

REIKO HASHIMOTO



HASHI

A JAPANESE
COOKERY COURSE

第 一

To Luiz

I want to thank my dear friend, Luiz Hara, who has been supporting my cookery courses over the years. As well as his full time investment bank job, Luiz runs an extremely popular food blog called 'The London Foodie'. I first met Luiz in my Sushi and Sashimi class back in 2005; he had come back for various courses I was offering at the time. Luiz kindly tells me that he has enjoyed every single course he has taken and has consequently gained a true understanding and appreciation of Japanese food. When I receive this kind of comment from my students, it does make me realise how lucky I am to be doing what I do. I am extremely grateful to have met Luiz and to be able to share and exchange our knowledge of food. I feel very lucky to have such a precious friend who has faith in my food and supports my work. Thank you, Luiz.



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ABOUT THE AUTHOR

Reiko Hashimoto has been teaching Japanese cooking for over 12 years. In that time, she has set thousands of students on the path to creative and accessible Japanese cooking. Now she has the pleasure of sharing her culinary secrets with you.

Reiko was born in Kyoto, the ancient capital of Japan. She grew up in a traditional Japanese family with a food-fanatic mother who has shaped her love of Japanese cooking today.

After studying English Literature at university, Reiko started work as an airhostess and was based in Hong Kong, a real foodie's paradise. Travelling around the world with her airline broadened Reiko's understanding and interest in food from all corners of the globe. After leaving the airline, Reiko decided to make a career from cooking and teaching, by introducing Japanese cuisine to her foreign friends living in Japan.

Reiko then moved to London and set up a company called 'HASHI' to cater for Japanese dinner parties – from formal sit-down dinner parties to casual canapé parties. A lot of the people Reiko catered for asked if she could teach them how to cook, and so Reiko then decided to also teach Japanese cooking.

So, for nearly 10 years, Reiko has been teaching people the joy of Japanese cooking, coaching them from raw beginners to cordon bleu-level chefs. She has appeared on television many times and has been featured on programmes such as Good Food Live and The Great British Kitchen as a guest chef. She has also been featured in numerous magazine articles.

To many, Reiko is the acknowledged expert in Japanese cooking in the UK. And now she has taken her love of Japanese food one step further by producing this beautifully presented definitive book on how to cook Japanese food at home.





FOREWORD

I was very fortunate to be brought up in a family that always had freshly cooked meals prepared by my mother who was very keen on fresh flavours and very fresh food. I remember waking up every morning and going downstairs to the sound of a shaving noise in the kitchen. Mother was shaving the solid dried and smoked bonito fish to make the flakes for dashi stock. Not only did she make the stock from scratch each morning – most Japanese people buy bonito flakes already shaven and use sea kelp (konbu or kombu) to make fresh stock – but she actually shaved the fish every morning to obtain the freshest bonito flakes to simply make the miso soup for our breakfast.

Now, most people use an instant dashi stock powder to make the soup, which is tasty enough, but if you were brought up with the real fresh flavour it is very difficult to accept these quicker, more modern alternatives. That's where my belief for the true flavours comes from.

I was also fortunate to be born and grow up in Kyoto where we always had an abundance of seasonal mountain vegetables. The important thing about Japanese food is that you very much rely on fresh seasonal ingredients to achieve the best flavours. As we have four distinct seasons in Japan, what we see in the supermarkets each season differs to reflect what is grown and available at that time of year. I try to go back to see

my parents in Kyoto once a year and choose to be there in either spring or autumn, as these two seasons often have the most beautiful ingredients and weather.

For example, in the early spring, you will see freshly picked bamboo shoots, called Takenoko, in any supermarket, local grocery shop and of course in the food hall of the department store. The texture of takenoko is quite similar to a good quality, fresh artichoke. You simply boil the bamboo shoots first, then peel, cut and simmer them with a very subtle broth based on fresh dashi stock and a little soy sauce. This dish is often cooked with fresh wakame seaweed. We can buy dried wakame seaweed here in the UK, but sadly it is nothing like the fresh wakame that we can get in Japan. Takenoko delivers a combination of nutty and woody flavours with a crunchy texture, making it absolutely unforgettable and addictive.

In the autumn, you will see these shockingly priced but ordinary-looking mushrooms everywhere in Japan. They are called Matsutake. I can only afford to cook these mushrooms just once during my stay, but it is well worth going to Japan in the autumn just for this, especially if you are a foodie. As you approach a shop that sells matsutake, you start getting the deep earthy mushroom scent, which you may

have experienced with truffles. However, this Japanese version of truffles is very firm in texture and looks a little bit like a giant shiitake mushroom with a much thicker stem. The most popular way to cook matsutake is to simply slice them thinly and simmer in fresh dashi stock with a small amount of leafy vegetables. A little seasoning is required to bring out the wonderfully fresh and earthy flavours of the mushrooms and they are served simply with fresh Yuzu (Japanese lime) on the side. I am almost salivating at the thought! However, my favourite way is to cook matsutake on the grill (preferably over charcoal), then serve them dipped in a little soy sauce and a squeeze of yuzu – heavenly!

Not surprisingly, I believe in authentic flavours and that is where my true love of food is based.

JAPANESE FOOD CULTURE

THE BENEFITS OF JAPANESE FOOD – LIVE LONG, STAY SLIM AND PROSPER

Japan has one of the highest life expectancies in the world and has held the highest life expectancy record for decades. On average, Japanese women live to be over 86 years old and Japanese men live to almost 80 years old. There are two reasons for this – one is the advanced medical treatment we receive and the other, undoubtedly, is the diet.

Typically, Japanese meals consist of many small dishes with a variety of different textures and ingredients, eaten very slowly. Most Japanese people tend

to eat less meat and dairy products compared to the Western diet and take their protein mostly from fish, soya beans and seeds. Oily fish is eaten daily by most Japanese people and that, it is believed, has led to the fact that very few elderly Japanese people suffer from joint problems. Japanese people consume the most fish per person and catch the most variety of fish in the world.

The staple Japanese ingredients of miso and soy sauce are both fermented soya

bean products that are rich in protein, vitamins and minerals, which are good and important nutrients for the human body. Both miso and soy sauce are high in natural sodium (salt), which is why very little added salt is used in Japanese cooking.

Naturally, I'm a great believer in a good balanced diet, which leads to happiness, good concentration and an active lifestyle.

WHY ARE JAPANESE PEOPLE SO SLIM?

One obvious thing I notice whenever I go back to Japan – having now lived in the UK for over 12 years – is that Japanese people are so slim by comparison. You don't often see fat people in Japan (even the sumo wrestlers gorge themselves to make themselves fat!) though you sometimes see slightly overweight people. So what makes us so slim?

The Japanese diet is reasonably high in carbohydrate but the fat content is extremely low compared to the typical Western diet. Indeed, the Japanese diet seems to be at odds with the (once)

fashionable low-carb diet. You may lose a large amount of weight quite quickly by not eating starchy carbohydrates, but generally the human body requires carbohydrates to help it to absorb all the other nutrients. Most Japanese/Asian people have starchy carbohydrates in each meal along with many small dishes and that keeps their diet well-balanced. It has also been proven that if you take your time eating, then you will eat less. Japanese food is typically served in many small dishes that are served well spaced out. Another reason is very little animal fat is used in Japanese food, including the traditional Japanese

desserts. Although you see many Western fast food chains and pretty French patisseries in Japan these days (and many young people frequently visit those places), the basic cooking methods remain as the traditional ways taught at home. Therefore most Japanese people generally crave for less fat and less rich food. If you try MacDonald's or KFC in Japan, you will notice they produce food that is much less fatty and greasy than the equivalents in the West.

The Japanese diet is heavy on vegetables and fish and light on meat, the missing

protein being replaced by soya products such as the many varieties of tofu. These soya products are much lower in calories and are highly nutritious, which is perfect for an everyday diet.

Another ingredient often used in Japanese cooking is seaweed. The most commonly used stock is made with dried bonito flakes and sea kelp (konbu or kombu). We have many varieties of

seaweed in Japan. A few of them have travelled over here to the UK and are becoming quite popular. You can obtain these seaweeds from health food stores or even local supermarkets these days.

SEASONAL (SHUN) AND REGIONAL FOOD (KYODO RYO-RI)

There are four distinct seasons in Japan. Each season lasts for about three months and produces different types of fresh produce to be used alongside the vegetables produced in greenhouses and the farmed fish, available all year round. In Japanese cooking, the use of seasonal produce is paramount and is called Shun. When people cook a meal, it is common practice to use shun ingredients. In general, shun food represents fish, vegetables and fruits.

Japan consists of four main islands. The northern island is called Hokkaido, the main island is called Honshu, then we have Shikoku and finally the southern island which is called Kyushu. These

four islands stretch from Russia right through to South Korea. The north side of Japan is facing the Japanese Sea and the other side is facing the Pacific Ocean. The difference in the sea's currents and temperatures attract many varieties of fish.

Japan is also a country formed with huge inhabitable mountains running through the centre of the land from the north to the south. This is why Japan is one of the most highly-densely populated countries in the world, as people tend to live within the 20–25% non-mountainous areas. These solid mountains also make both of the sea's currents rather unique and this leads to Japan having access to one of the

largest variety of fish and shellfish in the world.

These geographical factors create not only an abundance of fish but also an abundance of vegetables. The combination of the altitude of the mountains, the humidity we experience and the different temperatures of the four distinct seasons, creates the variety of vegetables and mountain vegetables of each season. Japanese people are mushroom lovers as well as lovers of fish. In recent years, we have started to see Japanese mushrooms outside of Japan and they have proven to be very popular.

THE IMPORTANCE OF PRESENTATION WITH JAPANESE FOOD

One of the reasons why sushi has become so popular is because of its beautiful appearance. Generally speaking, Japanese people take really good care over the presentation of food,

even in their daily family meals. Indeed, some people regard Japanese food as a work of art. Just a little extra care in slicing the food (with a sharp knife) to produce the straight, sharp cut line, or

chopping the vegetables finely, helps to make each dish look very elegant. We also think about the colour and texture combinations of the food.

You may like to invest in some Japanese crockery so that you can present your dishes in such a way to enhance the pleasure of dining. Japanese dinner service (crockery) is unlike Western or Chinese crockery that typically uses a set of matching designs for the entire meal. Japanese tend to use a variety of plates and bowls for each course/dish.

They are a different texture, colour and shape and are chosen to go with each dish.

One pair of chopsticks is used throughout the meal except for dessert. Japanese chopsticks have a narrow end towards the bottom and are traditionally made from wood. Chinese chopsticks have no narrow end and are

traditionally made from ivory-like material, but tend to be made of plastic these days. Japanese usually place chopsticks horizontally and close to you, with the chopsticks rest placed on the left where the narrow end is (as it is considered that you are a right-handed person). Chinese chopsticks are placed vertically on your right side.

JAPANESE FOOD – UNDERSTANDING THE BASIC ETIQUETTE

Whenever you go somewhere with a different culture and eat food with the locals you may quite inadvertently be doing something that is rude or offensive to these people. I don't want to alarm you too much as Japanese people are generally very accepting towards non-Japanese people. However, it is useful to know the general etiquette and if you do follow these basic etiquette guidelines, you will receive a great deal of appreciation in return.

It is well-mannered to show respect by saying *Itadaki-Masu* before picking up chopsticks. Similarly, you should finish a meal by saying *Gachiso-Sama* accompanied by a little bow to your fellow diners. There is no exact translation for these words in English as these short words include so many meanings. If I were to explain them in simple, literal English, they would mean 'I will graciously receive and enjoy the meal' and 'I thank for the precious meal that I was given.'

If the food is served like a small buffet-style selection on the table, and a serving spoon or separate chopsticks are not provided, use the reverse end of your chopsticks to pick the food from the shared plate, thus avoiding any 'contamination' of the food from one diner to another.

When you are not using chopsticks, you must always rest the chopsticks laying horizontally on the chopsticks rest.

Never pass food with chopsticks. Always pass the plate or bowl to fellow diners to allow them to help themselves.

Leaving rice, even one grain, is considered to be impolite. The Japanese staple diet is rice and people are supposed to show respect to farmers who provide the staple food. So make sure you eat that last grain of rice from now on!

When eating sushi or sashimi, do not mix the wasabi paste into soy sauce to spice up the sauce. This is considered to be rude to the chef as it kills the flavour of the fresh ingredients. Soy sauce is used only as a seasoning rather than as a sauce, and wasabi is a condiment, so a small amount of each with each mouthful is appropriate.

When eating sushi, do not fill up to the top of the soy sauce plate with soy sauce. Try dipping the sushi with only a little bit of soy sauce. If it is a hand-moulded piece of sushi (nigiri), try dipping the fish side rather than the rice in the sauce, so that the rice will not break up and you will have a clear soy sauce until the end of your meal.

When someone is pouring drinks for you, it is courteous to hold or raise your cup/glass up to receive the drink (rather than to leave the cup/glass on the table while the drink is being poured). If you

are a woman, you need to hold the cup/glass with both hands. Once you have received your drink, you are then expected in return to pour the sake for the person who has just poured your drink. Again, if you are a woman, when pouring the sake, you also need to hold the bottle with both hands.

Mind you, it should also be said that some Japanese eating habits cause concern to Westerners. For example, our habit of slurping our noodles to show how much we enjoy it is rather frowned upon here!

TEACHING JAPANESE COOKERY

I have been running Japanese cookery courses in London for nearly 10 years and I have learnt that it is very important to go through the stages, step by step. No matter how experienced and how great a cook or chef you are, if you haven't done Japanese cooking, you are still a novice in this cuisine. However, let me assure you that you will learn quickly by following the various stages set out in this book.

In my cookery school, I run Beginners, Home Cooking, Gourmet and Master Chef courses alongside Sushi and Sashimi classes. When people first enquire about taking a course, I usually recommend that they take the Beginners course first, unless they are familiar with using all the basic Japanese ingredients.

The Beginners course is like a foundation course that gives you a good understanding of the ingredients and flavours in Japanese food. By the end of the four sessions, people are normally quite confident with using the basic Japanese ingredients and have developed the right palate. This is what I'm trying to help everyone to achieve by using this book. Fundamentally, I have structured this book in the same way that I have structured my courses, i.e. a chapter for Beginners, a chapter on

Home Cooking and a chapter on Gourmet Cooking. Towards the end, there is a chapter on Sushi, followed by a final chapter on Desserts.

Once you have grasped the basic understanding of both familiar and well-known Japanese dishes (Beginners Chapter, pages 41–87), you will move on to how Japanese families really eat every day – basically comfort food and home-cooked dishes (Home Cooks Chapter, pages 89–137). This chapter may well be the most exciting part amongst true Japanese food lovers. Many dishes in this chapter don't even have Japanese names, but are utterly delicious, unpretentious and down-to-earth.

In the next section (Gourmet Chapter, pages 139–183), the climax of this book shows you how you can create a sophisticated Japanese dinner party at home. This includes guidance on not only how to prepare and cook the dishes, but also on the presentation of the finished dishes and the simplest way of achieving all this.

These first three sections are organised in a standard order and include Soups and Starters, Salads and Side Dishes, Fish and Seafood, Meat and Poultry, Rice and Noodles, and finally, Tofu.

There's also a separate chapter containing basic recipes that are used repeatedly throughout the book, such as sauces, stocks, rice, etc. As you make use of this book, you will eventually be able to create these basic sauces and stocks without the recipes.

USING THIS BOOK

Some people think that Japanese food is an expensive taste to acquire and this attitude has been partly fostered by the growing number of chic new Japanese eateries that cater for London's expense-account diners. This book challenges this expensive myth by demonstrating how a complete beginner can prepare a delicious Japanese meal (sometimes in under 20 minutes) with economical ingredients from a local supermarket, for typically less than £5 per head! A similar meal from a Japanese restaurant may well cost you around £40 per head, so in these austere times, my book can help lovers of Japanese food save a lot of money, whilst

enjoying Japanese food in the comfort of their home.

The aim of this book is to introduce you to some of the different types of Japanese cooking. Like any other cuisine, we have everyday dishes, celebration dishes, sophisticated restaurant dishes and so on.

This book is for everyone. For the curious beginner, it offers reassuring confidence. For the seasoned expert, it is an advanced master-class. Everything is explained in clear and simple language. This is genuinely a cookery

book for all abilities – you just need to be an inspired Japanese food lover!

Japanese store cupboard ingredients are few and simple, as with Italian cooking. We use a limited number of ingredients repeatedly. In many respects, it is more difficult to create a distinct flavour when you use a few herbs and ingredients. Because of this, the quality of ingredients is very important, more so than with any other cuisine. Also, the timing and the temperature of the cooking are very important for Japanese cooking. You will gradually learn all of this by following the recipes in this book.

BEGINNERS – AUTHENTIC AND EASY-TO-PREPARE DISHES

Most of the dishes in this section are well known and easy-to-prepare dishes for the novice. You will probably already know what many of the dishes should look and taste like and that will instantly make you feel more comfortable and will help you to cook

with confidence. Indeed, this chapter will help to demystify Japanese cooking altogether!

I have selected the dishes that use easily obtained ingredients from your local supermarket, as well as the basic store

cupboard ingredients. This makes it easier for you to get started. Once you have cooked your way through this chapter, you will be surprised just how simple it is to cook Japanese food at home.

HOME COOKING – LOW BUDGET AND COMFORT FOOD

You will see many dishes in this section that you may not have heard of nor seen before. Many of these dishes are eaten on a daily basis in Japanese homes. They

may not win prizes for their appearance, but they are high in nutrients, economical and most of all, very tasty – perfect comfort food.

These dishes are ideal if you are expecting many hungry visitors. You can serve them as a buffet meal and they will not blow your budget. My two

sons are currently at university and they come home more often than everybody

else (so they say) simply because they miss the home cooking dishes which are

introduced in this chapter.

GOURMET – BEAUTIFUL AND SOPHISTICATED

In this section, I show you some sophisticated and beautiful dishes, which you would typically see in upmarket Japanese restaurants. The ingredients are generally pricey and are not always easy to get hold of but the dishes are well worth the effort!

The techniques required are not necessarily too complicated, but you need to have a thorough understanding of the ingredients to appreciate the expensive ones, hence the timing, temperature and method of cooking are important factors when cooking these

dishes. Let's not forget about the presentation as well. I include useful tips on how the food should be presented so that you can soon start hosting posh dinner parties at home!

SUSHI – JAPAN'S NATIONAL DISH

Sushi is Japan's national dish. It has the longest history amongst all the Japanese dishes and there are many different varieties of sushi depending on the region, the season and the occasion.

Sushi was first founded back in the 7th century in China. Originally sushi was a way of preserving fish by using salt and rice to ferment the fish; the rice was then discarded. This method has been traced back to South East Asian countries and it still remains one of the best ways of preserving food. Eventually, during the 14th century, vinegar was added to the mixture for a better taste and a better way of preserving. Oshi-zushi (compressed

sushi) was created with rice, salt, vinegar and fish, and was founded in Osaka. Vinegar keeps the fish preserved for a longer period and gives it a better flavour. The contemporary version of this is called nigiri (hand-moulded sushi) and was created in 1800 in 'Edo' (the old name for Tokyo). That is why nigiri can be called Edo-Mae Nigiri-Zushi. In those days, nigiri was only eaten in the Tokyo area using fish that was caught locally. However, in 1923, many sushi chefs lost their job due to the Great Kanto Earthquake disaster and had to travel to find a job elsewhere. Thus, nigiri was then made all over Japan.

There are only a few limited kinds of sushi eaten outside of Japan that tend to appeal more to the non-Japanese palate, but the popularity of sushi is greater now than ever before, so a better selection is gradually becoming more widely available. People have become much more health-conscious and therefore enjoy the fact that sushi is low in fat, it is a source of many good nutrients and is very light. For example, a typical sushi meal is around 400–500 kilocalories and contains many healthy elements such as protein, omega-3 fatty acids and amino acids. The only negative element of sushi is the amount of sugar in the sushi vinegar, but you can control this when you make sushi at

home. It's time to move from the Atkins to the new wave of Sushi diet!

One slight drawback with eating sushi in the West is that if you want to eat top

quality sushi in a restaurant, you need to have a healthy income, as it is rare to find it at low prices. However, if you follow the advice given in this book, you can now make sushi at home relatively

cheaply. I include several varieties of sushi, from the more traditional ones to the modern fusion styles, all explained step by step, so that there won't be any confusion.

DESSERTS – JAPAN MEETS FRANCE

Lastly, you will see a small section on desserts. I did question myself as to whether or not I should include desserts in this book. Traditional Japanese sweets are considered artistic and detailed. They are often made with rare ingredients, which are difficult to find outside of Japan and unfortunately, the flavours are often not appreciated by the

Western palate. Also, a lot of time and effort are involved, which can be quite off-putting. But I thought that no cookery book is complete unless it has some desserts in it, so I relented.

I have created a few fusion Japanese desserts whilst maintaining the use of basic Japanese ingredients. As the

Japanese love French desserts, the Japanese/French fusion has almost become the default Japanese dessert for the younger generation, at least nowadays. Try my versions of these Japanese/French fusion desserts and see if they appeal to you. They may not be very authentic but I guarantee they are Japanese in essence and are very tasty.



EQUIPMENT AND UTENSILS

KNIVES (HOCHO)

There are many types of knives in the Japanese kitchen. The all-purpose knife is the most commonly used one in the domestic kitchen, whereas in the professional kitchen, between ten and fifteen different knives may be used. It is always important to keep knives sharp and to sharpen them with a stone sharpener.

RICE COOKER (SUIHANKI)

You can cook rice in a heavy-based pan, but if you eat rice at least once or twice a week, it is worth investing in a rice cooker, as this will make things so much easier for you.

NOODLE BOWL (DONBURI)

As Japanese people eat soup noodles and donburi (rice with toppings) regularly, all households have the noodle bowls. Each bowl (donburi) is about 20cm wide and 12cm deep.

CHOPSTICKS (HASHI)

Two chopsticks are used to eat food in Japan. Japanese people do not use a spoon even when they eat soup. Soup is drunk out of a cup and the vegetables, tofu, seaweed, etc, are picked up with chopsticks. Japanese chopsticks have narrow ends to pick up even a small piece of food.

COOKING CHOPSTICKS (RYORI BASHI)

These are the longer, thicker chopsticks that are used for cooking. They are made with strong bamboo and are extremely durable against the high heat. They are perfect to use when deep-frying foods.

GINGER AND DAIKON GRATER (OROSHIKI)

The very fine teeth of this Japanese grater grate fresh ginger extremely finely to give a creamy texture. The coarser part of the grater is used for grating daikon (a Japanese radish or mooli). Both grated ginger and daikon are often used as a garnish for many dishes.

PESTLE AND MORTAR (SURIBACHI)

Unlike Western pestles and mortars, the mortar (bowl) of the suribachi has a sharp grating surface inside the bowl. The stick (pestle) is made from a hard wood, which is ideal for crushing sesame seeds very finely.

JAPANESE OMELETTE PAN (TAGOYAKI PAN)

This is a small rectangular pan for domestic use. A larger square one is used in an industrial kitchen. Particular Japanese egg rolls (called Tamagoyaki) cannot be made well without this pan.

CLAY POT (DONABE)

These clay pots come in different sizes. A small one is ideal for one portion and the larger ones can be for as many as 10–12 portions. A donabe is often used for winter dishes as it keeps the food hot. It can also be used in the oven.

WOODEN SPATULA (SHAMOJI)

This is a large, flat spoon used for scooping rice. It is also used when mixing the sushi rice. It can be made from bamboo, wood or plastic.

SUSHI MAT (MAKISU)

This is essential equipment when making sushi rolls. Sushi mats are made from strips of bamboo and are extremely durable and washable in hot water.

FAN (UCHIWA)

Uchiwa is a Japanese fan. They are often used for cooling people down but are also used to fan the sushi rice when mixing in the sushi vinegar.

SUSHI BARREL (HANDAI)

This is the key to making the perfect sushi rice. The combination of handai (sushi barrel), shamoji (wooden spatula) and uchiwa (fan) is essential to be able to achieve the perfect sushi rice.

WOODEN SUSHI MOULD (OSHI ZUSHI OR HAKO ZUSHI KATA)

This rectangular wooden mould is used for making compressed sushi. Traditionally this mould is soaked in water before use to prevent sushi rice sticking. However, a new and easy way to prevent the rice from sticking (instead of soaking the mould) is to put a layer of cling film between the mould and the rice.

TEMPURA PAN (TEMPURA NABE)

This pan is useful for any dishes that are deep-fried. The pan comes with a rack (that you can rest just-cooked ingredients on) that is attached on top of the pan so that the oil drips back into the pan. The tempura pan is the Japanese version of a deep-fat fryer.

Opposite page

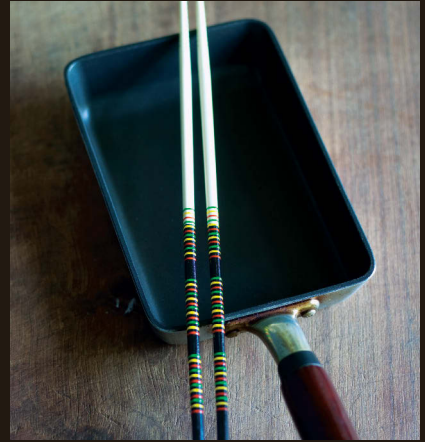
1. Noodle bowl
2. Chopsticks
3. Omelette pan with cooking chopsticks
4. An all-purpose knife
5. Fan
6. Sushi barrel
7. Wooden sushi mould



1



2



3



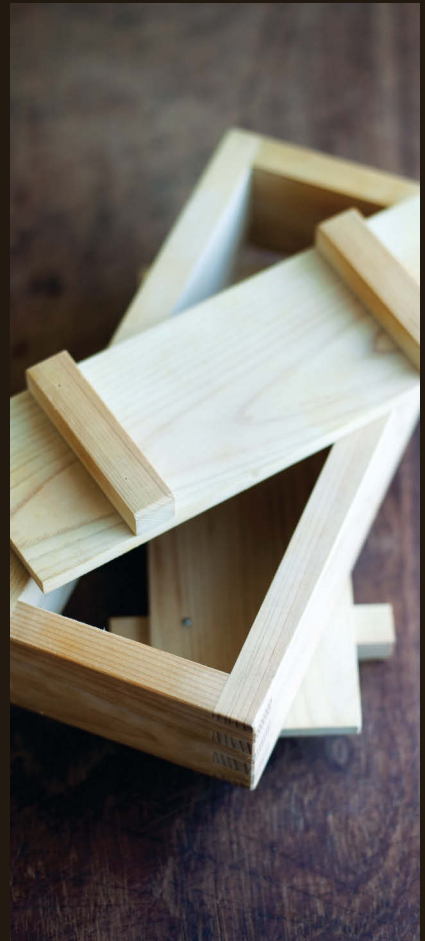
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5



6



7



STORE CUPBOARD INGREDIENTS

STOCK (DASHI)

Traditionally, three types of dashi stock are used in Japanese cooking. The most commonly used dashi is made with two ingredients, namely bonito flakes (katsuobushi) and sea kelp (konbu or kombu). This type of dashi is used in many Japanese dishes. The other two types of dashi are not as commonly used and are either made with little fish similar to anchovies (niboshi) or with dried shiitake mushrooms.

STOCK POWDER (DASHI NO MOTO)

Instant dashi stock is available in powder form or liquid concentrate. It is used daily by Japanese people. Simply stir the powder or liquid into boiling water.

BONITO FLAKES (KATSUOBUSHI)

These are dried shavings or flakes of a fish called Pacific bonito. Larger, coarser flakes are used to make dashi, whilst finer shavings are used as a garnish.

SEA KELP (KONBU OR KOMBU)

A type of seaweed, sea kelp or konbu (kombu) should be thick, hard and black or very dark green. Sometimes it has a white powdery surface, which is salt, but do not rinse, just wipe with kitchen paper.

RICE (KOME)

Short- or medium-grain rice is most suitable for Japanese dishes. Any kind of rice from Japan should be the right kind. Alternatively, short-grain rice from California, Australia, Spain and Korea are available in the UK and are also suitable.

NOODLES (MEN)

Soba – brown buckwheat noodles.
Different flavours such as green tea or yuzu are available.
Somen – fine white wheat flour noodles.
Udon – thick white wheat flour noodles.
Kishimen – flat white wheat flour noodles.

SOY SAUCE (SHO-YU)

Soy sauce or sho-yu is a basic ingredient used in most Japanese dishes and it is the salt agent. Kikkoman is the most well-known and popular brand. Sho-yu means Japanese soy sauce. It is much less salty than the Chinese soy sauce. To achieve the traditional Japanese flavour, Chinese soy sauce is not appropriate to use in Japanese cooking. Tamari is another type of Japanese soy sauce and is often used for dipping good-quality sushi or sashimi as its consistency is thicker and richer.

SWEETENED RICE WINE (MIRIN)

This is a sweet rice wine, used for cooking only.