

JAPAN NOTES ^{EXTRA}

NOTE 22 SPRING 2009

MISO SOUP

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RICE, SOUP STOCK POWDER & DRIED BONITO

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J-SIMPLE RECIPES

~KENJI & MANAMI'S EASY, QUICK AND HEALTHY JAPANESE RECIPES~

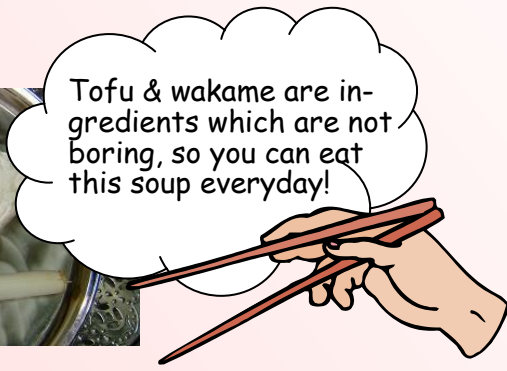
Love Japanese food? Yes, you will love to cook Japanese cuisine if it is easy. Well, Kenji Imai and his sister Manami have launched a website <j-simplerecipes.com>. JAS of St. Louis is going to post some of their recipes with step-by-step photos so that you can easily learn how to cook simple but delicious and healthy Japanese cuisines. And here are nine examples for your review...

MISO SOUP



Ingredients:

- 1/2 block of tofu
- 1/4 ounce dried wakame
- 1/3 long green onion (white part)
- 3 1/3 cups bonito soup stock
- 3 tbsp white or red miso



Step 1: Soak dried wakame seaweed in water for about 15 minutes to reconstitute it. Drain the water.



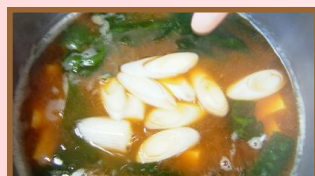
Step 2: Cut the tofu into 1/3 in. cubes.



Step 3: Slice the long green onion diagonally into 3/4 in. pieces.



Step 4: Boil bonito soup stock and add tofu and wakame.



Step 5: After boiling, put some stock into a ladle. Add the red miso and stir with chopsticks until it is dissolved. Remove from heat.



Step 6: Add the slices of long green onion.

BEEF BOWL



The taste of the meat, stock and steamed rice in this very substantial dish will satisfy you very much.

Ingredients:

- 10 1/2 ounces thinly sliced beef (veal)
- 1 onion
- 1/2 ounce ginger
- 4 servings steamed rice
- 3 tbsp soy sauce
- 3 tbsp sake
- 3 tbsp sugar
- 1 tbsp salt
- 1 2/3 cups hot water



1



Cut onion into big pieces.

2



Place in a pan with 1 2/3 cups of hot water and boil until soft about 7 min.

3



Add sake, sugar, salt, soy sauce and beef. Stir and cover and boil for 10 min. on medium heat.



4



Grate the ginger and add. Taste and add sugar and soy sauce if needed.

5



Serve over the steamed rice.



TEMPURA



Step 1: Hull shell and devein the shrimp.

- Ingredients:**
 8 shrimp
 4 ounces pumpkin
 2 green peppers
 1 potato
 1 sweet potato
 salad oil
 a little flour



Step 2: Make a cut in the stomach side. Cut off the tip of the tail diagonally.



Step 3: Peel the potato and cut into 1/4 in. slices. Cut the unpeeled sweet potato into 1/4 in. slices.



Step 4: Slice the unpeeled pumpkin.



- Coating:**
 1 egg
 1/2 cup cold water
 1/2 cup flour

- Dipping sauce:**
 1 cup bonito soup stock
 1/4 cup soy sauce
 3 tbs sugar



Step 5: Cut the green peppers in half lengthwise. Remove seeds.



Step 6: To make coating, mix the egg and cold water in a bowl. Add the flour and toss.



Step 7: Dust all the ingredients lightly with a little flour before applying the coating.



Dip the pieces into either the dipping sauce or just salt!



Step 8: With chopsticks, dip the potatoes and the pumpkin into the coating and twirl them around to coat them. Fill a wok over half full with salad oil and heat until 340°F.



Step 9: Drop the coated pieces into the wok and deep fry, turning them with chopsticks or tongs after several minutes. Fry another minute or two until they are soft.



Step 10: Follow the same procedure for the green pepper and shrimp, but cook for a shorter period of time until they are a light gold.



Step 11: To make dipping sauce, mix bonito soup stock, soy sauce and sugar together in a pan and bring to a boil.

CURRY RICE



Ingredients:

- 7 ounces beef
- 14 ounces onions
- 16 ounces potatoes
- 7 ounces carrot
- 2 cloves of garlic
- 2 1/2 cups water
- 2 tbsp salad oil
- a little salt & pepper
- 4 servings steamed rice
- 4 ounces solid curry blocks
- 3 tbsp curry powder
- 6 tbsp flour
- 4 ounces canned tomatoes

Step 1: Slice the onions and garlic thinly. Peel the potatoes; cut them into 4 to 6 cubes. Cut the carrot obliquely. Cut the beef into bite-size pieces and sprinkle with salt.

Step 2: Put 1 tablespoon of the salad oil in a pan. Add the sliced garlic and beef. Fry until the beef is cooked.

Step 3: Add the potatoes and carrot pieces. Fry for a few minutes. Sprinkle a little salt and pepper on top and mix.

Curry blocks— Go to **Step 4**
Curry powder—Go to **Step 4**



Step 4

Add the water and boil for 20 minutes on medium heat.

Step 4

Add the canned tomatoes and water. Boil for 20 minutes on medium heat.

Step 5: Heat 1 tablespoon of the salad oil in a frying pan. Fry the onions until they turn a brownish color.

Step 5: Heat 1 tablespoon of the salad oil in a frying pan. Fry the onions until they turn a brownish color.



Step 7: Remove from heat. Add the curry powder and mix.



Step 6: Add the onions (Step 5) to the vegetable mixture (Step 4) and boil for 10 minutes over a low flame.



Step 8: Add the curried onions (Step 7) to the vegetable mixture (Step 4) and boil for 20 minutes over a low flame. Add 1 tablespoon salt and stir.



Step 7: Split the solid curry blocks and add. Boil for 20 minutes over a low flame. Stir until well mixed.



Step 6: Add the flour a little bit at a time (7 to 8 times) and stir-fry over a low flame after each addition.



There are three flavors of solid curry blocks available—sweet, chicken, pork, shrimp and squid beef. Other substitutes for mushrooms or eggplant are also good additions!

FRIED CHICKEN



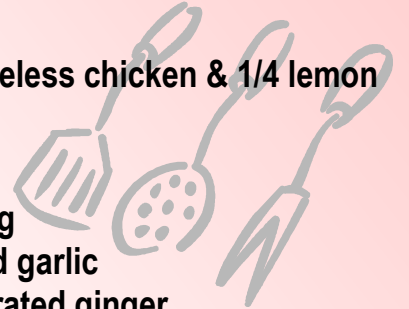
The taste of the coating oozes into the meat and is very delicious! ☺

Ingredients:

- 7 ounces boneless chicken & 1/4 lemon
- salad oil

Coating:

- 1/2 beaten egg
- 1 clove grated garlic
- 1 teaspoon grated ginger
- 2 teaspoons soy sauce
- 2 tbsp wheat flour
- a little pepper



1 Mix all the coating ingredients in a bowl.

Cut the chicken into bite-size pieces. Add to the coating and mix by hand. Let stand for 30 minutes.



2



3 Deep-fry slowly (about 8 minutes) in a wok at 340°F. Squeeze lemon juice on chicken (optional).

GRILLED SALMON WITH SALT

- Ingredients:**
- 4 salmon
 - 2 teaspoons salt



Just sprinkle with salt and grill! ☺
Please use a frying pan if there is no grill.

Step 1:

Wash and pat dry the salmon and lightly salt them on both sides.



Step 2:

Place on grill under high heat. Grill each side for 3 or 4 minutes.



RICE

Ingredients:

15 ounces rice & 2 1/2 cups water



If you let steamed rice set for 10 minutes after cooking, the moisture will evaporate and the rice will become fluffier. It can be cooked in a rice cooker too. (See P.8)

Step 1: Wash the rice. Place the washed rice in the pan. Add the 2 1/2 cups water. Soak for 30~60 minutes.

Step 2: Cover the pan and place over medium heat. Bring to a boil. Reduce the heat.

Step 3: Wait for about 5 minutes until the surface water disappears. Then cook at extremely low heat for another 12 minutes.

Step 4: Remove from heat and let it set for 10 minutes before serving.

SOUP STOCK POWDER

Ingredients: 1 teaspoon bonito soup stock powder

2 1/2 cup cold water



Step 1: Put the water in a pan and place over medium heat.

Step 2: Add the bonito soup stock powder.

Step 3: Remove from heat and stir with chopsticks or a spoon.

DRIED BONITO



Ingredients:
2/3~1 ounce bonito flakes
3 1/3 cup cold water



Step 1: Put the water in a pan and place over medium heat.



Step 2: Add the bonito flakes before the water boils. Reduce the heat, and simmer for 3 to 4 minutes.



Step 3: Turn off the heat. Wait until all the bonito flakes sink to the bottom of the pan. Strain the liquid through a colander slowly to obtain the soup in a bowl.

Necessary ingredients...
Where can we buy them?



The local Japanese women recommend the merchandise below. They usually buy them at the Korean and Chinese grocery stores. The photos are with the courtesy of Asia Market at Olive and Fee Fee Rd.

For Miso Soup



There are so many kinds. Some like "Ryoutei no Aji."



Tofu by "House."
There are 3 kind—
Soft, Regular and
Firm.



Dried wakame.



Bonito soup stock
(also for tempura)
in powder & flakes.



Flakes

For Beef Bowl



Soy sauce (also for tempura): Most Japanese use "Kikkoman" but some use milder "Yamasa."



Kikkoman



It is very difficult to slice beef thinly, but this is thinly sliced and frozen piece by piece in a plastic bag.



Continued on the next page



About Kenji and Manami Imai Creators of J-Simple Recipes

Kenji and his sister Manami reside in Aichi Prefecture, Japan. Aichi is famous as the home of Ichiro Suzuki, a baseball hero, and Toyota Motors.

A few years ago they were visiting their American friends in the U.S. and ventured to cook some Japanese food for one of their friends who happened to be sick in bed at that time. They thought that Japanese cuisine would be more appealing to sick people. They were right. Their sick friend and other American friends loved their cooking because the food they prepared was tasty and gentle on the body.

At the urging of their American friends, Kenji and Manami have written step-by-step-easy to follow cooking instructions of Japanese dishes and created a web-site: the J-Simple Recipes.

A couple of months ago JAS was approached by Manami and was asked if we would post their recipes on our web-site. We thought it would be an excellent idea because in the past we had to give up the idea of establishing a Japanese cooking class for our members because of the high cost. Also we thought that it would be beneficial to our members and friends if we could print some of the recipes as a Japan Notes Extra Issue.

Kenji and Manami have gracefully agreed that we would do so.

For Curry Rice

Curry roux (sauce mix): Vermont Curry by "House." There are 3 kinds to choose: Hot, Med Hot and Mild.



Curry powder by S.B.



Rice: There are various kinds but most come in big packages. "Kokuho Rose" and "Nishiki" come in a small packages.



Kokuho Rose



Nishiki

High-performance rice cookers are available in Asian grocery stores.

