

# A LITTLE BOOK OF JAPANESE RECIPES

*Being a Commemoration of Peggy Rae's 60<sup>th</sup> Birthday Party and a Remembrance of the  
Food Enjoyed There.*

Distributed as an Accessory to the First Japanese Worldcon Bid, Nippon 2007.

Compiled by Judy Newton



Second Edition, 2006

This booklet provides recipes for the food served at Peggy Rae Sapienza's 60<sup>th</sup> birthday party on June 29, 2004, with some additional recipes. The occasion also honored some Japanese visitors and members of the Nippon 2007 Worldcon bid. The honor was that they got to cook, and we got to eat!

Unless otherwise noted, the recipes provided here are adapted from the cookbook cited below. Any can be prepared with ingredients found in large Asian markets. I have tried to suggest substitutes for the more exotic ones, but finding the right ingredients is at least half the fun. It provides an excuse to shop.

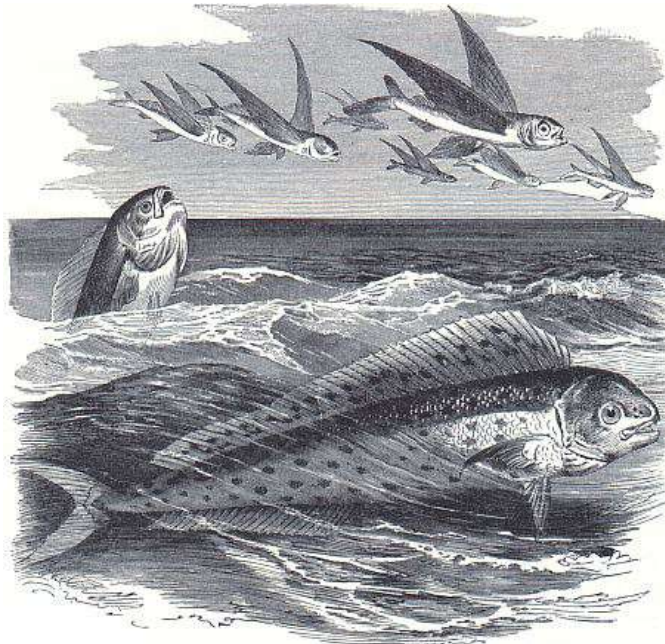
Thanks to Tamie Inoue for providing the book. Tracy Henry provided three recipes, including one collected by her family in Japan. The notation "TH" indicates Tracy's contributions. I have used "JN" to indicate when I have added my comments to hers. Steve Stiles provided the wonderful sketch for the cover.

Happy Birthday, Peggy Rae!

-Judy Newton

### **Recipe Source**

The Better Home Association of Japan, *Japanese Home-Style Cooking*, Better Home Publishing House, Tokyo, 1996.



Flying Fish – Their Roe is Delish!

## Fried Chicken with Soy Sauce and Ginger

4 Servings

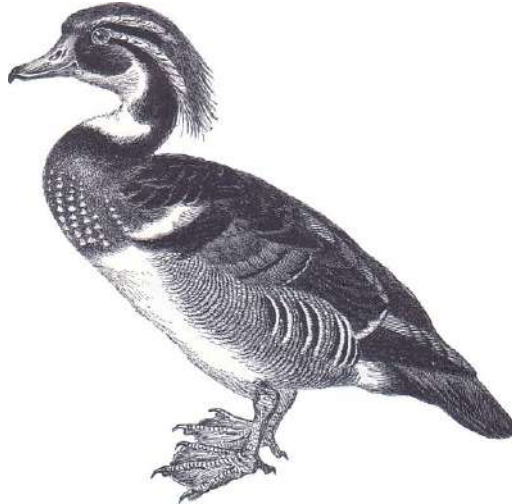
1¼ pounds (570 g) boned chicken thigh (skin on)  
2 tablespoons soy sauce  
2 tablespoons *sake*  
2 teaspoons ginger juice (made by grating a piece of ginger root and squeezing out the juice)  
5 tablespoons potato starch or cornstarch  
Vegetable oil for deep-frying

Prick holes all over the chicken with a fork. Cut into 2-inch (5 cm) pieces.

Mix soy sauce, sake and ginger juice. Marinate chicken in soy sauce mixture for 20 minutes, stirring occasionally.

Remove chicken from marinade, pat dry with paper towel and coat thinly with potato or cornstarch.

Heat vegetable oil to 330°-340°F (165°-170°C) and fry slowly until well done.



## Okonomi-yaki, Osaka Style

### Japanese Crepes

4 Servings

Note: For this recipe, I have combined a recipe furnished by Tamie with one in *Home Style Cooking*. –JN

#### Batter:

2 cups flour

1 teaspoon baking powder

Salt

1 egg

2 cups (240 ml) *dashi* (bonito fish stock, you can find instant dashi powder in Asian stores)

½ green cabbage cut into small pieces

3 bacon strips, chopped

Vegetable oil for frying

#### Toppings:

Okonomi-yaki sauce, available in Asian grocery stores. Substitute Worcestershire sauce, soy sauce.

Powdered seaweed (*ao-nori*)

Shaved bonito, crushed

Optional toppings: Japanese mayonnaise, mustard, pickled ginger, and/or catsup.

Mix flour, baking powder, egg, salt, and dashi. Let sit about 30 minutes. Add cabbage and bacon. There should be equal proportions of batter to cabbage.

Put a thin layer of oil in pan and let it heat. Ladle batter into pan until layer is ½ inch thick. When first side is cooked, turn over and cook other side.

Cover with okonomi-yaki sauce, seaweed and bonito. Add optional toppings as desired.



## Yakitori

### Skewered, Grilled Chicken

4 Servings

This is a very popular party dish and bar snack in Japan.

10 oz. (300 g) boned chicken thigh  
10 oz. (300 g) boned chicken breast  
8 oz. (230 g) chicken liver  
2 green onions  
16 small hot peppers *or* 2 mild green or red peppers, cut into 16 pieces  
½ teaspoon salt

Sauce:

4 tablespoons sugar  
½ cup (120 ml) *mirin* (sweet rice wine)  
½ cup (120 ml) soy sauce

For serving:

Lemon

*Sansho* (powdered Japanese pepper) try substituting coarse-ground black pepper

*Sichimi-togarashi* (powdered spice mix) try substituting five-spice or other spice mix

Bamboo skewers, soaked in salted water to prevent burning

Soak liver in water for 15-20 minutes to remove blood. Cut all chicken into bite-size pieces. Thread 4 pieces of chicken onto each skewer. Cut green onions into 2-inch pieces and thread onto skewers; do the same with the peppers.

Combine sauce ingredients and boil until reduced to 2/3 original amount.

Cook meat and vegetable skewers on grill or under broiler. Brush meat with sauce 2-3 times while cooking. Brush vegetables once. Some skewers can be cooked without sauce, just sprinkled with salt.

Serve with lemon quarters, *sansho*, and/or *sichimi-togarashi*.



## Edamame

### Fresh Soybeans

4 Servings

These are fresh soybeans still in the pod, salted and boiled. They can be found fresh during the summer at Asian markets or frozen year-round at some ethnic/gourmet/health food markets (like Trader Joe's and Whole Foods Market). They may be served hot or cold, usually as a snack or an appetizer. To eat, use the teeth to pop the beans out of the pod. -*TH*

An alternate eating method is to squeeze the pod with your fingers and pop the beans into your mouth. -*JN*

1 lb (450g) fresh or frozen soybeans in the pod  
1/4 cup (75g) salt  
Water for boiling  
Kosher salt (optional)

If the beans are fresh, remove any stems and trim off the stem ends. (Frozen pods may be defrosted or not.) Rub pods thoroughly with salt and let rest for 15 minutes. Add to plenty of boiling water and boil vigorously 7-10 minutes, or until the beans are tender but still firm. Drain and rinse briefly with cold water. Sprinkle with kosher salt, if desired. Serve with an extra bowl or basket to collect the pods.

(From *Japanese Cooking*, Emi Kazuko and Yasuko Fukuoka, Hermes House: 2002.)

If you are concerned about your salt consumption, you may omit the salt in the boiling water. The Chinese boil edamame with star anise. -*JN*



## Sake Chicken

4 Servings

A simple dish, especially good for summer dinners. Can be served hot with rice or cold with salad. More ginger and garlic can be used for a stronger flavor. -*TH*

1 lb (450g) chicken: skinless, boneless, and cut into two-bite fingers

1 cup (240ml) sake

1 tablespoon toasted sesame oil

1 teaspoon fresh grated ginger

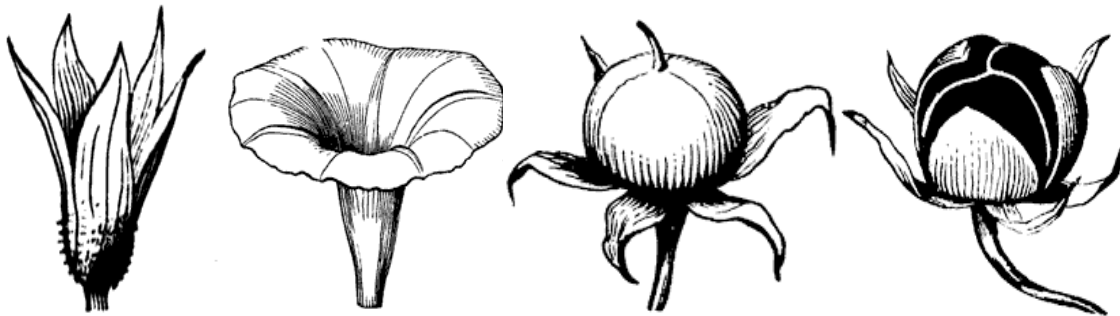
2 cloves garlic, smashed

Salt and white pepper to taste

Toasted sesame seeds (throw a handful into a skillet and heat, stirring constantly, until they smell fragrant and start to pop.)

Mix all ingredients except salt and pepper in a bowl or a sealable plastic bag and marinate 30-60 minutes. Drain, pat dry, and sprinkle with salt and pepper. Either sauté quickly with a few drops of oil, or thread onto skewers and grill. Serve with a sprinkle of sesame seeds.

*(Family recipe, collected in Japan, 1953.)*



**Tsukemono**  
**Quick Pickles**

**4 Servings**

As the English name says, these are quick and easy to do. -*TH*

4 cucumbers, 3"-4" long  
Salt  
1/8 teaspoon rice vinegar  
Soy sauce

Slice cucumbers 1/2" thick; discard ends. Mix thoroughly with a generous amount of salt. Let rest 1 hour. Rinse briefly with cold water and pat dry. Mix lightly with vinegar, Sprinkle with soy sauce and serve.

(From *Japanese Country Cooking*, Russ Rudzinski, Nitty Gritty Productions: 1969)

When I was in Japan, I was amazed by the variety of pickles available. There were stores that sold nothing but many kinds of pickled, salted and dried foods, many of them out of barrels like the pickle barrels that used to be full of half- and full-sours in the delis here in the U.S. when I was young. The best part was that there were samples available of almost all of the pickles in Japan. The larger food halls in department stores had samples of much of what they sold, as well. -*JN*





## Gomoku-zushi

### Vinegar-Seasoned Rice with Vegetables and Seafood

4 Servings

This dish uses rice flavored with vinegar, made just like sushi rice. Although the preparation is complicated, it is not difficult - and the results are delicious.

Rice:

2½ cups (480 g) short-grain rice  
2½ cups (600 ml) water  
2½-inch (6 cm) long piece *konbu* (dried kelp)  
4 2/3 tablespoons rice vinegar  
2 tablespoons sugar  
1½ teaspoons salt

To mix into rice:

7 dried Chinese black mushrooms, softened by soaking in hot water and stems trimmed, cut in strips  
1/3 ounce (10 g) *kampyo* (dried gourd shavings), rubbed with salt, rinsed, and boiled until soft  
2/3 cup (160 ml) *dashi* (bonito fish stock, you can find instant dashi powder in Asian stores) Use water from soaking mushrooms to dissolve dashi powder.  
1½ tablespoons sugar  
½ tablespoon *mirin* (sweet rice wine)  
1 scant tablespoon soy sauce

3 oz. (90 g) lotus root (can be found fresh in Asian stores, also canned)  
2 tablespoons dashi  
2 tablespoons sugar  
3 tablespoons rice vinegar  
1 tablespoon *sake*  
Salt

2 oz (60 g) carrot, julienned  
¼ cup (60 ml) dashi  
1 teaspoon mirin

3 eggs  
1 teaspoon potato starch or cornstarch  
1 teaspoon sugar  
1 tablespoon mirin

1 ½ oz. (50g) snow peas  
2 tablespoons white sesame seeds  
3 ½ oz (100 g) canned crab meat  
Red pickled ginger  
1 sheet toasted *nori* (dried seaweed)

## Directions:

Use the first 6 ingredients to make sushi rice. Rinse rice 3-4 times; soak for 30-60 minutes in the water it will cook in. Add konbu, put pot on heat and bring to boil. Remove konbu when water boils, turn down very low and simmer for 15 minutes; let stand with lid closed for 10 minutes. Mix vinegar, sugar and salt to make dressing for rice. Empty rice into a wide, low bowl. In Japan, a wooden bowl called a *sushi-oke* is used. Add dressing and fan while stirring rice to cool it quickly.

In a saucepan, boil mushrooms and kampyo with  $\frac{2}{3}$  cup dashi for 3-4 minutes; place lid directly on solids to keep them covered by dashi. Add sugar and mirin and boil for another 5 minutes, then add soy sauce. When kampyo is well flavored, remove from pan. Continue to cook mushrooms until broth is all gone. Cut kampyo into  $\frac{1}{2}$  inch (1 cm) long thin strips.

Pare lotus root and cut into 4 pieces lengthwise, then cut each piece into thin strips crosswise. If using fresh root, soak in water. Cook in dashi broth with sugar, vinegar, sake, and a pinch of salt until all liquid is gone.

Cut carrots into 1-inch (2.5 cm) long thin strips. Cook in dashi broth with mirin and a pinch of salt until all liquid is gone.

Whisk the eggs. Add the starch mixed with a teaspoon of water, sugar, mirin and a pinch of salt. Heat 1 tablespoon oil, coating the pan. Remove excess oil. On low heat, add just enough egg mixture to cover the bottom of the pan. When underside is done, turn over and cook other side. Repeat with remaining egg mixture until you have 4-5 sheets of fried egg. Cut sheets into thin strips.

String the snow peas, boil or steam until tender-crisp. Cut diagonally into thin strips.

Roast white sesame seeds and crush coarsely. Flake crabmeat. Cut ginger and nori into thin strips.

Add all ingredients except ginger, nori, and one-half the egg and snow pea strips to the rice and mix. Turn into serving bowl and garnish artfully with remaining ingredients.

## Picture Credits

Cover Art – Steve Stiles

Page 2 - Flying fish, zoological engraving, from ANIMALS: 1419 Copyright-Free Illustrations of Mammals, Birds, Fish, Insects, etc. (19<sup>th</sup> c. sources), edited by Jim Harter, Dover, 1979.

Page 3 - Wood duck, zoological engraving, from ANIMALS: 1419 Copyright-Free Illustrations of Mammals, Birds, Fish, Insects, etc. (19<sup>th</sup> c. sources), edited by Jim Harter, Dover, 1979.

Page 4 - Chicken, Louis Figuier, *Reptiles and Birds* (London: Cassell, Petter and Galpin, 1869)

Page 5 - Chestnut tree branch, botanical engraving, from PLANTS AND FLOWERS: 1761 Illustrations for Artists and Designers, edited by Alan E. Bessette & William K. Chapman, Dover, 1992.

Page 6 - Rice, Thomas T. Smiley. *Encyclopaedia of Geography* (Hartford: Belknap & Hamersly, 1839)

Page 7 - Flower, calyx and fruit of the Morning Glory. Asa Gray, *How Plants Grow, A Simple Introduction to Structural Botany* (New York: American Book Company, 1858)

Page 8 - Swainson's Hawk (public domain line art by Paul Kerris), from National Image Library, [images.fws.gov](http://images.fws.gov)

Back Cover - Dragon with whiskers, non-commercial educational use Buddhist/Taoist line art, from [www.Buddhanet.net](http://www.Buddhanet.net)

