)
- 2 cups (300 g) cooked Sushi Rice (page 44)
- 1 sheet *nori*, toasted (page 66) and cut into ½-in (1-cm) wide strips

Serves 4

Preparation time: 20 mins

Cooking time: 15 mins

- 1 To make the omelet, gently combine the eggs in a bowl with the *dashi* stock, *mirin*, sugar, soy sauce and salt. Stir until the sugar is dissolved.
- 2 Heat a regular skillet or omelet pan over medium heat and brush it lightly with the oil. Pour about one-third of the egg mixture into the skillet, tilting the skillet to cover the base. When the egg is set on the bottom but still moist on top, about 30 seconds, use a spatula or chopsticks to roll the egg up quickly but carefully. Leave the rolled omelet on one side of the skillet.
- 3 Brush the skillet with more of the oil and pour half of the remaining egg mixture into the skillet, again tilting the pan to cover the base. After 30 seconds, roll out the first omelet over the new one. Repeat with the remaining egg mixture.
- 4 Lift the final omelet onto a bamboo mat or kitchen towel and roll it up, gently squeezing out any excess moisture. Let it stand for 1 to 2 minutes.
- 5 Place the prepared rolled omelet on a board and flatten it slightly to make it more rectangular. Cut it crosswise into ½-in (1-cm) slices.
- 6 To make the Sushi, moisten your hands with the *tezu*. Form rice “fingers” as in page 48, and follow the method of making sushi, using the omelet as the topping until all the Sushi Rice is used up.
- 7 Dampen 1 end of a *nori* strip and wrap it around the sushi like a belt. Arrange the sushi on a serving platter and serve with the Soy Dipping Sauce.



Using a spatula or chopsticks, roll up the omelet to one side of the pan.

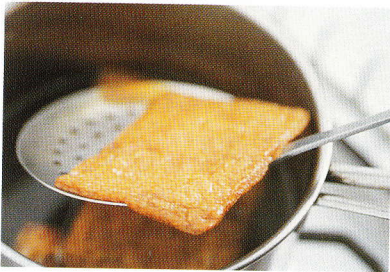


Pour new egg mixture into the pan then roll back the omelet in this new egg mixture.

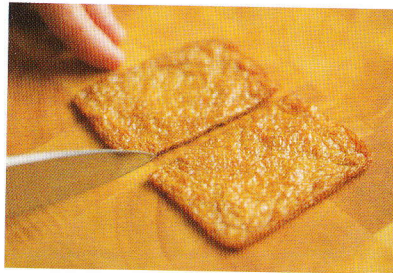
## Inari Sushi (Rice Stuffed Tofu Pouches)

- 6 deep-fried tofu slices (*abura-age*)
- 1 cup (250 ml) Basic Dashi Soup Stock (page 12) or ½ teaspoon instant *dashi* granules dissolved in 1 cup (250 ml) boiling water
- 2 tablespoons saké
- 2 tablespoons soy sauce
- 1½ tablespoons sugar
- 1 tablespoon *mirin*
- Small bowl of *tezu* (page 44)
- 2 cups (300 g) cooked Sushi Rice (page 44)
- Black or white sesame seeds, toasted
- 4 tablespoons Pickled Ginger (page 46)
- Soy Dipping Sauce (page 10)

Makes 12 pouches  
Preparation time: 10 mins  
Cooking time: 5 mins  
Assembling time: 10 mins



Remove the tofu slices from the simmering liquid with a slotted spoon.



Slice the simmered tofu crosswise or diagonally.

- 1 Rinse the deep-fried tofu slices under boiling water for a few seconds to remove excess oil. Drain and pat dry with paper towels.
- 2 Heat the *dashi* stock, saké, soy sauce, sugar and *mirin* in a saucepan and bring to a boil. Reduce the heat, add the tofu slices and simmer for 10 minutes. Remove from the heat and drain.
- 3 Cut the tofu slices in half, either diagonally or crosswise, depending on the desired shape.
- 4 Moisten your hands with the *tezu* to prevent rice from sticking. Open the tofu pouch and carefully fill it with 2 tablespoons of the Sushi Rice. Fold the edges of the pouch over the rice to seal and place it seam side down on a serving plate.
- 5 Sprinkle with the sesame seeds and serve with the Pickled Ginger and Soy Dipping Sauce.



Open the tofu pouch carefully and fill it with a little Sushi Rice.



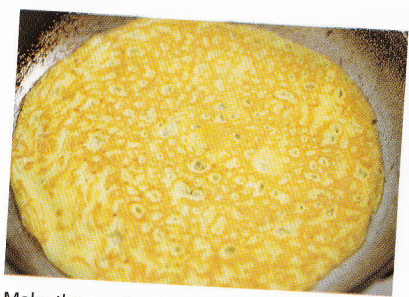
Fold the edges of the pouch to seal it, then place it seam side down on a plate.

# Rice and Mushroom Egg Rolls

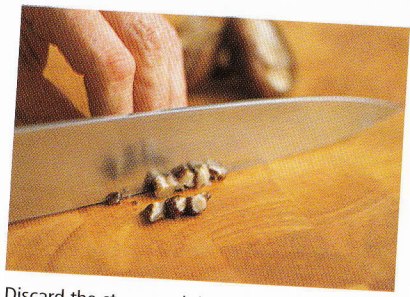
- 4 shiitake mushrooms
- 2 batches Plain Sesame Omelet (page 24), omitting the sesame seeds
- 1 clove garlic, crushed
- 2 tablespoons soy sauce
- 1 cup (150 g) cooked Sushi Rice (page 44)
- 1 green onion (scallions), sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Makes 6 parcels  
Preparation time: 20 mins  
Cooking time: 20 mins  
Assembling time: 15 mins

- 1 If using dried mushrooms, soak them in hot water to soften, about 20 minutes. Drain the mushrooms and squeeze out any excess moisture.
- 2 Make 6 small omelets in a small skillet. Stack the omelets on top of each other and cover with a cloth to prevent them from drying out.
- 3 Discard the mushroom stems and dice the caps. Combine the garlic and soy sauce in a bowl and marinate the mushrooms for at least 15 minutes.
- 4 Drain the mushrooms and combine with the Sushi Rice and green onion in a mixing bowl. Season with the salt and black pepper.
- 5 Place the omelets on a flat work surface and spoon 2 tablespoons of the mushroom rice mixture onto each one. Fold in the sides to form a flat, square parcel and place seam side down on a serving platter.



Make the omelets in a small skillet.



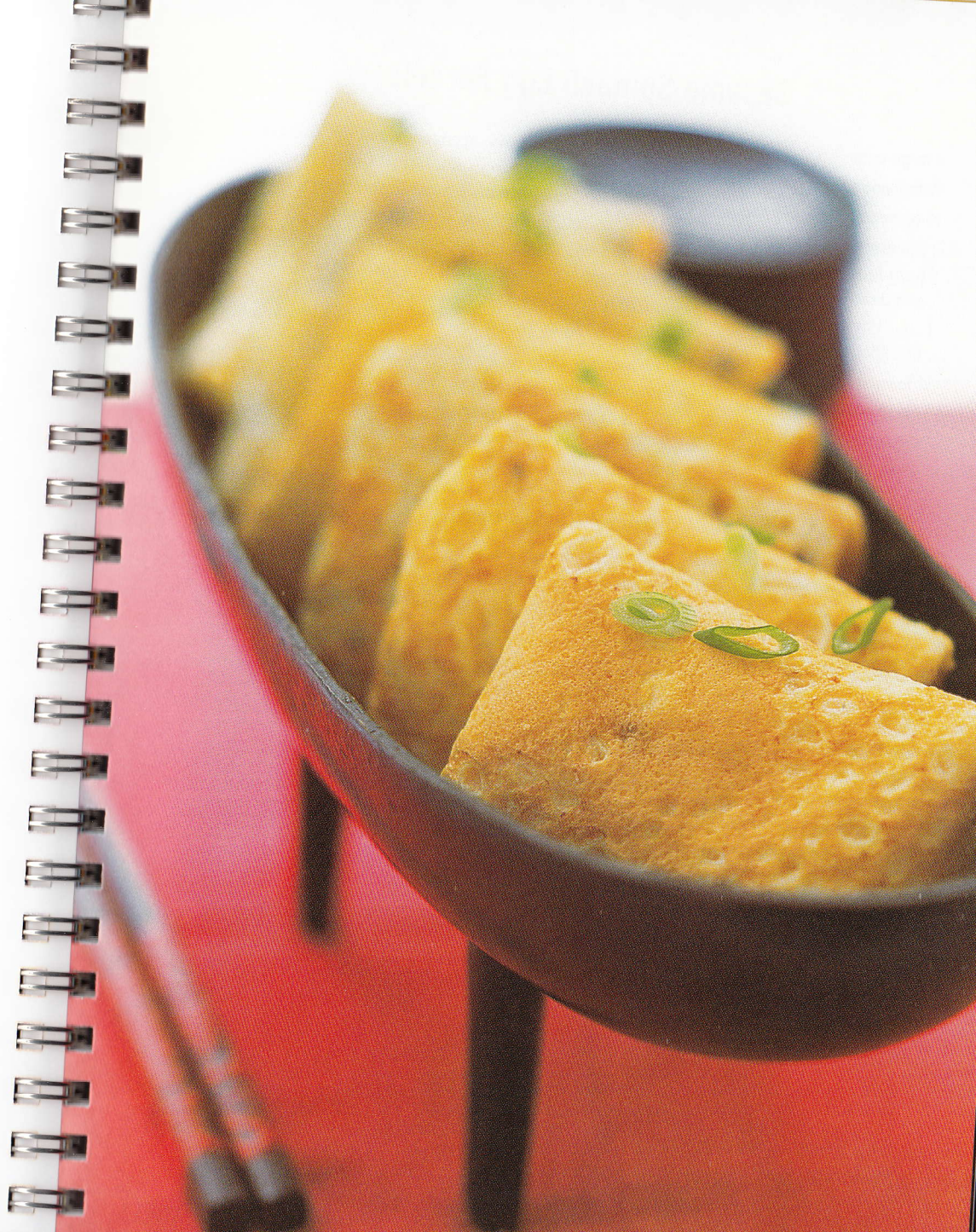
Discard the stems and dice the mushroom caps.



Combine the rice, diced mushrooms, salt and black pepper in a small bowl.



Fold in the sides of the omelet to form a flat, square parcel; place it seam side down.



## Sesame Spinach Egg Parcels

- 4 large eggs
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons oil
- 2 hard-boiled eggs, shelled and diced
- 1 cup (150 g) cooked Sushi Rice (page 44)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ sheet *nori*, toasted (see page 66), cut into 6 strips

### SESAME SPINACH

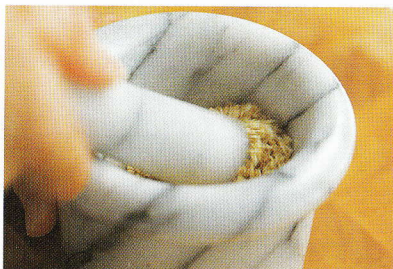
- 4 cups (300 g) fresh spinach leaves
- 2 tablespoons white sesame seeds, toasted
- ½ teaspoon sugar
- Large pinch of salt
- 2 tablespoons Basic Dashi Soup Stock (page 12) or ¼ teaspoon instant *dashi* granules dissolved in 2 tablespoons boiling water
- 1 tablespoon soy sauce

- 1 To prepare the Sesame Spinach, wash the spinach leaves and set aside to drain. Grind the sesame seeds until smooth with a mortar and pestle. Heat the sugar, salt, *dashi* stock, soy sauce and the ground sesame seeds in a large saucepan over high heat. Toss in the spinach, one handful at a time until all the spinach is just cooked. Remove from the heat and drain. Set aside to use as a filling for the egg parcels.
- 2 To make the egg wrappers for the sushi, mix the eggs, salt and pepper together in a bowl. Cook one-sixth of the egg mixture in an omelet pan using 1 teaspoon of oil. Do the same with the rest of the egg mixture to make 6 small omelets. Stack the omelets on top of each other and cover with a cloth to prevent them from drying out.
- 3 Combine the diced hard-boiled eggs and the Sesame Spinach with the Sushi Rice. Season with salt and black pepper.
- 4 Place the omelets flat on a work surface and spoon 2 tablespoons of the egg and spinach mixture onto each omelet. Gather up the edges of the omelet and tie with a thin strip of *nori* to form a parcel. Repeat to form 6 parcels.

Makes 6 parcels

Preparation time: 20 mins

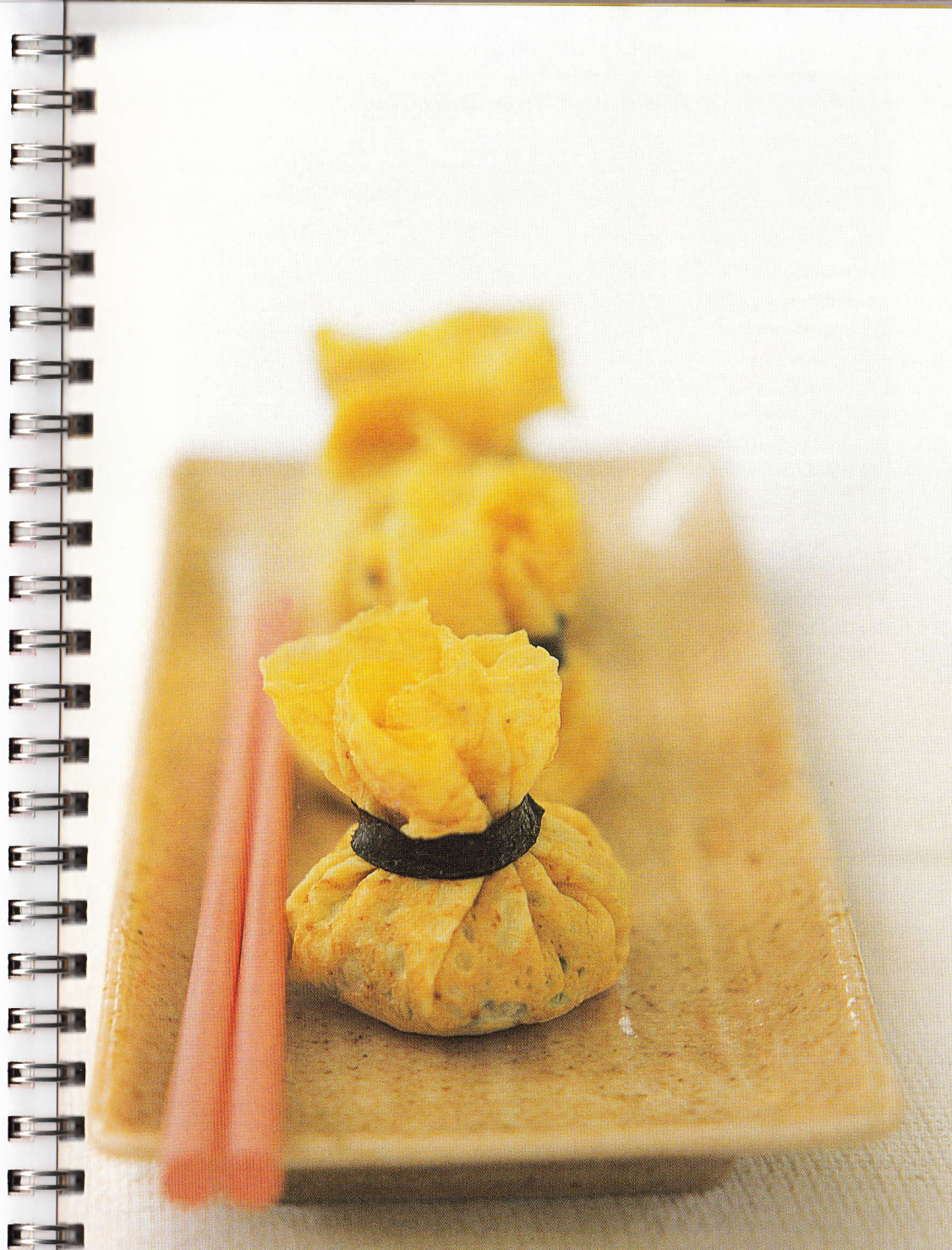
Cooking time: 20 mins



Grind the sesame seeds in a mortar and pestle until smooth.



Add the spinach to the saucepan a handful at a time, stirring constantly.



## Crab Salad Tofu Pouches

- 6 deep-fried tofu slices (*abura-age*)
- 1 cup (250 ml) Basic Dashi Soup Stock (page 12)
- 2 tablespoons saké
- 2 tablespoons soy sauce
- 1½ tablespoons sugar
- 1 tablespoon mirin
- 2 cups (250 g) cooked crab meat, picked clean
- ½ cup (125 ml) Homemade Japanese Mayonnaise (page 11)
- ½ avocado, diced and sprinkled with lemon juice
- 3 water chestnuts, diced
- 2 tablespoons salmon roe
- Soy Dipping Sauce (page 10)

- 1 Rinse the tofu slices in boiling water for a few seconds to remove excess oil. Drain and pat dry.
- 2 Heat the Basic Dashi Soup Stock, saké, soy sauce, sugar and *mirin* in a saucepan and bring to a boil. Reduce the heat, add the tofu and simmer for 10 minutes. Drain and allow the tofu to cool completely. Cut the tofu slices in half, either diagonally or crosswise, depending on the desired shape.
- 3 Squeeze out any excess liquid from the crab meat and combine with the mayonnaise. Pat dry the avocado and water chestnuts before combining with the crab mixture and the salmon roe. Gently fold the crab salad, taking care not to break up the delicate ingredients.
- 4 Spoon 2 teaspoons of the crab salad into the tofu pouch. Flatten the base of the pouches and sit them upright on a serving platter.

Makes 12 pouches  
Preparation time: 10 mins  
Cooking time: 5 mins  
Assembling time: 10 mins



## Classic California Sushi Rolls

- 12 medium shrimp, peeled and deveined
- 1 large avocado
- Juice from half a lemon
- 4 sheets *nori*, toasted (page 66)
- 4 cups (600 g) cooked Sushi Rice (page 44)
- 8 lettuce leaves, coarsely cut
- 3 tablespoons Homemade Japanese Mayonnaise (page 11) mixed with 1 teaspoon wasabi paste
- 3 tablespoons Pickled Ginger (page 46)
- 3 tablespoons salmon roe
- 1 tablespoon toasted sesame seeds

- 1 Poach the shrimp and set aside to cool.
- 2 Cut the avocado in half lengthwise. Remove the flesh and cut into strips about ½ in (1 cm), keeping the pieces as long as possible. Drizzle with the lemon juice to prevent discoloration.
- 3 To make the rolls, follow the instructions on page 60. Place 2 lettuce leaves down the middle of the rice on each roll. Top with 3 shrimp, placing them end to end along the center of the lettuce. Place the avocado strips end to end to form a line next to the shrimp.
- 4 Spoon ¼ of the mayonnaise on the shrimp and add some of the Pickled Ginger, salmon roe and sesame seeds to the roll. Roll up (see instructions on page 60) and cut each roll into 8 slices.

Makes 32 slices  
Preparation time: 15 mins  
Assembling time: 30 mins

## Cucumber, Crab and Salmon Sushi Rolls

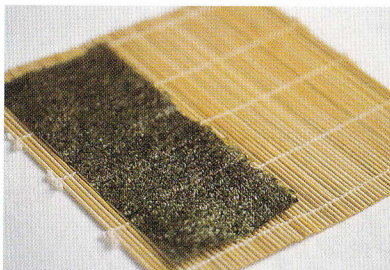
1 small cucumber, peeled  
3 sheets *nori*, toasted (page 66) and halved  
Small bowl of *tezu* (page 44)  
3 cups (450 g) cooked Sushi Rice (page 44)  
2 tablespoons wasabi paste  
2 tablespoons white sesame seeds, toasted  
8 oz (250 g) salmon fillet, skinned and cut into thin strips  
2 cups (250 g) cooked crab meat or crab sticks  
1/3 cup (90 ml) soy sauce  
Pickled Ginger (page 46)

Serves 4

Preparation time: 20 mins

Assembling time: 30 mins

- 1 To make the cucumber rolls, halve, then quarter the cucumber lengthwise into thin, long strips.
- 2 Place the bamboo mat on a work surface, facing you with the strips horizontal. Place a half sheet of the *nori* on the mat, shiny side down, with the edge of the *nori* 3/4 in (2 cm) away from the edge of the mat closer to you.
- 3 To make the rolls, moisten your hands with the *tezu* to prevent the rice from sticking. Spread about 1/2 cup (75 g) of the Sushi Rice onto the *nori* with your fingers, leaving a 3/4-in (2-cm) space at the top of the *nori* sheet.
- 4 Dab some of the wasabi paste down the middle of the rice and place 2 to 3 pieces of the cucumber on the wasabi. Sprinkle 1 teaspoon of the sesame seeds on the rice.
- 5 To roll, hold the edge of the mat nearest to you with one hand, press fingers of the other hand over the cucumber to hold it in place and roll the mat over the rice, away from you. Lift up the top of the mat and turn the roll over a little so that the empty *nori* strip seals the sushi roll.
- 6 Unroll the bamboo mat and remove the sushi roll. Using a moist, very sharp knife, cut the roll into 6 to 8 uniform pieces. Repeat using the salmon and crab meat. Serve with the soy sauce and Pickled Ginger.



Place the *nori* on the bamboo mat 3/4-in (2 cm) away from the edge closer to you.



Spread the rice evenly over the *nori*, leaving a 3/4-in (2-cm) gap at the top.



Roll the bamboo mat over the rice, away from you.



Using a moist, very sharp knife, cut the roll into 6 to 8 pieces.

## Smoked Trout Sushi Rolls

- 8 oz (250 g) smoked trout or smoked salmon
- ½ cup (100 g) pickled Chinese olive vegetable
- 4 cups (600 g) cooked Sushi Rice (page 44)
- 4 sheets *nori*, toasted (page 66)
- 2 tablespoons sliced capers
- Dill cucumbers, peeled and cut into thin strips
- 3 tablespoons Homemade Japanese Mayonnaise (page 11)
- 1 tablespoon Dijon mustard

- 1 Cut the fish into strips about ¾-in (2-cm) thick.
- 2 Mix the olive vegetable into the Sushi Rice.
- 3 Follow the directions for making Classic California Sushi Rolls (page 59), using the dill cucumbers, mayonnaise and Dijon mustard as a filling.

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Makes 32 slices

Preparation time: 20 mins

Assembling time: 30 mins

## Thai Shrimp Sushi Rolls

- 12 medium shrimp, peeled and deveined
- 2 tablespoons lemon juice
- 2 tablespoons fish sauce
- 1 tablespoon palm sugar
- 1 green onion (scallions), thinly sliced
- 1 small chili, thinly sliced
- 4 cups (600 g) cooked Sushi Rice (page 44)
- 4 sheets *nori*, toasted (page 66)
- 8 lettuce leaves, roughly sliced
- Japanese cucumber, unpeeled and cut into strips
- ½ cup (30 g) fresh coriander leaves (cilantro)

- 1 Marinate the shrimp in the lemon juice, fish sauce, palm sugar, green onion and chili for 15 minutes.
- 2 Follow the directions for making Classic California Sushi Rolls (page 59). Drain off excess liquid from the lettuce and place it over the middle of the prepared rice.
- 3 Place 3 shrimp end to end along the center of the rice, then add a strip of the Japanese cucumber and sprinkle with the fresh coriander leaves. Repeat until all the ingredients are used up.

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Makes 32 slices

Preparation time: 20 mins

Assembling time: 30 mins



## Lobster and Mango Sushi Rolls

- 4 sheets *nori*, toasted (page 66)
- 4 cups (600 g) cooked Sushi Rice (page 44)
- 1 cup (125 g) cooked lobster meat
- ½ firm mango, sliced
- 3 tablespoons Homemade Japanese Mayonnaise (page 11)
- 1 tablespoon Thai chili sauce
- ½ cup (25 g) mint leaves

- 1 Follow the directions for making Classic California Sushi Rolls on page 59 using lobster meat, mango, mayonnaise, chili sauce and mint as the filling.

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Makes 32 slices

Preparation time: 20 mins

Assembling time: 30 mins

## Inside-out Vegetarian Rolls

- 1 red bell pepper
- 1 small zucchini, cut lengthwise into 8 strips
- 1 small, slender Japanese eggplant, halved lengthwise and cut into 1-in (2-cm) long slices

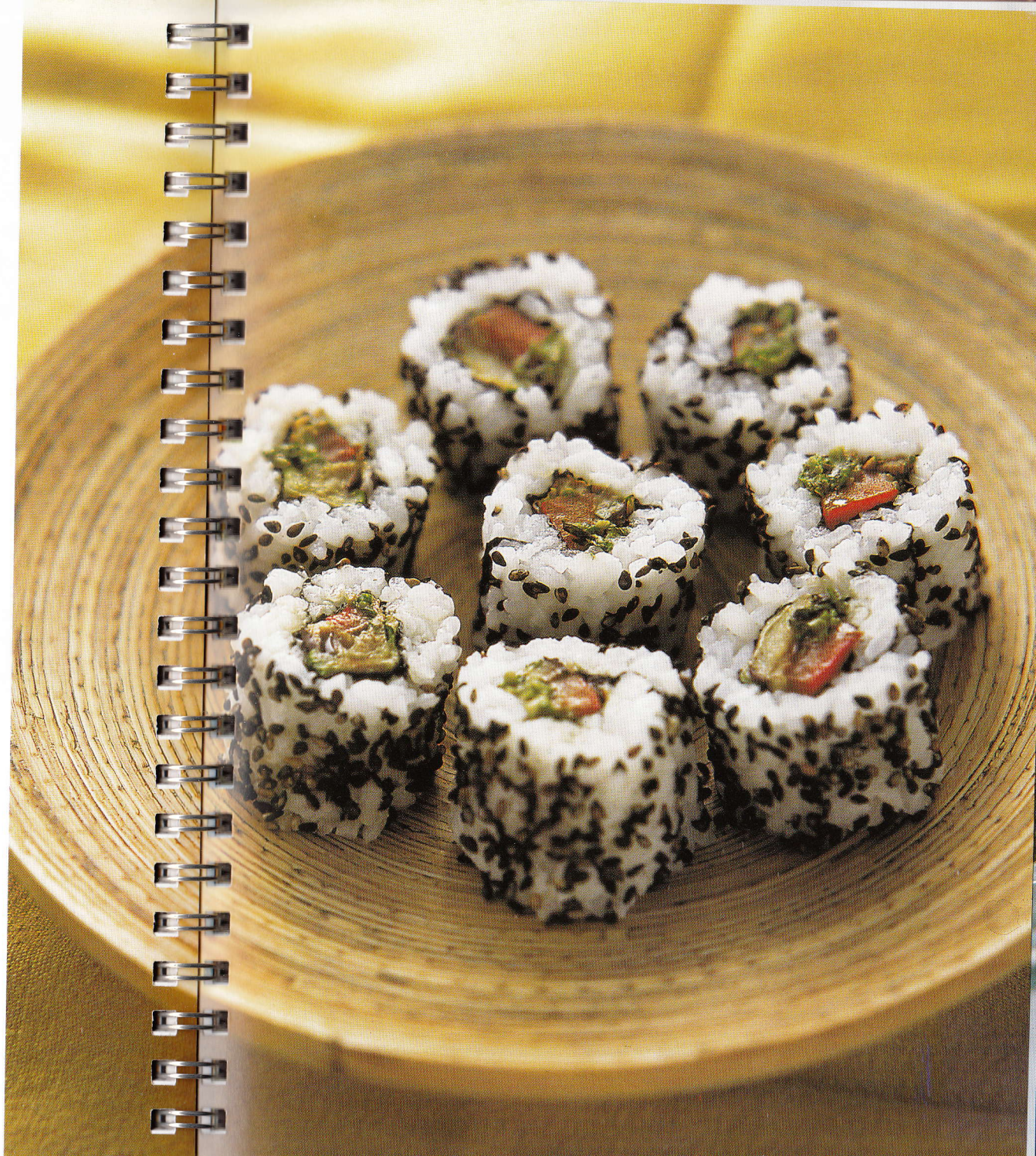
- Olive oil, for brushing
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 sheets *nori*, toasted (page 66) and halved
- 3 cups (450 g) cooked Sushi Rice (page 44)
- ½ cup (60 g) black sesame seeds
- 5 oz (150 g) mushrooms, sliced and sautéed in olive oil
- 2 tablespoons Coriander Pesto (page 11)

Makes 24 slices

Cooking time: 20 mins

Assembling time: 15 mins

- 1 Preheat oven to 350°F (180°C). Bake the bell pepper for 20 minutes or until the skin wrinkles. Place it in a paper bag to steam and when the skin loosens, run the bell pepper under cold water to peel the skin off. Deseed and cut it into ½-in (1-cm) long strips.
- 2 Brush the zucchini and eggplant lightly with the olive oil. Sprinkle with the salt and pepper, and bake until soft, about 5 minutes and set aside to cool.
- 3 Cover a sushi mat with a sheet of plastic wrap. Place a half sheet of the *nori* on the mat. Spread 1 cup of the Sushi Rice evenly over it. Sprinkle with some black sesame seeds and cover with another layer of plastic wrap.
- 4 Place one hand between the first plastic sheet and the bamboo mat. Place the other hand over the second plastic sheet. Turn the *nori* over so that the sesame seeds are on the bottom and the *nori* is on top. Then, remove the plastic wrap on the *nori*.
- 5 Layer the vegetables along the center of the *nori*. Spoon a thin line of the Coriander Pesto close to the bell pepper.
- 6 Lift the front of the mat together with the sheet of plastic wrap and roll up the sushi. When the front of the mat is ¾ in (2 cm) from the end of the sushi, lift the mat and plastic wrap away from the sushi. Continue rolling to complete the sushi roll.
- 7 Cut each roll into 8 uniform slices and serve.



## Hand-rolled Cone Sushi (Temaki Sushi)

3 sheets *nori*, toasted (see photos below)

Small bowl of *tezu* (page 44)

2 cups (300 g) cooked Sushi Rice (page 44)

1 tablespoon wasabi paste

10 *shiso* leaves

1 Japanese cucumber, cut into 3-in (8-cm) lengths

5 oz (150 g) fresh salmon fillet, cut into 12 strips

1 Rolled Omelet (page 50), cut into 12 strips

2 oz (60 g) salmon roe

Pickled Ginger (page 46)

Soy Dipping Sauce (page 10)

1 After toasting the *nori* as shown below, cut it into 4 squares. Place 1 *nori* square diagonally in your left hand, shiny side facing down.

2 To make the rolls, moisten your right hand with the *tezu* to prevent the rice from sticking. Place 2 tablespoons of the Sushi Rice on the *nori* square. Spread a dab of the wasabi paste on the rice, then a *shiso* leaf and top with the cucumber, salmon, omelet and salmon roe. Fold the edges of the *nori* towards the center to form a cone-shaped roll. Use a little water to seal the *nori*. Repeat to make more rolls.

3 Serve with Pickled Ginger and Soy Dipping Sauce.

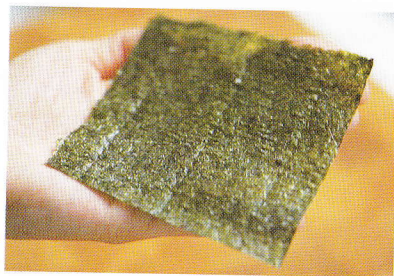
Serves 4

Preparation time: 15 mins

Cooking time: 15 mins



Toast the *nori* by holding it over a gas flame for about 30 seconds. It will change from black to a dark but bright green color.



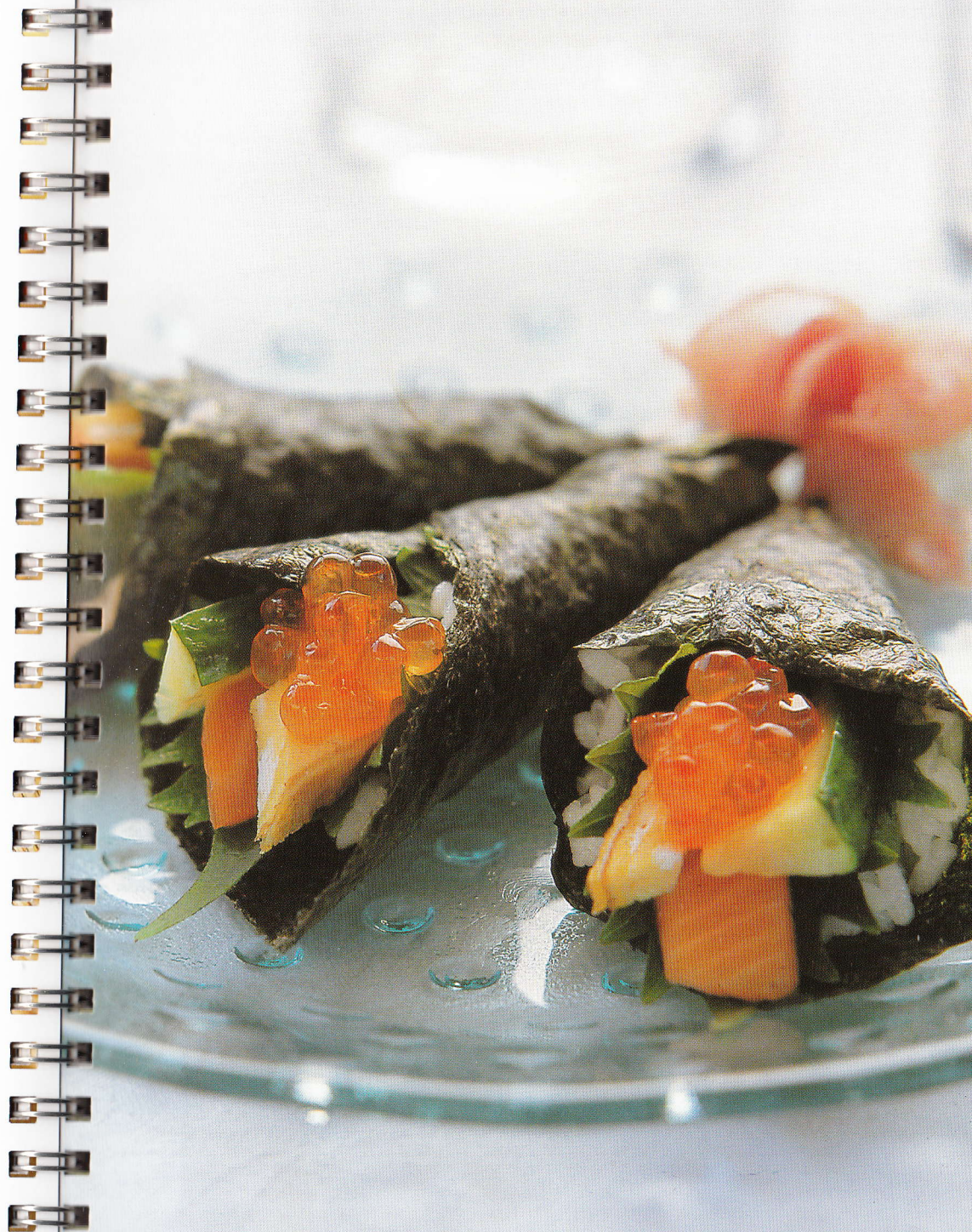
Place the *nori* square diagonally in your left hand, shiny side facing down.



Place the various toppings over the rice on top of the *nori*.



Fold the edges of the *nori* in to form a cone-shaped roll.





## Inside-out Salmon Sushi Rolls

- 2 sheets *nori*, toasted (page 66)
- 9 thin slices smoked salmon (about 1½ oz/50 g)
- 3 cups (450 g) cooked Sushi Rice (page 44)
- 2 tablespoons toasted sesame seeds
- 1 Japanese cucumber, thinly sliced
- Pickled Ginger (page 46)

Makes 24 slices  
Assembling time: 10 mins

- 1 Using scissors, cut the *nori* into very thin, long strips.
- 2 Cover a bamboo mat with a sheet of plastic wrap. Place 3 pieces of the smoked salmon on the mat, then spread 1 cup of the Sushi Rice evenly over it. Sprinkle with the toasted sesame seeds.
- 3 Cover the rice with a second sheet of plastic wrap. Place one hand between the first plastic sheet and the bamboo mat. Place the other hand over the second plastic sheet. Turn it over so that the rice covered with sesame seeds is facing the mat. Remove the plastic wrap on the salmon.
- 4 Layer the *nori* strips, cucumber and Pickled Ginger down the center of the salmon.
- 5 Lift the front of the mat together with the plastic wrap and roll up the sushi, applying even pressure. When the front of the mat is ¾ in (2 cm) from the end of the sushi, lift the mat and plastic wrap away from the sushi. Continue rolling to complete the sushi roll.
- 6 Cut each roll into 8 equal slices and serve.

## Hand-rolled Sushi Cones with Ginger Chicken

- 2 tablespoons oil
- 2 cloves garlic, crushed
- 1 in (2.5 cm) fresh ginger, thinly sliced
- 2 red chillies, deseeded and finely diced
- ½ cup (100 g) diced water chestnuts
- 7 oz (200 g) chicken breast, skin removed and cut into thin strips
- 1 teaspoon saké
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon fish sauce
- ½ teaspoon sesame oil
- 2 green onions (scallions), sliced at an angle
- 3 sheets *nori*, toasted (page 66)
- Bowl of *tezu* (page 44)

- 2 cups (300 g) cooked Sushi Rice (page 44)
- Pickled Ginger (page 46)
- Soy Dipping Sauce (page 10)

Serves 4  
Preparation time: 10 mins  
Cooking time: 20 mins

- 1 Heat the oil in a wok and stir-fry the garlic, ginger and chillies for 5 seconds. Add the water chestnuts and chicken. Toss until the chicken is just cooked.
- 2 Place the cooked food in a bowl, season with saké, salt, pepper, fish sauce and sesame oil. Set aside to cool. When completely cold, stir in the green onions and mix well.
- 3 Cut the *nori* sheets into 4 squares. Place 1 *nori* square diagonally in your left hand, shiny side facing down.
- 4 Moisten your right hand with the *tezu* to prevent the rice from sticking. Place 2 tablespoons of the Sushi Rice on the *nori* square. Spoon 2 tablespoons of the chicken mixture on top of the rice and fold the edges of the *nori* in to form a cone-shaped roll. Use a little water to seal the *nori*. Repeat to make more rolls.
- 5 Serve with Pickled Ginger and Soy Dipping Sauce.



## Teriyaki Chicken Battleship Sushi

- 2 tablespoons soy sauce
- 2 tablespoons saké
- 1 teaspoon sugar
- 7 oz (200 g) chicken breast, skin removed and sliced into ¾-in (2-cm) strips
- Small bowl of *tezu* (page 44)
- 2 cups (300 g) cooked Sushi Rice (page 44)
- 4 sheets *nori*, toasted (page 66) and cut into 1-in (2.5-cm) strips

Serves 4

Preparation time: 30 mins

Cooking time: 2 mins

Assembling time: 15 mins

- 1 Combine the soy sauce, saké and sugar in a small bowl and add the chicken strips. Marinate for 15 to 30 minutes. Drain the chicken.
- 2 Grill or broil the chicken over high heat for 1 minute on each side. Remove from the heat and leave to cool to room temperature.
- 3 Moisten your hands with the *tezu*. Take 1 tablespoon of the Sushi Rice and form into an oval shape. Place the rice oval on a flat surface and wrap a strip of the *nori* around its sides, leaving the top and bottom uncovered. The *nori* should be about ½ in (1 cm) taller than the rice oval, and resemble a battleship. Continue with the remaining rice and *nori* strip to make more battleship sushi.
- 4 When the chicken is cold, slice it very thin and arrange on top of the sushi to form battleships.



## Tuna Salad Battleship Sushi

- One 6-oz (185 g) can of tuna
- 3 tablespoons mayonnaise
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 Japanese cucumber
- Small bowl of *tezu* (page 44)
- 2 cups (300 g) cooked Sushi Rice (page 44)
- 4 sheets *nori*, toasted (page 66) and cut into 1-in (2.5-cm) strips

Serves 4

Preparation time: 20 mins

Assembling time: 15 mins

- 1 Drain the tuna and remove any skin and bones.
- 2 Mix the mayonnaise with the tuna, salt and black pepper in a small bowl. Do not overmix.
- 3 Slice the cucumber into very fine transparent circles. Pat dry with paper towels to remove excess moisture.
- 4 Moisten your hands with the *tezu*. Take 1 tablespoon of the Sushi Rice and form into an oval shape. Place the rice oval on a flat surface and wrap a strip of the *nori* around its sides, leaving the top and bottom uncovered. The *nori* should be about ½ in (1 cm) taller than the rice oval, and resemble a battleship. Continue with the remaining rice and *nori* strip to make more battleship sushi.
- 5 Spoon the tuna filling on the battleships. Top with the sliced cucumber to completely cover the fish.

## Japanese-style Steamed Rice

3 cups (600 g) uncooked  
short-grain Japanese rice  
3 cups (750 ml) water

Serves 4–6

Preparation time: 5 mins

Cooking time: 35 mins

- 1 Cover the uncooked rice in cold water and wash it thoroughly by rubbing the grains between your hands until the water is quite cloudy. Drain and repeat several times until the water rinses off clear.
- 2 Place the rice in a saucepan with a heavy base. Fill with the water, cover with a lid and bring to a boil.
- 3 When it starts to boil, lower the heat and simmer the rice for 20 minutes. By this time, most of the water would have been absorbed. Remove the saucepan from the heat and leave the rice to stand for 10 minutes with the lid on.
- 4 Using a wet rice paddle (*shamoji*) or a fork, fluff up the rice and serve in heated individual rice bowls.

## Rice Bowl with Chicken, Peas and Egg

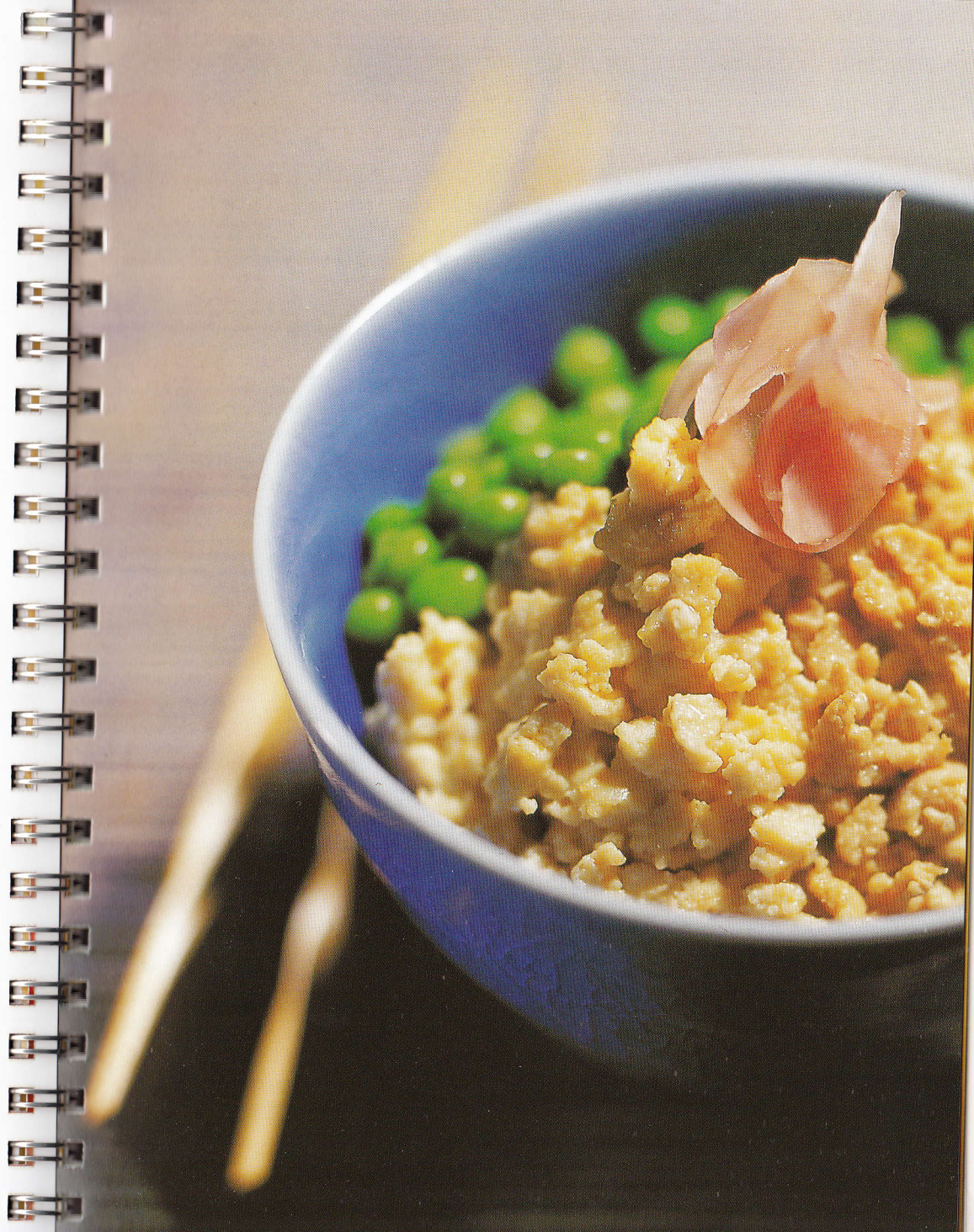
2 cups (400 g) uncooked  
short-grain Japanese rice  
2 cups (500 ml) water  
2 tablespoons sugar  
2 tablespoons soy sauce  
2 tablespoons saké  
1 tablespoon ginger juice  
8 oz (250 g) ground chicken  
2 cups (250 g) fresh or frozen  
peas  
8 large eggs, beaten  
½ teaspoon salt  
Pickled Ginger (page 46),  
to garnish

Serves 4

Preparation time: 15 mins

Cooking time: 35 mins

- 1 Cook the rice (see instructions above), but keep the rice warm in a covered saucepan until needed.
- 2 Combine 1 tablespoon of the sugar, 1 tablespoon of the soy sauce, 1 tablespoon of the saké, and the ginger juice in a saucepan. Bring to a boil and add the chicken, stirring with a wooden spoon to break up the clumps. Cook for about 3 minutes. Remove from the heat and set aside.
- 3 Cook the peas in boiling water until tender, about 4 minutes. Drain and set aside.
- 4 Place the eggs, salt and the remaining sugar, soy sauce and saké in a saucepan. Cook over low heat, stirring constantly, until the eggs are set but still moist, about 4 minutes. Remove from the heat.
- 5 Spoon the cooked rice into 4 individual bowls and place equal amounts of the 3 toppings over the rice in distinct sections. Garnish with Pickled Ginger and serve immediately.



## Vegetarian Sushi Rice Bowl

### KANPYO STRIPS

- 1 oz (30 g) dried gourd strips (*kanpyo*)
- 1 cup (250 ml) Basic Dashi Soup Stock (page 12)
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon *mirin*

### SUSHI TOPPING

- 6 dried or fresh shiitake mushrooms
- 2 slices deep-fried tofu (*abura-age*)
- 1 section (4 oz/125 g) fresh lotus root, peeled
- 1 teaspoon vinegar
- 1 small carrot
- ½ cup (125 ml) Basic Dashi Soup Stock (page 12)
- 1 tablespoon sugar
- ½ teaspoon salt
- 1½ tablespoons soy sauce
- 1 tablespoon *mirin*
- 5 cups (750 g) cooked Sushi Rice (page 44)

### GARNISHES

- 1 Plain Sesame Omelet (page 24), cut into strips
- 4 snow peas or green beans, blanched and thinly sliced
- ½ sheet *nori*, toasted (page 66) and shredded
- Pickled Ginger (page 46)

Serves 4

Preparation time: 45 mins

Cooking time: 10 mins

- 1 If using dried mushrooms, soak them in hot water to soften, about 20 minutes.
- 2 Rinse the dried gourd in cold water. Mix the gourd with a little salt and rub it between your hands to soften, and rinse in cold water again. Place the gourd in a saucepan and cover with water. Bring to a boil over a medium-high heat and cook for 10 minutes. Drain.
- 3 Place the Basic Dashi Soup Stock, soy sauce, sugar, *mirin* and the gourd into a saucepan and bring to a boil over medium to high heat. Reduce heat to low and cook until the gourd is tender and slightly translucent, about 20 minutes. Most of the liquid will be absorbed. Drain and set aside. When cool enough to handle, cut the gourd into ¾-in (2-cm) pieces.
- 4 Drain the mushrooms and squeeze out excess moisture, reserving ½ cup (125 ml) of the liquid. Discard the stems and slice the mushroom caps thinly.
- 5 Rinse the tofu slices in boiling water in a colander to remove excess oil. Drain, then pat dry with paper towels. Cut each piece lengthwise in half, then slice each half into thin strips.
- 6 Cut the lotus root into thin slices. If the root is large, cut the slices into ¾-in (2-cm) strips. Soak the strips in 1 cup (250 ml) of water mixed with the vinegar for 5 minutes. Drain and set aside.
- 7 Cut the carrot lengthwise into quarters. Cut each quarter into 1-in (2.5-cm) pieces. Turn the flat side of the carrot onto a board and cut into very thin slices.
- 8 Heat the reserved mushroom liquid with the Basic Dashi Soup Stock, sugar, salt, soy sauce and *mirin*. Add the mushrooms, tofu, lotus root and carrot, and cook until tender, about 10 minutes. Remove from the heat and drain.
- 9 To assemble and serve, carefully stir the gourd and vegetables with the Sushi Rice. Do not overmix. Place the rice mixture into individual serving bowls and arrange small amounts of each garnishes on top.





## Azuki Bean Rice

$\frac{3}{4}$  cup (150 g) dried red beans (*azuki*), washed and drained

$3\frac{1}{2}$  cups (750 g) uncooked glutinous rice, washed and drained

$\frac{1}{4}$  teaspoon Sesame Salt (page 11)

Serves 4 to 6

Preparation time: 45 mins + overnight soaking

Cooking time: 35–50 mins

- 1 Place the red beans in a saucepan and cover with water. Bring to a boil and drain the beans, refresh in cold water, and bring to a boil again.
- 2 Reduce the heat to low, cover and simmer until the beans are tender, about 40 minutes, adding more water as needed to keep the beans covered.
- 3 Drain the beans, reserving the liquid. Pour the reserved liquid onto the rice and let it stand, covered, overnight to allow the rice to take on a pinkish color.
- 4 Drain the rice and reserve the liquid. Combine the beans and rice, taking care not to crush the beans. Bring some water to a boil in the base of a steamer. Line the steamer with cheesecloth and spread the rice and beans mixture on it.
- 5 Steam over high heat until the rice is cooked, about 50 minutes, basting frequently with the reserved liquid.
- 6 Serve the bean rice in individual heated serving bowls, sprinkled with the Sesame Salt. This dish can also be served at room temperature.

## Grilled Salmon Teriyaki

1 lb (500 g) fresh salmon fillet, quartered

2 tablespoons soy sauce

1 tablespoon *mirin*

2 teaspoons saké

1 tablespoon oil

1 cup (90 g) peeled and grated daikon

For equally delicious **Scallop Teriyaki**, substitute with 1 lb (500 g) trimmed large scallops. For **Grilled Teriyaki Vegetables**, use assorted vegetables such as asparagus, eggplant, red bell peppers and shiitake mushrooms.

- 1 Place the salmon fillets in a large baking pan. Combine the soy sauce, *mirin* and saké in a small bowl and pour over the salmon to marinate for 10 minutes. Drain the salmon and reserve the marinade.
- 2 Heat the broiler and brush the rack lightly with oil. Place the salmon on the rack, skin side up, and brush it lightly with the reserved marinade. Grill the salmon until the skin is lightly browned and crispy, about 4 minutes.
- 3 Turn the salmon over and brush again lightly with the marinade. Grill until the salmon is just cooked through and the flesh flakes easily with a fork, about 4 minutes.
- 4 Transfer the grilled salmon to serving plates and spoon the remaining marinade over it. Serve immediately with the grated daikon and rice.

Serves 4

Preparation time: 15 mins

Cooking time: 10 mins



## Baked Fish with Lemon

- 2 tablespoons saké
- 1 teaspoon soy sauce
- 1 teaspoon ginger juice
- 1 teaspoon salt
- 1½ lbs (750 g) white fish fillets (such as flounder, sole, sea bass or cod), cut in 4 equal pieces
- 4 pieces aluminum foil squares, (10-in/25-cm)
- 1 tablespoon oil
- 1 carrot, peeled and thinly sliced
- 1 onion, peeled and thinly sliced
- 1 bell pepper, deseeded and thinly sliced
- ½ lemon, sliced

- 1 Combine the saké, soy sauce, ginger juice and salt in a shallow baking dish. Coat the fish well with this mixture and set aside to marinate for 10 minutes. Drain, reserving the marinade.
- 2 Heat the oven to 325°F (160°C). Place one fillet in the center of each of the aluminum foil, brush with the oil, and sprinkle with the carrot, onion, bell pepper and reserved marinade. To seal the packet, bring the two sides of the foil over the fish and crimp closed. Fold up each end of the foil and place each packet on a baking sheet.
- 3 Bake for about 20 minutes or until the fish flakes easily with a fork. Place the packets on a serving plate or carefully transfer the fish and vegetables from the foil to a serving plate, pouring any remaining juices over it. Garnish with the lemon slices and serve.

Serves 4

Preparation time: 15 mins

Cooking time: 20 mins



## Deep-fried Baby Octopus or Calamari

- 2 lbs (1 kg) fresh baby octopus or squid
- ½ cup (125 ml) saké
- 2 tablespoons soy sauce
- ½ cup (60 g) all-purpose flour
- Oil, for deep-frying
- 4 lemon or lime wedges, to garnish

### SAUCE

- 4 tablespoons Worcestershire sauce
- 4 tablespoons tomato ketchup
- 2 tablespoons lemon juice

Serves 4

Preparation time: 15 mins

Cooking time: 20 mins

- 1 Clean the baby octopus or squid by peeling the outer layer of skin under cold running water.
- 2 Combine the saké and soy sauce in a bowl and coat the octopus in the mixture. Set aside to marinate in a cool place for 2 hours or overnight in the refrigerator.
- 3 To make the Sauce, combine the Worcestershire sauce, tomato ketchup and lemon juice in a small serving bowl and set aside.
- 4 Drain the octopus and dredge each piece in the flour.
- 5 Heat the oil to 325°F (160°C) and cook 4 to 6 pieces of the octopus at a time for about 2 minutes, or until crispy. Drain on a wire rack and repeat until all the octopus is cooked.
- 6 Serve immediately with the Sauce and lemon wedges.



## Braised Fish (Karei Nitsuka)

4 whole flounder, (about 8 oz/250 g each) cleaned or 1½ lbs (750 g) fresh fish fillets  
 3 cups (750 ml) water  
 1 teaspoon salt  
 ½ cup (125 ml) saké  
 ½ cup (125 ml) soy sauce  
 2 tablespoons *mirin*  
 3 tablespoons sugar  
 1 in (2.5 cm) ginger, thinly sliced  
 2 cups (125 g) fresh spinach, washed, trimmed, tied in small parcels

Serves 4  
 Preparation time: 20 mins  
 Cooking time: 10 mins

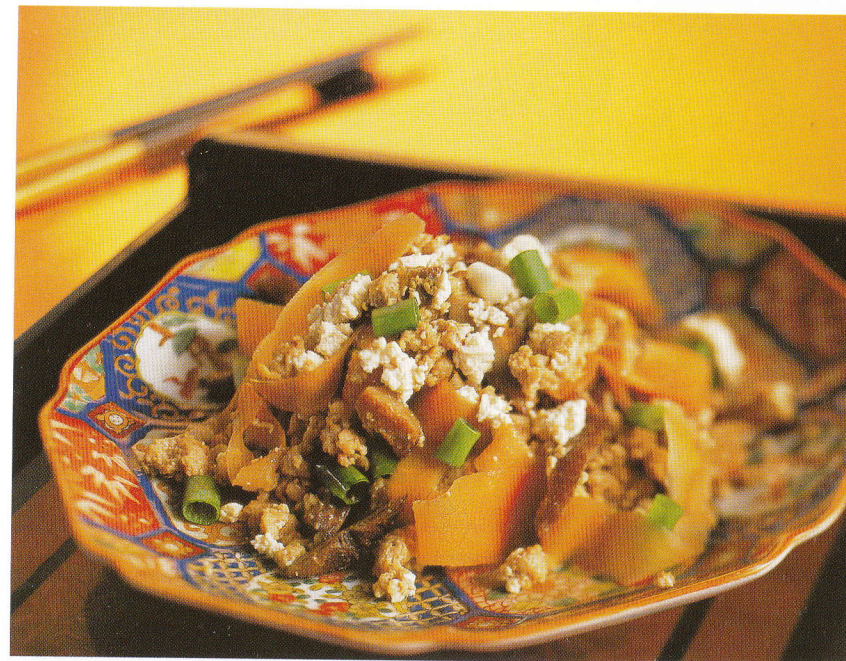
- Using a sharp knife, score each fish on one side by making 2 parallel diagonal incisions about 1¼ in (3 cm) apart. Turn the fish over and make 2 more parallel incisions on the diagonal. Make the cuts deep enough to almost touch the bone.
- Combine the water, salt, saké, soy sauce, *mirin* and sugar and bring to a boil in a deep skillet. Add the ginger and cook for another 30 seconds.
- Place the fish in a single layer in the skillet, overlapping heads and tails as necessary. When the liquid returns to a boil, reduce the heat to low and simmer the fish for 2 minutes. Spoon the liquid over the fish periodically but do not turn the fish over. Simmer for another 3 minutes, continually basting, until the fish flakes easily with a fork.
- Place the spinach parcels alongside the fish and cook for 30 seconds. Remove from the heat.
- Carefully lift the fish and spinach onto serving plates and spoon some of the cooking liquid over it. Serve immediately with steamed rice.

## Stir-fried Tofu with Egg and Vegetables

4 dried or fresh shiitake mushrooms, stems discarded  
 10 oz (300 g) firm tofu  
 1 tablespoon oil  
 1 tablespoon grated ginger  
 3 tablespoons saké  
 1 carrot, shaved into thin, wide strips  
 1 tablespoon sugar  
 2 tablespoons soy sauce  
 1 large egg, beaten  
 4 green onions (scallions), cut into lengths

Serves 4  
 Preparation time: 10 mins  
 Cooking time: 10 mins

- If using dried mushrooms, soak them in hot water until soft, about 20 minutes. Drain the mushrooms and squeeze out any excess water. Slice caps thinly crosswise.
- Break the tofu coarsely with a fork and set aside to drain.
- Heat the oil in a saucepan over medium heat. Add the ginger and mushrooms and cook for 2 minutes.
- Add the saké and carrot and stir-fry over high heat, for 1 minute.
- Reduce the heat to medium and add the tofu. Stir-fry for 1 minute until heated through.
- Dissolve the sugar in the soy sauce in a small bowl and add to the beaten egg. Add the egg mixture into the saucepan and stir until just cooked, about 2 minutes. Fold in the green onions and serve immediately.



## Seafood and Chicken Hotpot

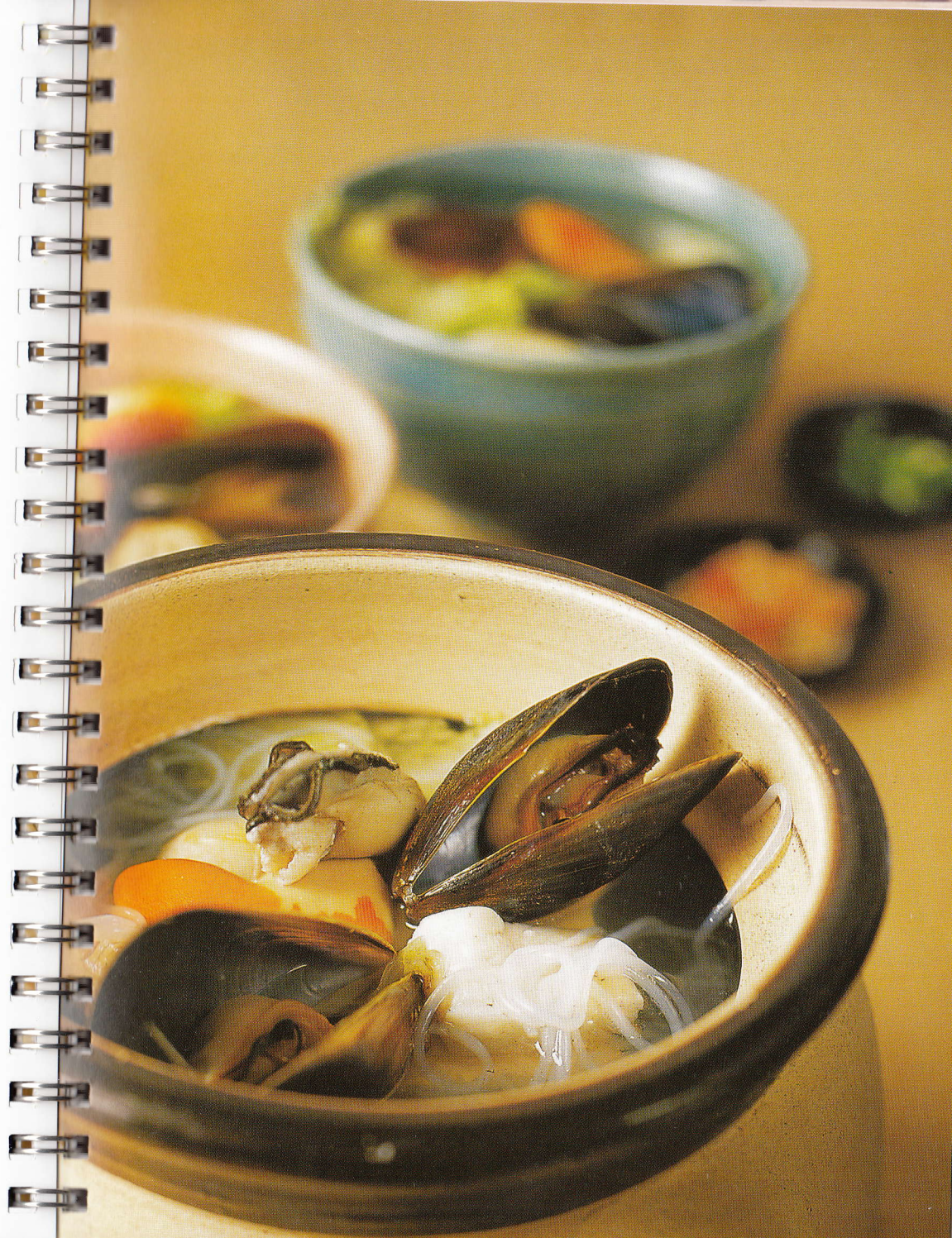
- 8 fresh or dried shiitake mushrooms, stems discarded, tops scored crosswise
- 1 carrot, thinly sliced
- 6 mussels or large clams
- 2 tablespoons plus ½ teaspoon salt
- 8 oz (250 g) *shirataki* or glass noodles
- 6 cups (1.5 liters) Basic Dashi Soup Stock (page 12) or 1 tablespoon instant *dashi* granules dissolved in 6 cups (1.5 liters) boiling water
- 1 tablespoon *mirin*
- 1 tablespoon soy sauce
- ½ teaspoon salt
- 8 oz (250 g) chicken breast
- 8 oz (250 g) fish fillets, such as sea bass, mackerel, or salmon, cubed
- 4 large scallops
- 6 oz (180 g) shucked oysters
- 8 medium shrimp, peeled and deveined, tails intact
- 4 leaves Chinese or Napa cabbage, cut in 2-in (5-cm) squares
- 1 large or 2 small leeks
- 10 oz (300 g) firm tofu
- Pinch of chili pepper
- 1 cup (250 ml) Homemade Ponzu Sauce (page 11)
- 6 tablespoons grated daikon
- 1 green onion (scallions), thinly sliced

- 1 If using dried mushrooms, soften in hot water for 20 minutes and drain. Blanch the carrot and set aside. Soak the mussels or clams for 5 minutes in 4 cups (1 liter) of cold water mixed with 2 tablespoons of salt. Rinse the seafood under cold running water and drain. Blanch the *shirataki* noodles for 2 minutes, drain and when cool enough to handle, cut into 4-in (10-cm) lengths. Place the mushrooms, carrot, mussels and noodles into a deep saucepan.
- 2 Pour the *dashi* stock, *mirin*, soy sauce and salt into the saucepan and bring to a slow boil. Pour enough liquid over the ingredients in the dish to almost cover it and let it simmer over low heat. Do not boil.
- 3 Remove the skin on the chicken and cut the meat into cubes. Rinse the leeks clean. Arrange the ingredients into 4 small batches—chicken, seafood, vegetables and tofu—in a hotpot on a table-top hotplate and cook them in batches. Add the chili pepper, if desired.
- 4 As the ingredients continue to cook, diners can help themselves from the hotpot. Serve with individual dipping bowls of the Homemade Ponzu Sauce stirred with the daikon and green onion. Replenish the hotpot with the remaining ingredients and the *dashi* stock as needed.

Serves 4 to 6

Preparation time: 30 mins

Cooking time: 20 mins



# Pan-fried Chicken Loaf with Sesame

- 1 lb (500 g) ground chicken
- 1 small leek, finely diced
- 1 tablespoon grated ginger
- 1 tablespoon soy sauce
- 1 tablespoon saké
- 1 egg, beaten
- 1 tablespoon oil
- 2 tablespoons toasted sesame seeds

Mustard Sauce (page 10)

Serves 4 to 6

Preparation time: 15 mins

Cooking time: 10 mins

- 1 Combine the chicken, leek, ginger, soy sauce, saké and egg in a bowl and mix well.
- 2 Heat the oil in a small skillet, and spread the chicken mixture evenly to cover the bottom of the pan. Cook over medium heat for 2 to 3 minutes, or until the underside of the mixture is brown. Cut the chicken mixture into quarters, and turn the wedges over to cook for another 2 to 3 minutes.
- 3 Transfer the chicken wedges to a chopping board and slice into smaller pieces for serving. Sprinkle with the toasted sesame seeds and serve with the Mustard Sauce.



Mix the chicken, leek, ginger, soy sauce, saké and egg in a bowl until well combined.



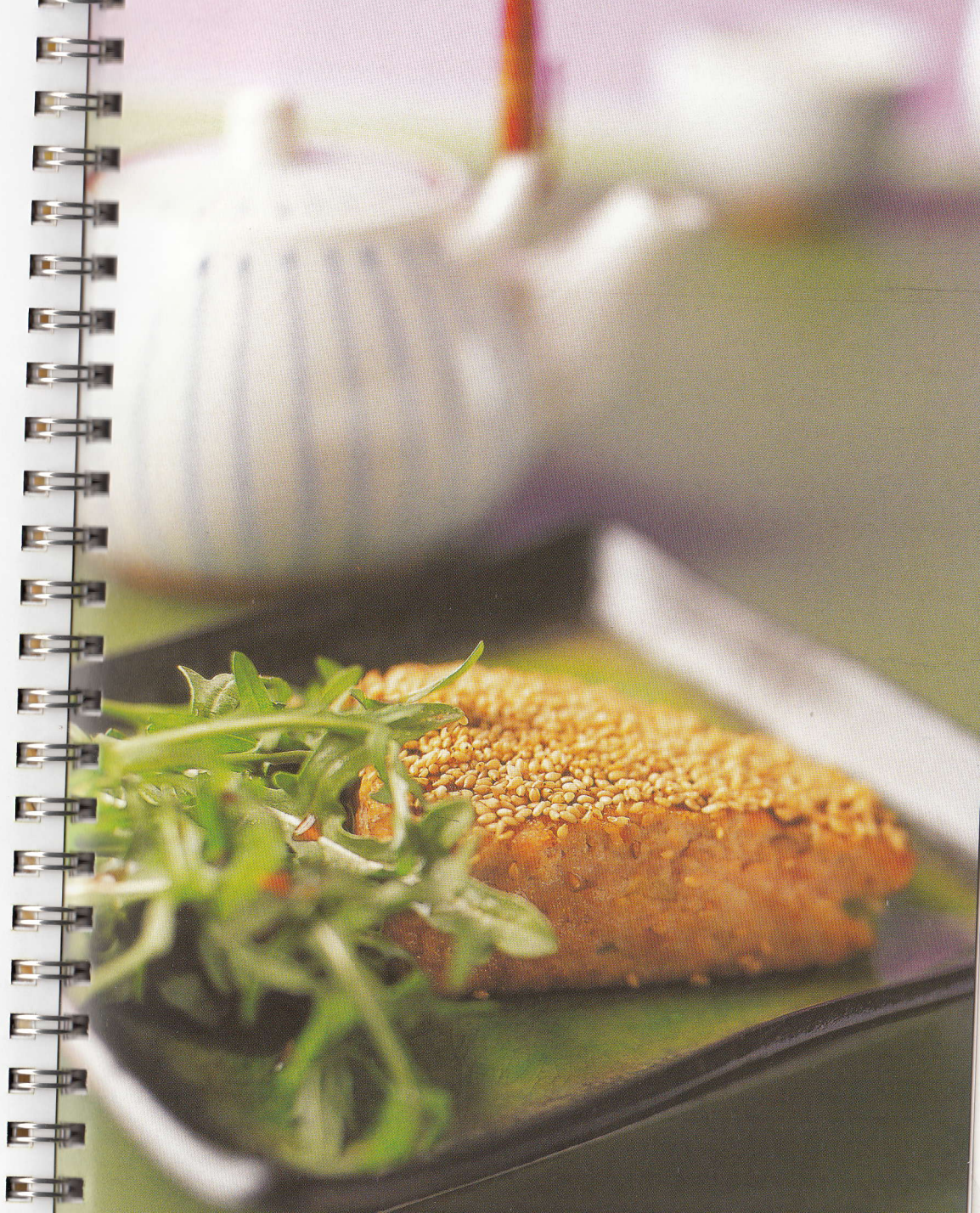
Spread the chicken mixture evenly over the base of the pan and brown the underside.



Cut the loaf into quarters, then turn the wedges over to cook the other side.



Slice the chicken wedges into smaller serving portions on a chopping board.



## Chicken and Vegetable Hotpot (Mizutaki)

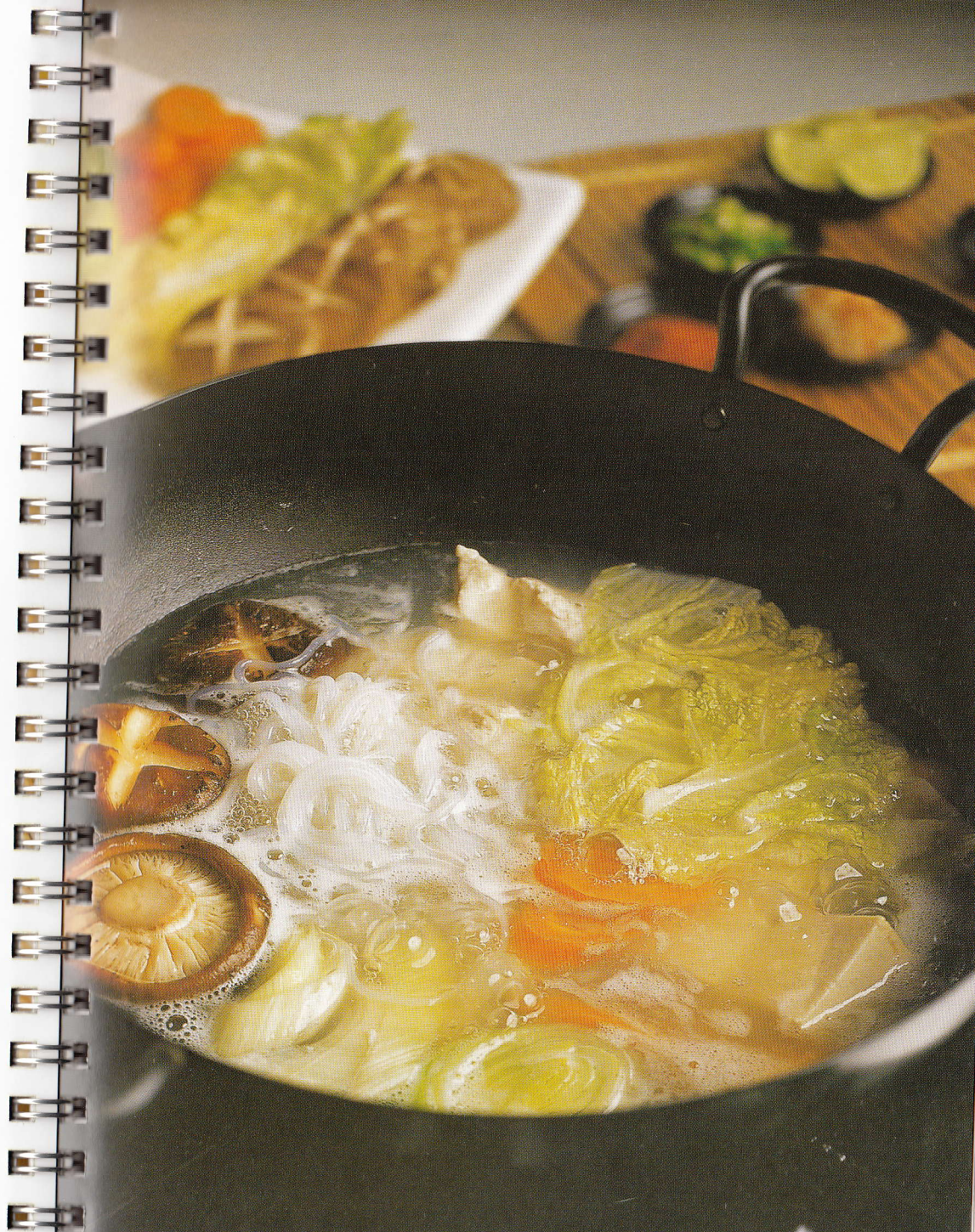
2 tablespoons uncooked rice  
2 lbs (1 kg) chicken, cut into 2-in (5-cm) chunks  
4-in (10-cm) piece *konbu*, wiped clean and cut into 4 strips  
1 tablespoon saké  
1 teaspoon salt  
1 teaspoon sugar  
8 cups (2 liters) water  
2 cups Homemade Ponzu Sauce (page 11)  
½ cup (45 g) grated daikon  
Pinch of chili pepper  
4 leaves Chinese or Napa cabbage, cut in squares  
8 fresh shiitake mushrooms, stems discarded and tops scored  
2 small leeks, rinsed and sliced diagonally  
1 carrot, peeled and thinly sliced  
8 oz (250 g) *shirataki* or glass noodles  
10 oz (300 g) soft tofu, cubed  
Seven-spice chili mix or *sansho* pepper  
Lime or lemon wedges  
2 cups fresh udon noodles (optional)

- 1 Wrap the rice in a 4-in (10-cm) square piece muslin or cheesecloth and secure with a string.
- 2 Place the rice bag, chicken, *konbu*, saké, salt, sugar and water in a large saucepan and bring to a boil. Just before it boils, remove and discard the *konbu*. Reduce the heat to low and simmer for about 20 minutes, occasionally skimming the surface to remove foam or debris.
- 3 Meanwhile, divide the Homemade Ponzu Sauce into 4 small serving bowls. Mix the daikon and chili pepper together and place in small bowl as a garnish. Arrange the prepared vegetables, *shirataki* noodles and tofu on a serving platter.
- 4 Remove the rice parcel from the broth. Strain and reserve the broth. Transfer the chicken to a hotpot on a table-top hotplate and pour the reserved broth over it.
- 5 At the table, bring the chicken and broth to a boil. Arrange the ingredients in 4 batches—vegetables, *shirataki* noodles and tofu—into a hotpot on a table-top hotplate. When the ingredients in the hotpot are cooked, diners can help themselves to the food.
- 6 Replenish the hotpot with the remaining ingredients as necessary. Serve with seven-spice chili mix, daikon-chili mixture and lime wedges. When all the ingredients are used up, cook the udon noodles in the simmering liquid for 3 minutes. Ladle the noodles into individual serving bowls and serve.

Serves 4

Preparation time: 30 mins

Cooking time: 40 mins



## Japanese Mixed Grill

- 4 large mussels, scrubbed and beards removed
- 1 lb (500 g) lean boneless beef, pork, or lamb, cubed
- 8 jumbo shrimp, peeled and deveined, tails intact
- 8 fresh shiitake mushrooms, stems discarded
- 2 bell peppers, deseeded and cut lengthwise into long strips
- 2 small leeks, and sliced
- 1 medium onion, peeled and cut in wedges
- 1 large carrot, peeled and sliced
- 1 large sweet potato, peeled and sliced
- 2 ears of corn, husked and quartered
- 1 eggplant, sliced
- 1 tablespoon oil
- Sesame Seed Sauce (page 10)
- Homemade Ponzu Sauce (page 11)
- ½ cup (45 g) grated daikon
- 2 green onions (scallions), thinly sliced
- 4 tablespoons seven-spice chili mix
- ¼ cup (60 ml) prepared Japanese mustard

Serves 4 to 6

Preparation time: 5 mins

Cooking time: 15 mins



- 1 Arrange the ingredients in 4 small batches on a serving platter, grouping the meats and vegetables together.
- 2 At the table, brush the oil onto a flat, heatproof table-top grill over medium heat and add about a quarter of each of the ingredients from the platter. Cook until done to taste, 4 to 6 minutes, turning occasionally. Diners may use chopsticks to remove the cooked meat or vegetables from the table-top grill.
- 3 Replenish with the remaining ingredients as needed. Serve with a choice of the Sesame Seed Sauce, Homemade Ponzu Sauce, daikon, green onions, chili mix and mustard.



## Japanese Grilled Steak

- 4 steak (about 8 oz/250 g each), excess fat trimmed
- 2 cloves garlic, finely diced
- 4 tablespoons soy sauce
- 2 tablespoons mirin
- 1 tablespoon sugar
- 4 tablespoons rice vinegar
- 1 cup (125 g) peeled and thinly sliced daikon
- ½ carrot, peeled and thinly sliced
- 1 in (2.5 cm) ginger, thinly sliced
- 1 tablespoon oil
- 2 green onions (scallions), thinly sliced

- 1 Place the meat in a large baking dish. Combine the garlic, soy sauce and mirin in a small bowl and pour it over the steak. Marinate for 30 minutes, turning occasionally.
- 2 In a small bowl, dissolve the sugar in the vinegar. Arrange the daikon, carrot and ginger in a large bowl and pour the vinegar over it. Set aside for 5 to 10 minutes. Drain and squeeze out any excess moisture from the vegetables.
- 3 Heat the oil in a large skillet over high heat. Add the steak and cook until done to taste. For medium rare, cook for about 3 minutes on each side.
- 4 Remove the steak and place it on warmed individual serving plates. Sprinkle with the green onions and serve with the marinated vegetables.

Serves 4

Preparation time: 30 mins

Cooking time: 10 mins



## Stir-fried Pork with Cabbage and Ginger

- 3 tablespoons soy sauce
- 2 tablespoons fresh ginger juice
- 2 tablespoons saké
- 1 teaspoon sugar
- 2 tablespoons oil
- 1 lb (500 g) pork tenderloin, thinly sliced
- $\frac{3}{4}$  cup (120 g) Chinese or Napa cabbage, cut into small squares
- 2 in (5 cm) ginger, thinly sliced

Serves 4

Preparation time: 10 mins

Cooking time: 6 mins

- 1 To make the sauce, combine the soy sauce, ginger juice, saké and sugar in a small bowl. Stir until the sugar is dissolved.
- 2 Heat 1 tablespoon of the oil in a large skillet over high heat. Stir-fry the pork until the meat is partially cooked, about 1 minute. Remove the pork from the skillet and drain.
- 3 Add the remaining oil to the skillet. Stir-fry the cabbage and ginger until almost tender, about 2 minutes. Return the pork to the skillet and add the sauce mixture. Stir-fry over high heat until the pork is cooked through, about 2 minutes. Serve with rice.

## Beef and Potato in Sweet Ginger Soy Gravy

- 4 medium potatoes, peeled and cut into chunks
  - 1 lb (500 g) sirloin steak
  - 1 medium onion, peeled
  - 2 tablespoons oil
  - 2 cups (500 ml) Basic Dashi Soup Stock (page 12) or 1 teaspoon instant *dashi* granules dissolved in 2 cups (500 ml) boiling water
  - 3 tablespoons saké
  - 2 tablespoons sugar
  - 3 tablespoons soy sauce
  - 2 in (5 cm) ginger, thinly sliced
- 1 Place the potato chunks in a bowl of cold water.
  - 2 Freeze the steak for 30 minutes to firm. Cut across the grain into very thin slices.
  - 3 Halve the onion lengthwise, and slice each half.
  - 4 Heat 1 tablespoon of the oil in a saucepan over medium to high heat. Add the beef and stir-fry until the meat is just brown, about 2 minutes. Remove from the pan and drain.
  - 5 Heat the remaining oil in the pan over medium to high heat. Add the onion and potatoes and stir-fry for 2 minutes until the potatoes are coated with the oil.
  - 6 Add the *dashi* stock, saké and sugar, and bring to a boil over medium heat. Just before it boils, reduce the heat and add the soy sauce and beef. Simmer until the potatoes are tender, about 15 minutes.
  - 7 Garnish with the ginger and serve immediately.

Serves 4

Preparation time: 35 mins

Cooking time: 20 mins



## Shabu-Shabu Beef and Vegetable Hotpot

Sesame Seed Sauce (page 10)

3 green onions (scallions),  
thinly sliced

Homemade Ponzu Sauce  
(page 11)

½ cup (45 g) grated daikon

4-in (10-cm) piece *konbu*,  
wiped and cut into 4 strips

6 cups (1.5 liters) water

8 oz (250 g) dried *shirataki*  
or glass noodles

1 lb (500 g) beef tenderloin,  
thinly sliced

10 oz (300 g) firm tofu,  
cubed

8 fresh shiitake mushrooms,  
stems discarded

4 leaves Chinese or Napa  
cabbage

4 oz (125 g) spinach leaves,  
rinsed and stalks discarded

2 small leeks, rinsed and  
thinly sliced diagonally

½ teaspoon salt

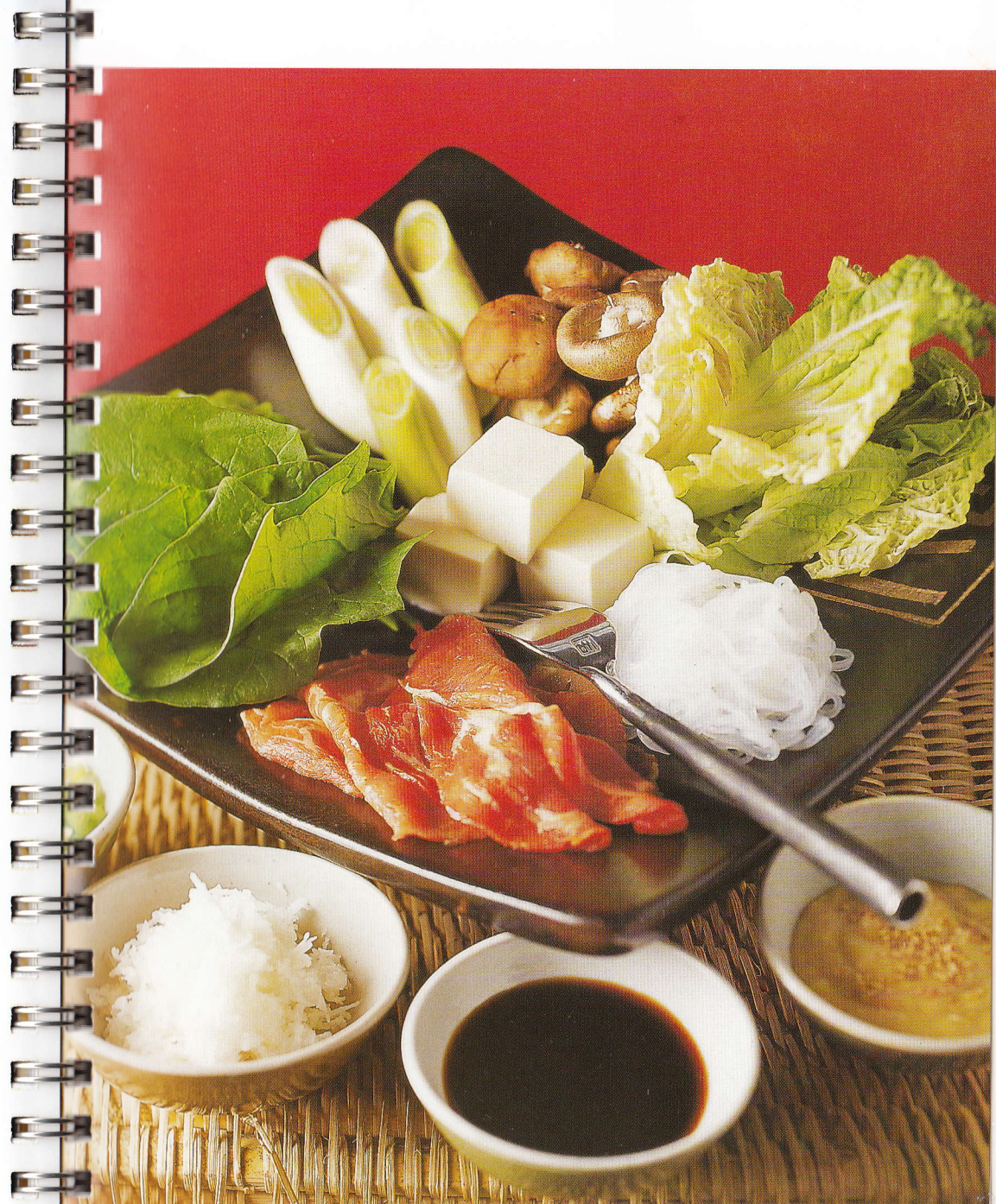
2 cups cooked udon noodles  
(optional)

Serves 4

Preparation time: 30 mins

Cooking time: 20 mins

- 1 Pour the Sesame Seed Sauce into a small bowl and garnish with the green onions. Set aside.
- 2 Pour the Homemade Ponzu Sauce into a small bowl and garnish with the daikon. Set aside.
- 3 Blanch the *shirataki* noodles for 1 minute, drain and cut into 4-in (10-cm) lengths.
- 4 Put the *konbu* and water into a stockpot and bring to a boil over medium heat. Just before it boils, remove the *konbu*. Set the stock aside.
- 5 Arrange the ingredients in 4 batches—vegetables, *shirataki* noodles and tofu—into a hotpot on a table-top hotplate. Ladle enough stock over the ingredients to cover it, and simmer.
- 6 Diners can cook the meat by holding a slice of the beef with chopsticks or a fondue fork and swishing it in the simmering stock for 10 to 20 seconds, dipping the cooked beef in the sauce of choice and seasoning with salt, as desired. As the other ingredients cook, diners can help themselves from the hotpot.
- 7 Replenish the hotpot with the remaining ingredients as required, and ladle in more of the stock as it boils down. Continue until all the food is cooked.
- 8 When all the ingredients are used up, pour the remaining stock, if any, into the hotpot. Cook the udon noodles in the simmering broth for 3 minutes. Ladle the noodles into individual serving bowls and serve.



## Quick Green Tea Ice Cream

1 pint (600 ml) vanilla ice cream

1 tablespoon green tea powder (*matcha*)

One 13-oz (400 g) can of sweetened red beans (*azuki*) (optional)

- 1 Blend the ice cream and green tea powder together, and freeze in a plastic container.
- 2 For an interesting variation, serve the ice cream with the sweetened red beans.

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Serves 4

Preparation time: 5 mins



## Japanese Sponge Cake (Kasutera)

5 large eggs  
 $\frac{2}{3}$  cup (150 g) caster or superfine sugar  
 $\frac{1}{4}$  cup (60 ml) honey  
 $\frac{3}{4}$  teaspoon baking powder  
 $\frac{3}{4}$  cup (90 g) all-purpose flour

Additional caster sugar for dusting

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Serves 6–8

Preparation time: 10 mins

Cooking time: 30 mins

- 1 Preheat oven to 350°F (180°C). Grease and flour a 9-in (22.5-cm) square baking pan.
- 2 Break the eggs into a bowl and beat until frothy. Beat in the sugar and honey gradually. Continue beating until the mixture is thick and pale and the eggbeater leaves a thin ribbon, about 12 minutes.
- 3 Sift the baking powder and flour together into the bowl with the egg mixture.
- 4 Gently fold the dry ingredients into the egg mixture until just combined. Carefully pour the mixture into the prepared cake pan.
- 5 Bake for 30 minutes. Remove from the heat and cool completely on a wire rack.
- 6 Dust with caster sugar and cut into squares before serving.

## The Tuttle Story

### 'Books to Span the East and West'

Many people are surprised to learn that the world's largest publisher of books on Asia had its humble beginnings in the tiny American state of Vermont. The company's founder, Charles E. Tuttle, belonged to a New England family steeped in publishing.

Tuttle's father was a noted antiquarian dealer in Rutland, Vermont. Young Charles honed his knowledge of the trade working in the family bookstore, and later in the rare books section of Columbia University Library. His passion for beautiful books—old and new—never wavered throughout his long career as a bookseller and publisher.

After graduating from Harvard, Tuttle enlisted in the military and in 1945 was sent to Tokyo to work on General Douglas MacArthur's staff. He was tasked with helping to revive the Japanese publishing industry, which had been utterly devastated by the war. When his tour of duty was completed, he left the military, married a talented and beautiful singer, Reiko Chiba, and in 1948 began several successful business ventures.

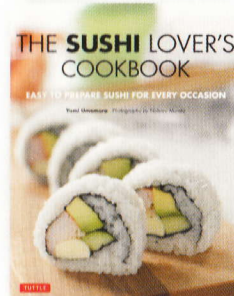
To his astonishment, Tuttle discovered that postwar Tokyo was actually a book-lover's paradise. He befriended dealers in the Kanda district and began supplying rare Japanese editions to American libraries. He also imported American books to sell to the thousands of GIs stationed in Japan. By 1949, Tuttle's business was thriving, and he opened Tokyo's very first English-language bookstore in the Takashimaya Department Store in Ginza, to great success. Two years later, he began publishing books to fulfill the growing interest of foreigners in all things Asian.

Though a westerner, Tuttle was hugely instrumental in bringing a knowledge of Japan and Asia to a world hungry for information about the East. By the time of his death in 1993, he had published over 6,000 books on Asian culture, history and art—a legacy honored by Emperor Hirohito in 1983 with the "Order of the Sacred Treasure," the highest honor Japan can bestow upon a non-Japanese.

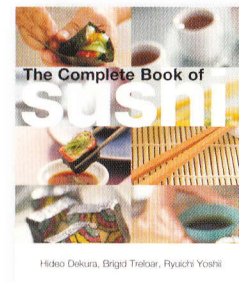
The Tuttle company today maintains an active backlist of some 1,500 titles, many of which have been continuously in print since the 1950s and 1960s—a great testament to Charles Tuttle's skill as a publisher. More than 60 years after its founding, Tuttle Publishing is more active today than at any time in its history, still inspired by Charles Tuttle's core mission—to publish fine books to span the East and West and provide a greater understanding of each.

Other books of interest from Tuttle Publishing

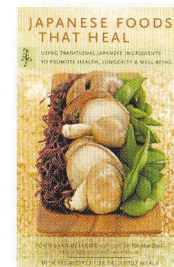
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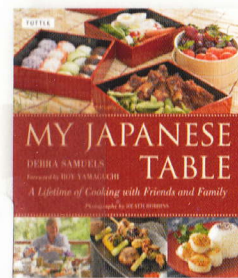
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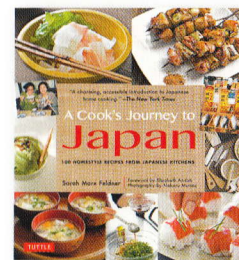
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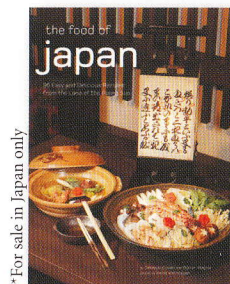
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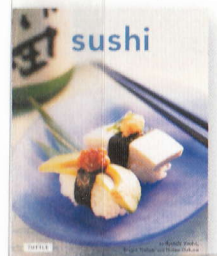


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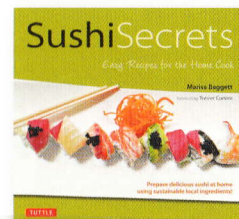


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