



# EASY AND DELICIOUS JAPANESE RECIPES

KATSU CURRY KIMPIRA RICE BURGER  
SHIRATAKI SPAGHETTI WITH MUSHROOMS  
UMESHU SPARKLING JELLY SAKE COCKTAILS  
CLASSIC SEAFOOD FUTO MAKI OSHIZUSHI



**MAFF**  
Ministry of Agriculture, Forestry and Fisheries

This summer, **TASTE JAPAN**, taking place at **HYPER JAPAN 2013 (26-28 July at Earl's Court)**, will offer you the chance to experience the varied and unique flavours of Japan.

This leaflet will teach you **easy and delicious Japanese dishes** that are perfect for everyday dinners, summer picnics, or parties. You'll find a **Japanese grocery stockist list** and **Japanese glossary** on the back page.

Take your palate on an exciting journey to the East this summer and expand your everyday culinary horizons!

Katsu Curry



## KATSU CURRY

**SERVES 4**

### INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- ½ carrot, grated
- 620ml water
- 100g curry sauce mix
- 4 pork loin steaks or chicken breasts
- Salt and pepper to season
- 50g plain flour
- 1 egg, beaten
- 100g panko breadcrumbs
- Vegetable oil for deep frying
- Cooked rice to serve

### METHODS

1. Heat the 1 tbsp of oil in a large saucepan, fry the onion and carrot over a medium heat until softened. Add the water, bring to the boil, reduce the heat and simmer for 10 minutes. Remove from the heat then add the curry roux, in pieces, stir until completely melted. Simmer gently for another 5 minutes, stirring constantly.
2. Season both sides of the meat. Lightly coat with flour, dip in the beaten egg and then coat with the breadcrumbs.
3. Heat the oil in a large heavy-based saucepan to 170°C / 340°F. Deep fry the meat for 3-4 minutes each side until golden and cooked through. Drain on kitchen paper.
4. Slice the meat, place on plate with cooked rice and drizzle with curry sauce.

## KIMPIRA RICE BURGER

**SERVES 4**

### INGREDIENTS

#### For the kimpira:

- 1 tbsp toasted sesame oil
- 100g carrot, peeled and cut into thin strips
- 20g dried *gobo* burdock root, soaked in water for 5 minutes and drained well.
- 2 tbsp cooking sake
- 90ml water
- 2 tsp sugar
- 1 tbsp mirin
- 1 tbsp soy sauce

#### For the rice buns:

- 560g cooked rice (short grain rice, follow the instruction on the package)
- 1 tbsp black sesame seeds
- Toasted sesame oil for frying
- 4 lettuce leaves
- Japanese mayonnaise (optional)

### METHODS

1. Heat sesame oil in a frying pan over a high heat and add the carrot and gobo and fry until the carrot gets tender. Then add all the other ingredients and stir until the sauce has thickened. Turn off the heat and set aside.
2. Mix the sesame seeds into the cooked rice and then use cling film to shape it firmly into 8 discs to use as buns.
3. Heat the sesame oil in a frying pan over a medium heat, gently place the buns in a pan and cook both sides until crispy and golden.
4. To assemble a burger, place a lettuce leaf and some kimpira on a rice bun and place another bun on top. Add Japanese mayonnaise if you desire.

Kimpira Rice Burger



Shirataki Spaghetti with Mushrooms



## SHIRATAKI SPAGHETTI WITH MUSHROOMS

SERVES 1-2

### INGREDIENTS

- 200g shirataki
- 30g shiitake mushrooms (2-3 pieces)
- 50g any other type of mushroom (shimeji, enoki, porcini etc.)
- 1 slice bacon or 20g panchetta, diced
- 2 spring onions
- 1 clove garlic
- 1 tbsp soy sauce
- Black pepper
- Olive oil (to stir-fry)
- 1 tbsp butter
- Nori seaweed, cut into thin strips (optional)

### METHODS

1. Rinse the shirataki in clean water a few times and cut them up into more easily served lengths.
2. Boil the shirataki for 3 minutes in a pan and drain well.
3. Remove the stems of the mushrooms and slice finely. Cut the bacon into thin strips. Chop the garlic. Cut the spring onion diagonally into 2cm widths.
4. Heat the oil in a frying pan and stir-fry the garlic, then the bacon. When the bacon becomes crispy, add the mushrooms and stir-fry until cooked. Season with pepper.
5. Add the shirataki to the pan and mix in with the other ingredients, then add the soy sauce and butter and lightly stir-fry.
6. Garnish with spring onion and nori seaweed to serve.

Umeshu Sparkling Jelly



## UMESHU SPARKLING JELLY

SERVES 5

### INGREDIENTS

- 5g kanten (agar) flakes
- 200ml umeshu
- 50ml water
- 50g sugar
- 350ml sparkling water

### METHODS

1. Put the kanten, umeshu, 50ml water and sugar in a deep pan at a low heat.
2. Bring to the boil, then boil for 2-3 minutes until the sugar has melted. Turn the heat off.
3. Pour the sparkling water in with the other ingredients and mix gently.
4. Divide among five glasses and leave in the fridge to set.

Recipes by [www.atsukoskitchen.com](http://www.atsukoskitchen.com)

## SAKE COCKTAILS

### FUULIN (RING THE BELL)

#### INGREDIENTS

- 60ml Nanbu Bijin Gin Ginga or any junmai-type sake
- 20ml lemon juice
- 15ml elderflower cordial
- 20ml apple juice
- 6ml absinthe
- 4 mint leaves
- ¼ nashi pear
- 20ml carbonated Nanbu Bijin Gin Ginga or any junmai-type sake
- Soda water to top up

#### METHODS

1. Add nashi pear to a cocktail shaker.
2. Add lemon juice, elderflower cordial and muddle to smash the pear.
3. Add the rest of the ingredients and shake.
4. Pour into a tall glass over ice and top up with soda water.



### HIGHBALL

#### INGREDIENTS

- 45ml Hibiki 12yo or your choice of Japanese whisky
- 90ml soda water

#### METHODS

1. Add ice to the glass and stir to chill the glass.
2. Drain off excess water and pour in the whisky.
3. Slowly pour soda water into the glass over the back of a spoon.



Recipes by Niya Martin, Mizuwari Bar

# HOW TO COOK SUSHI RICE

MAKES APPROX 1KG OF RICE

## INGREDIENTS

- 500g uncooked, maturated Japanese or Californian short grain rice  
\*Never make sushi using long grain rice, as it is too dry to shape.
- 625ml cold water  
\*Quantities may be varied according to the amount of rice required, but the ratio of uncooked rice to water should be 1 part rice to 1 1/4 parts water.
- 120ml sushi vinegar  
\*To make your own mix, mix 200ml rice vinegar, 120ml granulated sugar and 2.5g salt in a non-aluminium saucepan, heat until the sugar dissolves, and leave to cool.  
\*Though the recipe only calls for 120ml of vinegar, you will need extra for tezu, vinegared hand-dipping water.

## METHODS / STEPS

1. Place the rice in a bowl. Swill the bowl with water to remove impurities, then drain it, using your palm as a barrier.
2. Pour in more water and wash the rice, stirring with your palm, then drain again. Repeat 3-5 times, until the drained water remains clear.



3. On the final wash, let the rice drain through a sieve for 30 minutes to absorb the surface moisture. Another method is to leave the rice in a bowl of water for 30 minutes to absorb water. Either method will result in better sushi rice.



4. Place the rice and 625ml of water in a saucepan with a tight-fitting lid. Bring to the boil over a medium heat. At boiling point, reduce the heat and simmer for 10 minutes. Remove from heat and leave for a further 10 minutes. Keep the lid on while cooking.



5. Next, use a spatula to remove the rice from the pan, and place in a wide, shallow container, ideally the traditional Japanese cypress-wood rice tub, or handai. Spread it evenly across the bowl using the spatula, taking care not to crush the kernels.



6. Add the sushi vinegar promptly, pouring it as evenly as possible over the rice. With the spatula, make gentle cutting and folding movements to mix the vinegar thoroughly into the rice, again avoiding crushing the kernels.



## CLASSIC SEAFOOD FUTO MAKI

MAKES 2 ROLLS (16-20 pieces)

### INGREDIENTS

- 80-100g fresh salmon fillet, 1cm thick, skinned and boned
- 1 avocado
- A bunch of chives
- 2 sheets of nori
- 2 handfuls (roughly 320g) of cooked sushi rice (see above)
- 150g white crabmeat

### METHODS

1. Slice the salmon lengthways into 1cm-wide strips. Slice the avocado into 1/2cm crescent-shaped pieces. Wash the chives and leave the strands whole.
2. You will see some thin lines on the nori seaweed sheets. Place a whole sheet shiny side down on the bottom of sushi mat, with the lines of the sheet lying horizontally across the mat.
3. Keeping the top 3-4cm of the nori sheet clear, spread a handful of rice (roughly 160g) over the sheet thinly, evenly, and gently with your fingertips.
4. Place half of each filling side by side in the centre of the rice, along the length of the nori.
5. Repeat with the remaining nori sheet and other half of the fillings, then cut each roll into 8-10 pieces.

This recipe is taken from Yuki Gomi (Yuki's kitchen) "Sushi at Home" by Fig Tree, Penguin

## OSHIZUSHI

SERVES 2 (2 pieces)

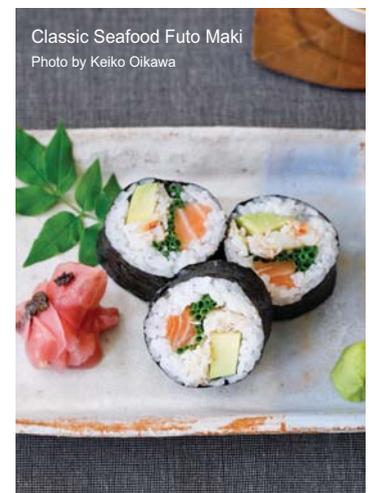
### INGREDIENTS

- 1 egg
- A pinch of salt
- 220g cooked sushi rice (see above)
- 1/2 tsp toasted sesame seeds
- 2 tender stem broccoli spears, boiled
- 2 king prawns, boiled
- Wasabi (optional)
- 6cm diameter food cutter

### METHODS

1. Scramble the egg, adding a pinch of salt, and set aside.
2. Evenly stuff a quarter of the rice into the food cutter, then sprinkle sesame seeds over the surface. Layer a second quarter of the rice on top, and then smear wasabi on top of the rice if desired. Put the egg on top of the rice, distributing evenly up to the top of the food cutter. Arrange the broccoli spears and prawn on top.
3. Place the bottom of a glass on top, then press down firmly to compress the rice and other ingredients.
4. Remove the glass. Gently lift the food cutter, maintaining pressure on the top with fingers.
5. Repeat the process for the second piece.

Recipe by Akemi Yokoyama, Sozai Cooking'scool



## **JAPANESE FOOD SHOPS**

Here's where to find all the ingredients you need to create healthy and delicious Japanese style home cooking. This list is an extract from the HYPER JAPAN DIRECTORY 2013-2014.

### **Arigato**

48-50 Brewer St. W1F 9TG  
**TEL** 020-7287-1722  
**TUBE** Piccadilly Circus

### **Atari-Ya Foods (Golders Green)**

15-16 Monkville Parade,  
 Finchley Rd. NW11 0AL  
**TEL** 020-8458-7626  
**TUBE** Golders Green

### **Atari-Ya Foods (Kingston)**

44 Coombe Rd.  
 Kingston-Upon-Thames,  
 Surrey KT2 7AF  
**TEL** 020-8547-9891  
**BR** Norbiton

### **Atari-Ya Foods (North Finchley)**

595 High Rd. North Finchley  
 N12 0DY  
**TEL** 020-8446-6669  
**TUBE** West Finchley

### **Atari-Ya Foods (West Acton)**

7 Station Parade, Noel Rd. W3 0DS  
**TEL** 020-8896-1552  
**TUBE** West Acton

### **Fuji Foods**

167 Priory Rd. N8 8NB  
**TEL** 020-8347-9177  
**TUBE** Finsbury Park

### **Hello Kitchen**

10 North End Rd. NW11 7PH  
**TEL** 020-8209-3487  
**TUBE** Golders Gree

### **Japan Centre (Acton)**

Unit 15 - 18  
 Victoria Industrial Estate,  
 Victoria Rd. W3 6UU  
**TEL** 020-3405-2388  
**TUBE** North Acton

### **Japan Centre (Piccadilly)**

14-16 Regent St. SW1Y 4PH  
**TEL** 020-3405-1246  
**TUBE** Piccadilly Circus

### **Japan Centre (Stratford)**

Great Eastern Market,  
 Westfield Stratford City  
 E20 1GL  
**TEL** 020-3405-2394  
**TUBE** Stratford

### **Jasmin Shop**

Stanton House Hotel, The Ave.  
 Swindon SN6 7SD  
**TEL** 01793-862-159  
**BR** Swindon

### **Mount Fuji International**

Felton Butler,  
 Nesscliffe Shrewsbury  
 SY4 1AS  
**TEL** 01743-741-169  
**BR** Shrewsbury

### **Natural Natural (Ealing)**

20 Station Parade, Uxbridge Rd.  
 W5 3LD  
**TEL** 020-8992-0770  
**TUBE** Ealing Common

### **Natural Natural (Finchley)**

1 Goldhurst Terrace  
 NW6 3HX  
**TEL** 020-7624-5734  
**TUBE** Finchley Road

### **Rice Wine Shop**

82 Brewer St.  
 W1F 9UA  
**TEL** 020-7439-3705  
**TUBE** Piccadilly Circus

### **Samsi Express**

Basement, 36-38 Whitworth St.  
 Manchester M1 3NR  
**TEL** 0161-279-0023  
**BR** Manchester Piccadilly

### **Sushi Sushi**

Unit 8, Longfields Court,  
 South Yorkshire S71 3HT  
**TEL** 01226-630-082  
**BR** Barnsley

### **TK Trading**

Unit 7, The Chase Centre,  
 8 Chase Rd. NW10 6QD  
**TEL** 020-8453-1743  
**TUBE** North Acton

### **Yoyo Kitchen**

4 Station Parade, Noel Rd.  
 W3 0DS  
**TEL** 020-8992-1870  
**TUBE** West Acton

**TASTE JAPAN Partner Shop**



## **ATARI-YA FOODS**

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Unsurpassed Japanese food stores run by a company specialising in handling sushi-quality fish and seafood. Four branches across London. Visit the West Acton or North Finchley stores for super-fresh sashimi and seafood and a wealth of Japanese ingredients. Visit the Golders Green or Kingston stores for fresh fish, particularly sushi, and all essential Japanese ingredients.

See the website for details: [www.atariya.co.uk](http://www.atariya.co.uk)

## **JAPANESE GLOSSARY**

This list is an extract from the Eat-Japan Japanese Glossary. For the full version, please visit [www.recipes.eat-japan.com/glossary](http://www.recipes.eat-japan.com/glossary)

### **Curry (Japanese Curry)**

Usually made by frying then simmering meat and vegetables then adding a premixed curry roux. There are many varieties of roux, ranging from mild to very spicy.

### **Gobo (Burdock Root)**

A thick brown root with a distinctive earthy flavour, gobo is extremely low in calories and has a high dietary fibre content that can help lower cholesterol.

### **Hakumai (Japanese Short-Grain Rice)**

Hakumai generally refers to polished short-grain Japonica rice and has been a staple of the Japanese diet since ancient times. Hakumai's glutinous texture means that it is easy to pick up with chopsticks and its mild taste makes it a perfect accompaniment to almost any food.

### **Kanten (Agar)**

Kanten is a flavourless dried seaweed available in blocks, strands or powdered form, which acts as a gelling agent. It is an ideal gelatin substitute for vegetarians.

### **Mirin (Sweet Cooking Alcohol)**

Mirin has a subtle natural sweetness, which has an alcohol content of about 13-14% and its balanced flavour makes it a very versatile condiment. It is used for dishes such as nimonono (simmered dishes), for marinating and glazing, and in teriyaki sauce.

### **Nori (Dried Seaweed Sheets)**

Nori, a dried seaweed resembling sheets of black paper, is a very popular ingredient in Japan, used for example in makizushi and o-nigiri (rice balls). It is rich in vitamin B1 and calcium.

### **Panko (Breadcrumbs)**

Panko are breadcrumbs used with batter to make deep-fried fritters such as katsu.

### **Sake (Rice Wine)**

Sake is brewed from fermented rice and categorized according to the degree to which the rice is polished and alcohol content. Sake is clear with a slightly sweet taste and an alcohol content of 14-16%.

### **Shirataki (Konnyaku Noodles)**

Shirataki is a form of thin, gelatinous noodle made from shredded konnyaku, a hard jelly made from konnyaku potato. With no fat, sugar, or starch, they are a very healthy option for anyone counting the calories and are a superb source of natural fibre.

### **Shoyu (Soy Sauce)**

Made from soy beans, wheat and salt, and fermented for several months, Japanese soy sauce has a rich aroma and a salty, subtle and complex flavour. It is perfect for both use in cooking and at the table.

### **Su (Rice Vinegar)**

Made from rice, this light and mild tasting vinegar is an essential ingredient in sushi rice and sunomono (vinegared salads).

### **Umeshu (Japanese Apricot Liqueur)**

Ume, an apricot-like fruit, are mixed with shochu and sugar and left to mature for between 3 months to a year.

### **Wasabi (Japanese Horseradish)**

Wasabi is a root plant with a pleasant aroma and a sharp, fiery flavour. Wasabi is available fresh, in which case it can be grated like horseradish, as a paste or in powder form.

**For more Japanese recipes and ingredients, please visit: <http://www.maff.go.jp/e/oishii/index.html>**