

Japan



Tempura

6 servings

Ingredients:

3 Egg yolks
2 cups very cold water
2 ½ cups flour
oil (for frying)

Directions:

Assorted seafood and vegetables
(Scallops, shrimp, small halibut pieces, mushrooms, cauliflower florets, small sweet potato slices, etc), use your favorite.

Heat oil to 375.

Combine yolks with water; mix well.

Gradually stir in the flour; stir from the bottom of the bowl, gently.

Do not overstir, this is the secret of a light batter.

Some flour will still float on top of the batter.

Pat seafood and veggies dry.

Dip pieces in batter, let drain a little.

Drop a few pieces at a time into hot oil; fry for only a minute or two, till golden.

Drain on paper toweling.

Serve with assorted sauces for dipping.

Dashi

Ingredients:

4 cups cold water

1 oz kelp (konbu) approximately a 4-inch x 6-inch piece

1 oz (1-1/2 cups) dried bonito flakes

Directions:

1. Place the konbu and water in a saucepan and bring to a boil over medium heat. As soon as the water boils, remove from heat and let stand for three minutes.
2. Take out the kelp and bring the stock back to a boil. Remove from heat and add the bonito flakes. Let them sit until they sink to the bottom of the pot. Strain the stock through cheesecloth or a coffee filter.

Miso Soup

(serves 4)

Ingredients:

3 1/3 cups Dashi stock
4 shitake mushrooms, sliced
1/3 tofu cake, diced
4 Tablespoons red miso
2-3 green onions, sliced

Directions:

1. Dissolve the miso paste with 2 Tablespoons Dashi stock. Mix well.
2. Place remaining stock in a saucepan and bring to a simmer. Add diluted miso.
3. Add the mushrooms and tofu to the soup and simmer until heated through.
4. Garnish with green onions and serve.

Soba Noodles and Vegetables in Flavorful Broth

Serves 4

Ingredients:

5 shiitake mushrooms, fine julienne
1 carrot, sliced into thin coins
2 cups Napa cabbage, sliced 1/4-inch thick
2 ounces snow peas, fine julienne
6 scallions, cut into 2-inch diagonal lengths
4 cups dashi
4 Tablespoons soy sauce (shoyu)
1/4 cup sake (optional)
1 pound soba noodles
garnish: 4 hard-boiled eggs, peeled and quartered.

Directions:

1. Heat the dashi to a simmer in a medium saucepan.
Add the soy sauce and sake.
Add the carrots, cabbage, snow peas, mushrooms and scallions to the dashi.
Cook the vegetables until they are medium tender but not mushy.
2. Cook the soba noodles while the broth simmers.
Drain the soba and divide the noodles between four bowls.
Top with the vegetables and broth and garnish with the hard-boiled eggs.