

Chicago Betsu-in Cooking Class

June 9, 2002 at 811 Ridge

Basic Ingredients

Stock (3½” of dashi konbu & 3 dried shiitake mushrooms soaked and boiled in 5 quarts of water.)

Salt (Sea salt preferred because of its trace elements, which are beneficial to the health.)

Shoyu (soy sauce)

Sake/Mirin (Either all right. Choice depends on your preference)

Miso

Ground, toasted sesame seeds

Basic Dishes

- ***Nimono:*** “stewed” vegetables.
- ***Aemono:*** “tossed” vegetables.
 - goma ae: blanched vegetables “tossed” with sesame seeds.
 - shira ae: blanched vegetables “tossed” with tofu.
- ***Sunomono:*** vegetables soaked in vinegar
- ***Ohitashi:*** blanched vegetables seasoned with either a shoyu or a miso sauce.
- ***Tsukemono:*** pickled vegetables.

Preparation:

1. Make the *tsukemono* the night before.
2. Make the *dashi*.
3. Chop vegetables.

First Day's Menu

Tsukemono

1. Place Chinese cabbage leaves in a bowl adding sea salt intermittently.
2. In the middle of the pile, add a couple of slices of lemon and a 1-2” strip of konbu.
3. Place a heavy weight on top.
4. When water covers all the leaves, the *tsukemono* is done.
5. Discard water and keep in the refrigerator for up to two weeks.

Miso Soup

1. Cut desired vegetables.
2. Put into dashi and cook until vegetables are tender.
3. Add miso.

Nimono:

Basic directions: Place vegetables in *dashi*. Heat till semi cooked. Add shoyu and sake or mirin.

- Araimo: Peel. Put peeled potatoes in cold water until ready to cook. Put potatoes in pot with enough dashi to cover. Cook.
- Shiitake: Use the shiitake from the dashi and cook in a separate pot from the araimo. Add shoyu and sake.
- Okra: Cut around the top of the okra to remove the hard part. Put it in the pot with the shiitake and cook till tender.

String Bean Aemono

1. Blanch the beans.
2. Cut to desired length.
3. Add ground, toasted sesame seeds and “toss” gently.

Okra & Carrot Sunomono

1. Prepare a mixture of shoyu and rice vinegar (4:3)
2. Finely julienne carrots.
3. Blanch okra and slice to desired length.
4. Mix carrots and okra together.
5. Add toasted, ground sesame seeds.
6. Before serving, add shoyu and vinegar mixture.
7. Mix.

Chinese Cabbage and Spinach Ohitashis

1. Blanch the Chinese cabbage (Optional: save the water to use in soup).
2. Blanch the spinach.
3. Lay 2-3 leaves of Chinese cabbage on a sushi “mat”. In the middle, lay approximately 4 stalks of spinach and roll squeezing out all excess water.
4. Cut to desired length, arrange in a bowl.
5. Mix 2 T. of ground, toasted sesame seeds, 2 T. of miso and ¼ cup *dashi* together. Drizzle sauce on top.