



Japanese Cook Book



INGREDIENTS

- 160 ml dashi stock
- 10 gr miso paste
- 2 gr hondashi
- 10 gr Japanese tofu
- 5 gr slice leek
- 5 pcs asahi (clam)
- 2 gr wakame



PREPARATION

Pouring dashi stock, miso paste and hondashi , after boil put asari (clam), Place slice leek, japanese tofu and wakame in a serving bowl then pouring soup that already cook with the clam.



Asari Miso Soup

Miso Soup Garnished
with Clams and Leek

Gyu Yakitori

Skewered and Grilled
on Barbecue



INGREDIENTS

- 60 gr slice beef (6 slices)
- 2 pcs leek
- 40 ml sake cooking
- 40 ml mirin
- 30 ml shoya sauce
- 10 ml tamarin shoya sauce
- 20 gr sugar

YAKITORI BASTING

Pouring Mirin, sake, shoya sauce, tamarin shoya sauce, sugar into a bowl and then simmer



PREPARATION

Cut the leek to 4.5cm in size, place it on top of the beef slice and then roll the leek in the beef slice, after all the leaks have been rolled by the beef slice then stick the leek (1 stick 3 pcs leek). The Yakitori gyu is ready to grill.

PREPARATION

Cut the leek to 4.5cm in size, place it on top of the beef slice and then roll the leek in the beef slice, after all the leaks have been rolled by the beef slice then stick the leek (1 stick 3 pcs leek). The Yakitori gyu is ready to grill. After the gyu yakitori is ready to serve.

California Roll and Nigiri

Skewered and Grilled
on Barbecue



INGREDIENTS

Awase sauce (for sushi rice)

- 180 ml rice vinegar
- 140 gr sugar
- 250 gr salt
- 5 gr konbu (dry seaweed)

Pouring rice vinegar, salt, sugar, konbu into the pan then heat it on low heat, keep stirring until the sugar, salt dissolves, then turn off the heat. Awase sauce is ready to use.

Sushi rice

- 1 kg rice
- 300 ml awase sauce

Cook 1 kg of rice with 1 liter of water, after the rice is cooked put hot rice in hangiri (Japanese rice tray) stirring in a tray then add awase sauce slowly then stir until smooth then cool, the sushi rice is ready to use.

Note: during the process of mixing rice with awase sauce, the rice must be in a hangiri so that the rice and sauce can blend together.

Nigiri sushi

- 20 gr sushi rice
- 10 gr salmon fresh
- 5gr wasabi
- 5 gr gari pickle

Slice fresh salmon for about 10-15 gr then put it in your left hand, after that shape the sushi rice becomes round about 8-10gr then add on top of the salmon slice that you are holding.

Press gently until the surface of the sushi rice is covered by salmon slices and form a circle. Salmon nigiri is ready to be served with wasabi, gari sushi, shoya sauce as a companion.

California roll

- 80 gr Sushi rice
- 20 gr tobiko (flying fish roe)
- 30 gr salmon fresh
- 5 gr slada
- 15 gr slice avocado
- 10 gr mayonnaise
- 1 pcs nori
- 20 gr cucumber slice

First put nori on top of makisu, then take sushi rice put on top of nori until all nori surfaces are covered with sushi rice, after that flatten the tobiko on top of the sushi rice until the sushi rice is covered in tobiko

Flip the nori that contains sushi rice so that the surface of the nori is above. Put mayonnaise, lettuce, salmon, avocado, cucumber on top of the nori then roll gently using makisu until it becomes a box or round.

Cut into 8 pcs or 6 pcs. After cutting, prepare a plate with wasabi, gari, shoya sauce as a companion.

Goma Dofu

Steamed Prawn on Sesame
Flavored Tofu, Salmon Roe



INGREDIENTS

- 450 ml dashi stock
- 30 gr yoshinokuzu
- 50 gr sesame paste
- 50 gr sugar
- 2,5 gr salt
- 10 ml Shoyu
- 4 pcs orawn boild
- 20 gr ikura (salmon roe)
- 2 gr wasabi
- 20 ml goma dofu sauce

Pour the dashi stock, yoshinokuzu, sesame paste, sugar, salt, soya sauce to the bowl and stir until all the items are mixed.

Add the mixture that has been mixed into the pan and heat it on medium heat then stir continuously for 13 minutes. After that, put all the dough into the desired mold.



Goma Dofu Sauce

- 80 ml Dashi stock
- 30 ml mirin
- 20 ml shoya sauce
- 10 gr katsobushi
- Goma Dofu sauce

Add dashi stock, mirin, soya sauce then heat until boiling, after boiling turn off the heat and put katsubushi in it then wait until the katsubushi is at the bottom of the pan and strain.

FINISHING/PLATING

Put the cold goma dofu in a bowl, then top it with a piece of shrimp, ikura (salmon roe), wasabi and then pour the goma dofu sauce.

Tori Karaage

Crispy Fried Chicken



INGREDIENTS

- 160 gr chicken leg
- 50 gr rice flour
- 20 gr cassava flour
- 10 gr grated garlick
- 20 ml sesame oil
- 15 ml shoya sauce
- 2 gr salt
- 2 gr papper
- 10 gr hondasi
- 40 ml water

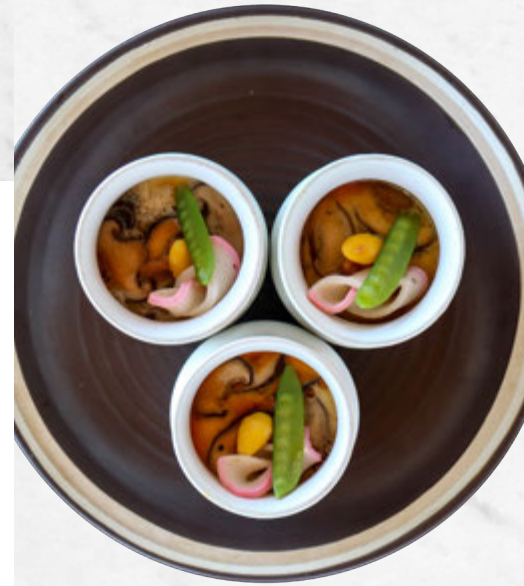


Cut the chicken leg into 8 parts, then add it to the bowl add rice flour, cassava flour, garlic, sesame oil, shoya sauce, salt, hondasi, pepper and water stir it until everything is mixed.

Heat the cooking oil pouring the chicken leg that already maninate one by one until light brown then remove all the chicken legs from the oil, then let stand for 5 minutes, then put it back in until cooked and drain.

FINISHING/PLATING

After draining, place the chicken on a plate with a decoration, the Tori Kaarage is ready to be served.



Chawanmushi

Steamed Egg Custard,
Crab Meat
and Poached Shiitake



INGREDIENTS

- 500 ml dashi stock
- 4 pcs egg
- 10 ml mirin
- 10 ml sake cooking
- 15 ml shoya sauce
- 2 gr salt
- 4 slice kamaboku (fish cake)
- 2 pcs shitake
- 4 pcs ginkgo nuts
- 80 gr chicken leg
- 4 pcs oba leaf






Pouring dashi stock, egg, mirin, sake, shoya sauce, salt to one bowl and stir all the ingredients until smooth and strain.

Arrange the pieces of chicken leg, ginkgo nuts, slice shitake & kamaboku into a ceramic bowl, heat the steamer and steam chawan mushi for 10 minutes.

FINISHING/PLATING

After chawanmushi is steam for 10 minutes, the chawan mushi is ready to be served with a little extra shoya sauce on top and boil oba leaf.

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