

# Chicago Betsuin Cooking Class

June 9, 2002 (Day 2) at 811 Ridge

## Nimono

### **Kabocha** (Japanese pumpkin)

1. Seed and cut pumpkin into bite sized pieces.
2. Peel some of the skin off.
3. Put the pieces into a pot and cover with dashi. Place *otoshibuta*<sup>1</sup> on top.
4. When the dashi begins to bubble, add shoyu and sake (if desired).
5. Cook until tender.

### **Stuffed Aburage**

1 block firm tofu                    5 shiitake used to make *dashi*  
1 small carrot                        9 small rectangular *aburage*

1. Squeeze excess water out of one block of firm tofu.
2. Add 1/3 cup of cornstarch.
3. Mince one small carrot and approximately 5 shiitake used to make the *dashi*.
4. Add to the tofu mixture with a dash of salt.
5. Mix together.
6. Cover the *aburage* in hot water to remove some of the oil. Discard water.
7. Cut the *aburage* in half and stuff with tofu mixture.
8. Put some *dashi* into a pot and place each stuffed *aburage* gently into the liquid. Add enough *dashi* to cover  $\frac{7}{8}$  of the *aburage*.
9. Add *shoyu* to taste. Optional: add sake to sweeten.
10. Cover with an *otoshibuta*<sup>1</sup> and simmer for about 15 minutes.

### **Eggplant**

1. Cut eggplant into 2" lengths. Then cut in half. Score the tops superficially. (If the cuts are too deep, the eggplant will fall apart during cooking.)
2. Soak for about 10 minutes in vinegar water (1 part vinegar: 10 parts water) to remove bitter taste.
3. Drain in a colander and lightly fry both sides of eggplant in vegetable oil.
4. Place eggplant skin up in dashi, which should cover the tops of the eggplant.

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<sup>1</sup> Small wooden or stainless steel cover.

5. Simmer for about 5 minutes. Add seasoning and *otoshibuta*<sup>1</sup>.
6. Cook till tender.

### **Sautéed Dish**

#### **Sweet Peppers**

1. Seed peppers.
2. Lightly sauté in vegetable oil.
3. Before serving sprinkle shoyu on peppers.

#### **Bitter Melon<sup>2</sup>**

1 block tofu                      7 *aburage*                      shoyu                      sake  
 1 c. *dashi*                      4 large bitter melons

1. Cut bitter melon in half and seed.
2. Slice bitter melon and *aburage* into ¼" slices
3. Sauté bitter melon in vegetable oil for approximately 5 minutes. Add *aburage* and sauté together.
4. Crumble tofu into the mixture. Add *dashi* and season.
5. When bitter melon is tender, turn off heat and serve.

### **Ohitashi**

#### **Spinach**

1. Wash spinach well to remove sand.
2. Steam till tender in about an inch of water.
3. Line up spinach evenly on a cutting board. Squeeze out excess water.
4. Cut into 1½-2" lengths and arrange in a bowl.
5. Sprinkle toasted, ground sesame seeds on top and season with shoyu.

## **Acknowledgements**

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Thank you all for your warmth, open hearts and open minds.

Charlene Hosokawa

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<sup>2</sup> Please adjust quantities, as this recipe will generously feed a small contingent of hungry Aikido warriors.