

Veggie sushi roll

(This is like California roll but no crab or avocado)

Wash 3 cups of medium grain rice (Nishiki Brand is good) with cold water until water is fairly clear, drain. Place the rice in a bowl and add 3 cups of water. Soak for a few hours.

Place rice and the water in rice cooker and turn it on. After 1 hour, turn it out into a plastic tub or large bowl. Pour "su" over it and fold into rice, gently breaking up the chunks of rice, fanning it to cool it down fast. When rice is cold it is ready to use.

You can make the su while the rice is cooking: Combine $\frac{1}{2}$ cup rice vinegar
 $\frac{1}{2}$ cup sugar
2 tsp. salt
Heat to dissolve sugar.
Set aside until rice is ready.

For veggie roll, prepare any kind of vegetables you like. Grated raw carrots soaked in extra "su", or cooked carrots cut into $\frac{1}{8}$ "- $\frac{1}{4}$ " thick strips. Takuan strips, red or pink pickled ginger strips, thin cucumber strips. Too much filling will make it hard to close.

Place $\frac{1}{2}$ sheet of nori on waxed paper, on sushi mat. Put a little less than a cup of rice on one side of the nori. Lightly spread the rice evenly out to all the edges. Turn it over so rice is face down on waxed paper. Place strips whatever vegetables you like down the center of the nori horizontally. Roll the sushi so the rice meets the rice on the other side holding the filling in the center. Lift the mat and waxed paper out of the way as you finish rolling. Tuck rice into the ends. Leave roll in waxed paper until ready to cut. Unwrap roll, roll in some toasted sesame seeds, cut into 6 pieces.

One recipe makes about 10 rolls (60 pieces).
Serve with shoyu, wasabi, and pickled pink ginger.

Cathy Nakamura
Nakayoshi Gakko June 2015

Inarizushi

Ingredients: 1 recipe of O-Sushi-rice*

4 packages of *age* (deep-fried soybean curd cake)
(comes 3 to a package and looks like flattened twinkies)

1. Cut the *age* in half shortwise. Place in a large pot with enough water to cover. Boil covered for 20 minutes.
2. Drain in a colander and rinse with hot water. Gently squeeze water out, pressing a wooden spoon against the colander.
3. Place the *age* back into the pot and add:
 - $\frac{1}{2}$ cup sugar
 - $\frac{1}{4}$ cup *shoyu* (soy sauce)
 - 2 tsp. salt (you may omit)
 - $\frac{3}{4}$ cup *dashi* (bonito flavored soup, follow directions)
4. Simmer together for 20 minutes, turning the *age* over once or twice. Drain again in a colander, then place in a bowl. Set aside to cool.
5. When the *age* and rice is cold; gently open the cut side of the *age* to make a pocket. Fill with rice, but do not over stuff. It should have a few wrinkles in it. Fold the cut ends over each other to close.

Variation: Toasted sesame seeds may be added to the rice as well as boiled tender green beans and cooked carrots, cut into small pieces.

*A batch of rice (Nishiki brand) is 3 cups raw rice, washed, then cooked with 3 cups of water

Sushi "Su": Combine in a small pot: $\frac{1}{2}$ cup rice vinegar
 $\frac{1}{2}$ cup sugar
2 tsp. salt

Place over heat and melt the sugar. Set aside.

Turn out the cooked rice into a large plastic tub. Pour the "su" over all the rice. Cover with a large cloth for 10 minutes. With a wet rice paddle gently turn the rice over while fanning the rice. Cool the rice off as fast as you can. When it is cold you can make any sushi you wish.

Original recipe from Teri Shimizu

Adapted by Cathy Nakamura for Nakayoshi Gakko

Miso dip

½ cup shiro miso Kanemasa brand in a white tub (at Marukai)

½ cup sugar

½ cup rice vinegar, unseasoned (Mitsukan brand)

1/3-1/2 cup water to thin it out

Mix miso, sugar and gradually add the vinegar and water until smooth. Serve with raw vegetables like ready to eat baby carrots, Japanese cucumbers cut into sticks, red radishes, celery sticks, red bell pepper sticks, etc.

Good drizzled on cooked tender green beans or asparagus spears. You can also sprinkle with roasted white sesame seeds.

From Cathy Nakamura, Nakayoshi Gakko cooking teacher

June 2023



DELUXE SUGAR COOKIES

(For koi and fish cookies)

1 cup butter or margarine, softened
1 ½ cups confectioners' sugar
1 egg
1 teaspoon vanilla
½ teaspoon almond extract*
2 ½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar
Granulated sugar

(omit for Nakayoshi)

Mix thoroughly butter, confectioner's sugar, egg, vanilla and almond extract. Blend in flour, soda and cream of tartar. Cover; chill 2 to 3 hours.

Heat oven to 375 degrees. Divide dough in half. Roll each half 3/16 inch thick on lightly floured cloth-covered board. Cut into desired shapes; sprinkle with granulated sugar or sprinkles. For Koi cookies use icing after they are baked and cool instead of sugar. Place on lightly greased baking sheet. Bake 7-8 minutes or until light brown on edges.

About 5 dozen 2-2 ½ inch cookies.

Icing: Mix 1 cup confectioner's sugar, 2 ½ tablespoons milk and 1 teaspoon (colorless) vanilla until smooth. If desired, stir in few drops food color.

Recipe from Betty Crocker Cookbook, Golden Press New York, 1969.
From: Cathy Nakamura / Nakayoshi Gakko

* We omitted this for nut allergies, tastes better with it in.

Yaki Manju

“An”: 2 lbs. dry lima beans soaked overnight. Peel, then cook over medium heat covered with water until bubbly soft. Cool until warm. Squeeze all water out in fukin (a clean woven cloth). Mix with 3 cups sugar. Cook until shamoji cuts clean, stirring constantly. Make sure it doesn't burn. Refrigerate, then roll into “walnut sized balls.” You can color it light pink with food coloring. It's easier for kids to make if the dough and “an” are not the same color.

Dough: Cream 1 cube butter and 3 cups sugar together. Then beat in 3 egg whites and 1 whole egg. Add to this alternately buttermilk (1/2 cup) and flour mixture (about 5 ½ cups flour, 1 tsp. salt, 2 tsp. baking soda.)

Method: Work on a floured board. Make a ball of dough a little bigger than a walnut. Place dough outside with “an” in middle then wrap the dough completely around the “an” and pinch ends together to make an oval shape. Brush the tops with glaze: 3 egg whites and a drop of shoyu. (A beaten whole egg will work too.) Sprinkle a few sesame seeds on top.

Bake in oven set at 450 degrees on ungreased cookie sheet for about 10 minutes or until golden brown. Rotate sheets while baking. Makes about 60-70 yaki manju. Cool on a rack. They are good for 3 days.

Original recipe from: Jody Chikasuye
From: Cathy Nakamura / Nakayoshi Gakko

GYOZA (POTSTICKERS)

- Filling: $\frac{3}{4}$ lb. lean ground pork
 1 cup (about 4 leaves) finely chopped Napa cabbage
 1 (8 oz.) can of water chestnuts, finely chopped
 3 green onions, finely chopped
 1 tsp. grated fresh ginger root
 $\frac{1}{2}$ tsp. crushed garlic
 1 Tbsp. sesame oil
 1 Tbsp. soy sauce
 $\frac{1}{4}$ tsp. salt
 dash of black pepper
- Wraps: 1 pkg. (12 oz.) AZUMAYA round wraps 60 per pkg.
- For cooking: 2 Tbsp. vegetable oil
 3 cups chicken broth
- Sauce: Soy sauce, sesame oil, red wine vinegar and chili oil

Combine all filling ingredients. Use 1 teaspoon filling for each dumpling. Follow folding directions.* Heat 2 tsp. oil in a wide non-stick skillet over low heat. Put one third of potstickers in pan and cook until bottoms are golden brown. Add 1 cup of chicken broth, Cover and simmer until tender, about 10 minutes. Uncover and cook until all liquid is absorbed. Remove with spatula and repeat with the remaining potstickers. Serve with soy sauce, sesame oil, red wine vinegar and chili oil for dipping.

*To fold gyoza:

1. Place filling in center of wrap.



2. Moisten edge of wrap; fold wrap in half over filling to form semi-circle.



3. Starting at one end, pinch curved edges closed with thumb and finger.



4. Turn potsticker seam side up; then set it down firmly to sit flat for cooking.



Recipe is a variation on Azumaya recipe
Recipe from: Cathy Nakamura/Nakayoshi Gakko

Spam Musubi

Cut regular SPAM into 9 even slices the “long way”. It is a pork product that is made by Hormel and comes in a blue can. Very popular in Hawaii.

Heat in a non-stick pan, you can brown it a little if you like. Turn the heat down so you don't burn the sauce.

Add 1 Tbsp. mirin, 1 Tbsp. sugar, and 1 Tbsp. soy sauce. Heat until the alcohol in the mirin boils off and the SPAM is glazed. If you like it saltier add more sauce. Be careful it does not burn. Remove to cool on a plate.

Make plain hot medium grain rice as directed. Use about 3 cups of uncooked rice. Wait until it is cooled to room temp. before assembling. If you going to eat it immediately it can be warm.

Use a musubi mold. If its a wooden mold you can put the nori in, then some rice then the SPAM, then more rice. Note the nori should be trimmed if its too long and also have the shiny smooth side facing out. Fold the nori over, wet the edge and overlap the nori. Press lightly with the separate piece of wood. If you have a plastic mold, sometimes its better to put the nori flat, then wet the mold and place it on the nori, layer the rice, SPAM and rice in the mold, remove the mold and wrap the nori around the rice and SPAM. You may have to experiment to see which way is easiest. Cut them into whatever size you like.

Some people add furikake (seaweed and sesame seed) or a layer of scrambled egg for variety.

Great for picnics or a snack when fishing or when going on a long road trip.

From Cathy Nakamura
Nakayoshi Gakko, cooking teacher
June 2013

Fukubukuro
Stuffed tofu pouches
“Fuku” means happiness or good fortune
“Bukuro” means bag or pouch.
They look like little money pouches and are like lucky bags!

8 deep fried tofu pouches (aburaage), cut in half the short way
½ oz. dried gourd strips (kampyo)
4 oz. ground chicken or turkey
1 large carrot, peeled and cut into julienne strips
4 dried shiitake mushrooms
4 oz. bean sprouts
1” slice of a block of tofu, drained and cut into tiny cubes
1” round slice of a big daikon, peeled and diced

Cooking broth A:

½ cup dashi stock (I use ratio of 1 tsp. Hondashi with 3 cups of water)
2 T. mirin (sweet cooking sake)
2 T. soy sauce

Cooking broth B:

2 ½ cup dashi stock
2 T. sugar
1 T. mirin
4 T. soy sauce
½ t. salt

- In a large saucepan, boil 3 cups of water. Put in tofu pouches and cook for 20 minutes to remove excess grease. Keep pushing them down into the water. Drain well and cool.
- Soak dried gourd strips in salted water until soft. Rinse well. If they were wide I cut them in half the long way and about 10 inches long. You can parboil them if you like them soft but I did not so they are easier to tie.
- Soak shiitake mushrooms in lukewarm water until soft. Trim off stems and slice thin. Rinse bean sprouts in water; drain well.
- Mix cooking broth ingredients A in a 3-quart pan, add chicken, carrot, mushrooms, bean sprouts, daikon and tofu cubes. Cook for 15 minutes over medium heat. Drain and let it cool slightly.
- Use your thumbs to gently open the pouches. Put the meat mixture in the tofu pouches about 2/3 full which is about 1 ½ Tbsp. of filling.
- Tie them closed with the gourd strips so they look like money bags.
- In a 3-quart sauce pan, mix cooking broth B and bring to a boil. Add tofu pouches and cook for 15 minutes over medium heat or until most of the broth is gone. You can spoon broth over them as they are cooking. They are done when the kampyo is tender. And most of the broth is gone. You can serve warm with a little of the broth.
- It makes 16 pouches.
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Recipe adapted from: A Taste of Tofu by Yukiko Moriyama
Cathy Nakamura, Nakayoshi Gakko cooking teacher
June 2004 Revised June 2011

Ginger chicken

Cut chicken tenders into pieces so they are about 1" x 3 " each. Add grated fresh ginger root and crushed chopped garlic. Lightly salt. Beat eggs and you can dip each piece into the eggs or mix the chicken pieces in a large bowl with eggs. Get a bowl and have plain bread crumbs in it. You are going to dip the egg coated chicken into the bread crumbs and fry on both sides in hot oil until golden brown. Not too hot or the chicken gets really dark before getting thoroughly cooked inside. As you fry, dip the fried pieces in the teriyaki dipping sauce you have made. Drain on paper towels on a sheet pan.

Make a dipping sauce: one part soy sauce (I use low sodium)

one part sugar

chopped garlic

grated ginger root

a little mirin or sake

Heat over low heat until dissolved. Taste it to see if you like it. Set next to your frying pan.

These are good for picnics and can be served at room temperature with rice balls.

Recipe from Cathy Nakamura, Nakayoshi Gakko cooking teacher

June 2023

SOMEN

1 pkg. (1 lb.) Tomoshiraga somen noodles
Kikkoman Memmi sauce, any somen sauce or make your own:
 3 tsp. Hondashi
 4 cups water
 ½ cup shoyu
 2 tsp. sugar
 4 slices ginger root
 1 Tbsp. mirin

Garnishes: char siu, sliced
 kamaboko, sliced
 scrambled egg, fried thin and flat, cut into strips
 chopped green onions

Bring 1 gallon of water to a boil in a large saucepan. Remove ties. Add somen, a little at a time, to boiling water. Cook uncovered 3 minutes, stirring occasionally. Place in colander. Rinse with cold water, drain and stack in small piles.

1 bundle will make about 3 servings (½ cup each for a child) The package says 1 bundle will make 1 large serving.

You can use ready made somen sauce or make your own by heating the above sauce ingredients. The recipe will make about 4 cups of sauce. Allow about ¼ cup sauce for ¼ cup of noodles. Refrigerate sauce and pour on individual servings.

Place garnishes on each serving. Serve cold.

Recipe from Cathy Nakamura/Nakayoshi Gakko