

## Vegetables and Salmon in a Parcel

1. For 1 packet

4 oz. salmon cut into bite sized pieces

1 tablespoon sake

2 teaspoons shoyu

2 teaspoon sugar

Marinate salmon for 15 minutes. Drain and save the marinade.

2. Carve a slit on the top of each shiitake mushroom.

Rotate it 90 degrees and carve another slit making a cross.

3. Take carrot circles and cut out several decorative shapes with cutters.

4. Cut green onions in half lengthwise.

5. Place one sheet of foil with the longer side facing towards you. Arrange the salmon and shimeji mushrooms in the center, place the green onions diagonally across them. Put two shiitake mushrooms on top, 3-4 snow peas, and sprinkle with the carrot cutouts. Sprinkle the marinade and a pinch of salt over the top.

6. Fold the two longer sides of the foil together; then fold the shorter sides to seal.

7. Bake for 15-20 minutes in a 375 degree preheated oven. When the foil has expanded into a balloon, it is ready.



## Deep-Fried Pork Rolled in Seaweed (Buta Hiki no Isobe Age)

1 lb. ground pork  
 $\frac{1}{2}$  yellow onion, minced  
1 egg, beaten  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
4 sheets nori, cut in half crosswise  
16 green beans, boiled or 16 strips of pimiento  
 $\frac{1}{2}$  cup all purpose flour  
3 eggs beaten  
2 cups panko or cracker meal  
Vegetable oil for deep-frying  
Mustard and soy sauce for dipping

Combine ground pork, onion, egg, salt and pepper and mix together well. Put a half sheet of nori on a makisu (bamboo sushi mat). Divide pork mixture into 8 equal portions. Spread one portion of pork mixture on the nori, leaving a  $\frac{3}{4}$  inch-wide strip at the edge farthest from you for easy sealing. Lay 2 beans or 2 pimiento strips crosswise in the center, and roll as for Makisushi. Seal the edge with a little beaten egg. Dredge in flour, dip it in the beaten egg, and then coat with the panko. Use the same procedure for the remaining nori and filling.

In a pan, heat vegetable oil to a depth of 1  $\frac{1}{2}$  inches to 350 degrees. Deep-fry the rolls until meat is cooked and the panko is golden brown. Remove the rolls carefully, and place on paper toweling to drain excess oil. Slice the rolls into desired serving thickness, and serve with mustard and soy sauce.  
Makes 8 rolls.



# Rice Balls (Onigiri)

(Makes 8-10)

## Simmered Beef Filling

3/4 lb. thinly sliced beef

3 ½ tablespoons fresh ginger

4 tablespoons soy sauce

4 tablespoons mirin

2 tablespoons superfine sugar

2 tablespoons sake

About 8 cups warm cooked rice (3/4 cup for each onigiri)

Salt and nori seaweed (optional)

1. Chop the beef into bite size pieces. Peel the ginger and slice very thinly.
2. Mix the soy sauce, mirin, sugar, and sake in a pan over medium heat. Bring to a boil, then add the beef, ensuring that the pieces do not stick together. Add the ginger and simmer until liquid has evaporated, stirring occasionally. Leave to cool.
3. Take a large handful of warm cooked rice (between 2/3 - ¾ cup). Make a hollow in the middle and place ½ tablespoon of the beef inside. Close the rice around the beef to make a ball or a triangle. You can wrap a sheet of nori seaweed around each ball, if preferred. If using the nori, do so when the rice is still warm—it will stick more easily.

From: Harumi's Japanese Home cooking by Harumi Kurihara



## Tuna Filling

Amount	Ingredient
1 ½ cups	Solid white albacore tuna
3 tablespoons	Mayonnaise
1 teaspoon	Soy sauce
To taste	Siracha

1. Mix ingredients together
2. Take a large handful of warm cooked rice (between 2/3 - 3/4 cup). Make a hollow in the middle and place ½ tablespoon of the tuna inside. Close the rice around the tuna to make a ball or triangle. You can wrap a sheet of nori around each ball, if preferred. If using nori, do so when the rice is still warm.

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Oyako Donburi  
(Rice with chicken and egg)

- $\frac{1}{4}$  cup sake
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{3}$  cup sugar
- 3 Tbsp mirin
- 1 cup chicken broth
- $\frac{1}{2}$  pound boned chicken, cut in  $\frac{1}{2}$  inch cubes
- 4 dried mushrooms, presoaked and thinly sliced
- 3 green onions and tops, cut diagonally in  $1 \frac{1}{2}$  inch lengths
- 4 eggs, well-beaten
- 4 cups of hot cooked rice

1. Place sake, soy sauce, sugar, mirin, and chicken broth in a saucepan and heat just to boiling point. Add chicken and mushrooms and simmer 5 minutes. Add green onions and cook 1 minute.
2. Pour in eggs all at once. When mixture begins to bubble around the edges of the pan, turn down heat and cover. Cook for 3 minutes or until the eggs look scrambled. To avoid scorching, stir several times after eggs have been added.
3. Serve rice in 4 bowls and ladle egg-and soup mixture over rice. Serves 4

Recipe from: Adventures in Oriental Cooking by Ortho Books  
Cathy Nakamura, Nakayoshi Gakko cooking teacher  
June 2004

Adapted by Irene Nishimoto, Nakayoshi Gakko, 2011



Make sushi rice: Wash and soak 3 cups of rice with 3 cups of water. (Makes 9 cups of cooked rice) Cook in rice cooker. One hour after starting rice cooker turn rice out into a bowl and pour 1 recipe of "su" over it. Gently fold the rice over and fan to cool.

Recipe for "su"

$\frac{1}{2}$  cup rice vinegar

$\frac{1}{2}$  cup sugar

2 tsp. salt

Heat in microwave to dissolve sugar. Set aside until rice is ready.

Tempura Batter for Shrimp

1 cup cake flour

1 tsp. cornstarch

1 egg

1 tablespoon sake

1 cup ice water

Sift together cake flour and cornstarch to for a light, dry mixture.

Beat the egg and then add to the sake and ice water. Gently mix in the cake flour mixture. Do not stir too much. The batter should be lumpy and very thin.



# Plum Crest

Note: The following pages present sushi renditions of several traditional Japanese symbols, designs, and family crests.

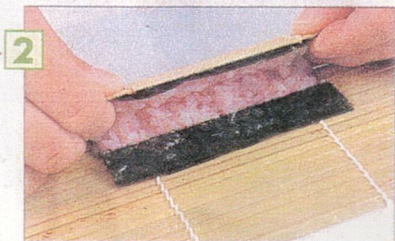
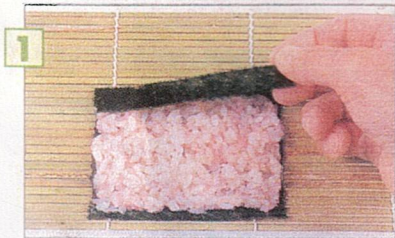


(for 1 roll)

- 4 1/3" (11 cm) misozuke yamagobo
- 1 bunch mitsuba (honorwort)
- 1 1/2 oz (40 g) cod roe
- 4 Tbsp oboro sprinkles (p. 18)
- 8 1/2 oz (240 g) sushi rice (p. 9)
- Roasted nori



Setup: Parboil the mitsuba, plunge in cold water, squeeze well, and trim into 4 1/3" (11 cm) lengths. Remove the roe from its sac and stir well, with the oboro, into 5 oz (140 g) of the rice.

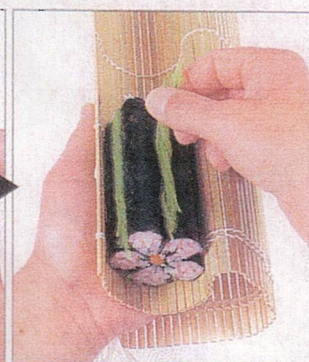


Divide the pink rice into 5 portions. Cut five 3" (8 cm) strips and five 1/2" (1.5 cm) strips from halfsheets of nori. Leaving 1/5" (5 mm) at the top and bottom, spread one rice portion on one of the wide strips. Place one of the narrow strips on top.

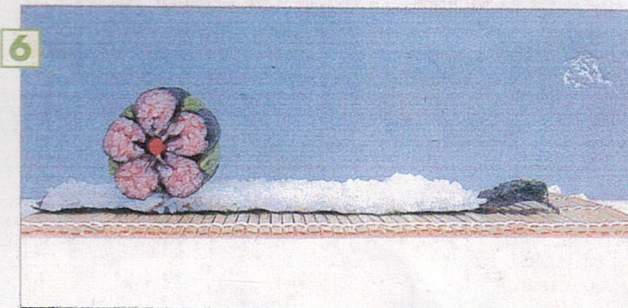
Lift the mat, folding the nori so that the bottom edge meets the top edge of the narrow strip.

Pressing the ends together, form into a rounded teardrop shape.

Slice about 1/5" (5 mm) from the pointed end. This will be one petal. Make 4 more petals like the first.



Arrange the 5 petals around the yamagobo in the mat (above left). Twist the mitsuba into 5 ropes and place them between the petals (above right).



Using 3 grains of rice, attach 1/3 halfsheet onto 1 halfsheet of nori. Leaving 1" (3 cm) at the top, spread 3 1/2 oz (100 g) of the rice on the nori. Place the assembled flower toward the bottom. With the mat, roll into a cylinder. Flatten the ends and slice into 4 pieces.





(for 3 futomaki rolls)

**3 pieces cod (8 1/2 oz; 240 g)**

**1 tsp salt**

**Red food coloring**

**1 Tbsp sake**

**1 Tbsp sugar**

**1 tsp mirin**

**Pinch salt**

1. Bring a pot of water to boil and add the salt and the cod (Fig. 1). Cook until the cod flakes easily and is no longer translucent. Drain.

2. Remove the skin and bones and dark flesh (Fig. 2). Chop finely (Fig. 3).

3. Grind well in a mortar (Fig. 4) or food processor.

4. Wrap in a cloth and rinse under cold water to remove the fat (Fig 5). Squeeze well. Wash out the mortar.

5. Return the cod to the mortar. Combine the sake and food coloring and pour over the cod (Fig. 6). Grind again until the color is evenly distributed (Fig. 7).

6. Place in a pot over medium heat and stir with 4-5 chopsticks (Fig. 8). When the sprinkles are dry (Fig. 9), remove from heat.

7. Spread out in a baking dish to cool (Fig. 10).

**Note:** Try using sea bream, red snapper, flathead, or other white fish instead of the cod. Prawns work well also.

## Oboro Sprinkles

