



S A V O U R TM
COOKING SCHOOL

Japanese Home cooking with Anri Aoyama

Menu

Veggie sticks with miso dip

Miso paste making

Miso soup

Dengaku, miso-glazed eggplant

Japanese quick pickles

Dashimaki, Egg role

Dengaku, Daikon radish with miso sauce

Salad with miso dressing

Sushi rice

Te-maki, Sushi handrolls

Miso brownies

www.savour.org.nz

@savourcookingschool



Miso paste (makes enough to fill two 250 g sterilized jars)

Ingredients:

150 g Rice malt (we buy ours from Urban Hippy in Nelson. It comes in 800g packs that can be frozen for longer storage)

350 g can of cooked beans such as chickpeas

40g natural sea salt

Vodka or neutral alcohol (35% ideally) to sterilize the top of your paste once in the jar

Plastic glad wrap to place on top of your paste

Method:

Sterilize the jar and lid. Mix rice malt and salt, then add beans into a food processor or blender. Blend. Then place in the jar using clean implements. Press down so there are no air bubbles. Clean up the edge of the jar, seal miso with a plastic glad. Pour a tiny amount (1/4 tsp per jar) of alcohol over the top and put the lid on. Set in a dark cool place (e.g. storage) for over three months. After this time you can refrigerate it and use it for up to a year.

Miso soup

Ingredients:

Dashi stock: for this, you can either buy a powder of ready-made dashi from Asian supermarkets or make your own following one of these methods:

www.savour.org.nz
@savourcookingschool



Vegetarian:

Dried shiitake mushroom pieces

Dried wakame pieces or a small piece of kombu seaweed

Non-vegetarian:

Add a handful of bonito flakes or 1tsp dashi stock

Basic Miso soup:

2 cups water

Dried Shiitake flakes, dried wakame pieces

50 g tofu (if you wish)

½ spring onion (if you wish)

2 T miso paste of your choice

Method: For two

1. Place 2 cups of water, leave a piece of dried kombu (if you have, overnight ideally).
2. Add dried shiitake and bonito flakes, slowly boil up, turn off the heat.
3. Add wakame and the miso paste and whisk well.
4. Add tofu, spring onion (if you wish).



S A V O U R TM

COOKING SCHOOL

Daikon:

Ingredients for 2

1/3-1/4 daikon (8cm ish)

For Sauce

1 T White Miso

1 tsp Sugar or mirin

1 T water or sake

1tsp shoyu or dashi

Sesame and yuzu peel or ginger to garnish

Method:

1. Cut daikon into 1.5cm-2 cm thickness of round shape.
2. Place in a big pot, add water to just cover them.
3. Add ready made dashi stock if you wish) and boil them up, stop the heat and leave it.
4. In another pot, slowly warm up the sauce ingredients and mix them.
5. Place sauce on Daikon slice, garnish a yuzu peel (if you have).

Tamagoyaki (Japanese Rolled Omelette) (serves 2)

Lightly sweet yet savory, Tamagoyaki (Japanese Rolled Omelette) is flavored with dashi stock to make a delightful Japanese breakfast or side dish for your bento lunches.

Ingredients:

4 eggs

Seasoning: 2 tsp dashi (Japanese soup stock), 2 tsp sugar, 1 tsp soy sauce, 1 tsp mirin, and 2 pinches salt.

1 T Oil

Method:

1. In a bowl, gently whisk eggs. It's best to "cut" the eggs with chopsticks in a

www.savour.org.nz
@savourcookingschool



SAVOUR™

COOKING SCHOOL

zig-zag motion; do not overmix.

2. Add all the seasoning ingredients to a bowl and mix.
3. Put the pan with oil with low heat.
4. Pour the seasonings mixture into the eggs and whisk gently to combine.
5. Then, pour the mixture into a measuring cup with a spout and handle so that it'll be easier to pour into the frying pan.
6. Add eggs to oil and whisk.
7. Slowly cook them in the pan.
8. Start rolling them up when almost cooked through.
9. Stop the heat and cool them down. Slice them.

Sushi rice (200 g serves 2)

Ingredients:

- 1 cup of sushi short grain rice
- 2 T Rice vinegar
- 1 T Sugar or Mirin
- ½ tsp Salt

Method:

1. Rinse a cup of rice, drain, and dry it for a while.
2. Add 1.2 cup of water and slowly boil up in a pot with lid on.
3. Reduce the heat when it starts bubbling.
4. Stop the heat when water is all absorbed.
5. Gently mix rice and turn upside down and leave to steam for a while.
6. Mix mirin/seasoning liquid in a cup and pour over the rice while it's still warm.
7. Slowly gently mix and leave it cool down.

Dengaku Eggplant

Ingredients for one eggplant



SAVOUR™

COOKING SCHOOL

4 T Vegetable Oil

For sauce:

1 T Red Miso

1 tsp Sugar or mirin

1 T water or Sake

1 tsp shoyu or dashi

Sesame and yuzu peel or ginger to garnish

Method:

1. Cut Eggplant into 1.5cm-2cm thickness of round shape.
2. Heat 2T of oil on the pan and fry them with lid on, if possible.
3. Add 2T oil to cook the other side.
4. Make sauce in another pot slowly melting and mixing all the ingredients.
5. Place sauce on eggplant (grill them to caramelize, if you like).

Quick Japanese pickles

Ingredients:

200 g carrots or radish such as daikon

1 T soy sauce

1 T mirin

1 T rice vinegar



S A V O U R TM

COOKING SCHOOL

3 g dried kombu

1 garlic clove, crushed

Method:

1. Peel the carrots and cut into sticks or small pieces.
2. Mix with the remaining ingredients in a jar and set aside in the fridge for 30 minutes.
3. Enjoy as a condiment.

Miso ginger salad dressing

Ingredients:

4 T white miso

4 T sesame oil

2 T rice vinegar

1 T maple syrup

¼ tsp freshly grated ginger

Method:

Combine all ingredients in a jar and shake well. Keeps up to a week in the fridge.