

Japanese Recipes

by *Tatsuji Tada*

SECOND EDITION, REVISED



JAPAN SOCIETY, NEW YORK

library

<http://kulinarniy.laretz.w.pw/>

<http://laretz-kulinarniy.narod.ru/>

Library
<http://kulinarniylaretz.w.p>

The Japan Society is an association of Americans and Japanese who desire to help bring the peoples of the United States and Japan closer together in their appreciation and understanding of each other and each other's way of life. It functions as a private, nonprofit, non-political organization interested in serving as a medium through which each can learn from the experiences and accomplishments of the other.

Inquiries should be addressed to the Executive Director, Japan Society, Inc., 112 E. 64th St., New York, N. Y. 10021.

library

<http://kulinarniylaretz.w.pw/>

<http://laretz-kulinarniy.narod.ru/>

JAPANESE RECIPES

PAGE NO.

- 4 *Glossary*
- 5 *Beef Sukiyaki*
- 7 *Lobster Sashimi*
- 8 *Kabuto-age*
- 9 *Tempura*
- 10 *Yakitori*
- 11 *Shiroyaki*
- 12 *Teriyaki*
- 12 *Chawanmushi*
- 13 *Sunomono*
- 14 *Dashi (first)*
- 15 *Dashi (second)*
- 15 *Shrimp Soup*
- 15 *Chicken Soup*
- 16 *Egg Soup*
- 16 *Egg Tofu Soup*
- 16 *Chinese Cabbage Pickle*
- 17 *Rice*
- 18 *Tea*

library

<http://kulinarniy.laretz.w.pw/>

<http://laretz-kulinarniy.narod.ru/>

The Japan Society takes pleasure in presenting to its members and friends this revised edition of *Japanese Recipes* by Mr. Tatsuji Tada, formerly chef at the Embassy of Japan in Washington, D.C.

This work has been republished by special permission. Thanks are also due to Miss Marion Glaeser and to Mrs. Edgar B. Young for their advice and assistance in connection with the revisions of the text.

library

<http://kulinarniylaretz.w.pw/>

<http://laretz-kulinarniy.narod.ru/>

INTRODUCTION

Japanese cooking like so much else in Japan is characterized by simplicity and variety. Its first principle is to develop the natural flavors of each of the component ingredients. It is not the Japanese practice to blend, but rather to combine flavors. Nor is it the practice to cook foods too long. Indeed, some meats and seafoods are often eaten raw with a sauce and condiments. Dinners are planned with attention to textures, taste harmonies and contrasts. Flavors most often are subtle.

A noteworthy feature of Japanese dining is the service. The foreigner in Japan, I am told, invariably expresses delight at the appearance of a Japanese dinner. This is not surprising. The most careful consideration is given every detail of color and arrangement, and dinnerware of lacquer and porcelain in a variety of shapes and designs is used.

I have prepared this little booklet in response to the urging of a number of American friends who are fond of Japanese food, but who find that recipes are difficult to obtain. The reader may be certain that all the recipes in this booklet are authentic in every respect. Each of these representative dishes may be prepared with materials available at the nearest supermarket and from grocers dealing in domestic and imported Japanese foods.

I like to feel that the American who has not yet been introduced to Japanese food has an interesting adventure to look forward to. Our cooking is quite unique. It is unlike that of any region of the West, or for that matter of any of our neighbors in Asia. To the initiate this will prove a different and, I trust, a gratifying experience.

TATSUJI TADA

GLOSSARY

- Aji-no-moto**—*Monosodium glutamate*. A seasoning often called “taste powder,” and sold under various brand names. A small amount added to most cooking develops the natural flavors of the ingredients.
- Bancha**—A coarse, green tea.
- Chawanmushi**—An egg custard prepared with meat or sea-food and various vegetables and dashi.
- Daikon**—A large, white radish, usually carrot-shaped.
- Dashi**—A broth prepared by steeping kombu and katsuobushi in hot water. A mild fish stock or bouillon used in soups and as the foundation for many dishes.
- Kabuto-age**—Literally, “fried armor.” The “armor” usually refers to a shell in which the ingredients are fried.
- Katsuobushi**—Dried bonito, shaved or flaked and used for flavoring.
- Kombu**—A kind of kelp, or seaweed, called tangle.
- Matsutake**—*Aramellaria edodes*. A mushroom.
- Sake**—A Japanese rice wine made from white rice, malt mold and water. Usually drunk warm, and often used in cooking.
- Sansho**—*Xanthoxylum piperitum*. A variety of Japanese pepper.
- Sashimi**—Raw seafood.
- Shiitake**—*Cortinellis shiitake*. A Japanese mushroom cultivated in oak logs.
- Shiroyaki**—“Salt broiling.”
- Shirataki**—Translucent threads of gelatinous starch extracted from a root plant.
- Shoyu**—“Soy sauce.” A flavoring made from wheat, soybeans and salt.
- Sukiyaki**—Beef, vegetables and other ingredients cooked in a sauce of shoyu, sake and sugar.
- Sunomono**—“Vinegared things.” A Japanese salad.
- Tempura**—Fish, shellfish, vegetables or other ingredients dipped in a batter and fried in deep oil.
- Teriyaki**—Fish marinated in a sauce and broiled.
- Tofu**—Soybean curd.
- Wasabi**—A variety of horseradish.
- Yakitori**—Broiled chicken.

BEEF SUKIYAKI *Servings: Four*

To most Americans sukiyaki is the tastiest of Japanese dishes. This is understandable, since the principle ingredients are familiar ones, and the meat and vegetables cooked in a savory sauce are satisfying to the heartiest of appetites.

Americans who have visited Japan will agree that preparing and eating sukiyaki in the Japanese manner add much to the dining pleasure. In Japan sukiyaki is prepared at the table in a heavy iron skillet over a hibachi (charcoal brazier). Using chopsticks, diners transfer morsels of food directly from the skillet, while the sukiyaki is still cooking, to their bowls. In this way they select ingredients cooked to the degree they prefer.

This manner of cooking may be enjoyed equally in a western dining room. If a charcoal brazier is not available, use an electric hot plate; or, even better, an electric skillet.

Arrange the following ingredients on a large serving platter and bring to the table.

4 ozs. beef suet

2 lbs. tenderloin of beef sliced very thin

12 scallions cut in 2-inch lengths

½ Chinese cabbage cut in 2-inch lengths

½ lb. fresh spinach cut in 1-inch cubes

2 cups shirataki

12 large mushrooms

12 pieces of tofu in 1-inch cubes

1 can bamboo shoots cut in large bite sizes

Sauce:

½ cup shoyu

¼ cup sake

½ cup sugar

To prepare sauce, mix shoyu, sugar and sake. Pour into small pitcher and set aside.

The first step acts both to prime the skillet and to ease the impatience of the waiting guests. Each diner is on his own. Cut suet into small pieces and place in hot skillet. When sufficient fat is melted, take a slice of beef and dip in the sauce allowing sauce to coat meat. Place meat in hot skillet. As soon as one side turns

color, turn and brown other side lightly. This takes but a moment since the thin beef is most delicious when left as rare as possible. When cooked to the desired state, dip in freshly prepared mustard and eat. About one-third of the beef is consumed in this manner.

To the remaining fat add enough sauce to cover bottom of skillet. Add the rest of the beef and cook lightly only until beef turns color. Place all other ingredients on top of beef slices. Cook briefly, and with tongs or chopsticks transfer beef to top of vegetables. Do not stir. Continue to cook gently over medium heat until vegetables are just tender. Start eating with bowls of hot rice.

Many Japanese prefer dipping sukiyaki in beaten raw egg just before eating. They argue, and I agree, that the thin coating of egg not only serves as an additional sauce but also cools the sukiyaki just enough so that its full flavor may be appreciated. The egg of course is optional.

It is almost impossible to state the exact point at which sukiyaki may be considered "done." It is best to begin eating soon after the vegetables have been well heated through. At this stage the beef is "done" and the other ingredients are in the right stage of preparation for those who prefer vegetables cooked lightly. From this point until all the sukiyaki is eaten, keep skillet on the fire.

More of any or all the ingredients may be added to the skillet while the sukiyaki is cooking and being eaten. Additional sauce is needed when this is done or when the sukiyaki becomes too cooked down. Thin sauce in the proportion of three parts of the prepared sauce to one of water. Add enough of the thinned sauce to cover bottom of skillet.

The mustard dip sauce in the first step is prepared by mixing dry mustard with water—no vinegar.

The juices in the skillet are delicious spooned over hot bowls of rice.

The use of Japanese or Japanese-type soy sauce (shoyu) is recommended. Most other soy sauces, while excellent for other purposes, scarcely do justice to Japanese cooking.

Shirataki, available in cans, is used without advance preparation. Cold cooked egg noodles, preferably the long thin variety, may be used in place of shirataki.

Canned bamboo shoots are used without advance preparation. This applies to all the recipes in this booklet in which bamboo shoots are listed among the ingredients.

Tofu has a consistency much like thick custard. It should be handled carefully to avoid breaking.

Fresh mushrooms in season, canned button mushrooms, canned matsutake or dried shiitake may be used. A variety of mushrooms used together is especially good. For this as well as for other recipes, shiitake must first be soaked a few hours in water. The other kinds of mushrooms are used without advance preparation.

Sherry or an inexpensive whiskey may be substituted for sake.

LOBSTER SASHIMI *Servings: One*

Unless one has eaten sashimi—raw seafood—one cannot lay claim to having dined on the most typical of Japanese dishes. Many Americans are fond of raw clams and oysters; and indeed it was the fashion among American college students a decade or so ago, I am told, to consume live goldfish in record numbers. Raw clams and oysters are in the true sense sashimi; live goldfish are not.

Sashimi of a great variety is eaten in Japan. Each has a distinctive flavor and texture. I have included lobster sashimi in this booklet because it is among the favorites in Japan. What's more, lobsters often are sold alive, and there is no danger of sashimi prepared from freshly-killed lobster being tainted.

1 lobster tail removed from live lobster

Sauce:

2 tbs. shoyu

Pinch of aji-no-moto

Dash of lemon juice

Cut the soft undershell of the lobster tail lengthwise. Remove meat, taking care not to damage tail shell. Remove black vein and rinse meat in cold water. Cut into eight or ten small bite-size pieces. Place pieces in ice water and chill about 12 minutes. Remove and dry thoroughly with cloth. Boil shell after removing meat until it turns red. Line the inside of cooled shell with a garnish of green vegetables and shredded daikon or radish. Place pieces of lobster on garnish and serve with sauce.

Prepare sauce by mixing shoyu, aji-no-moto and lemon juice. Serve in small individual side bowls. Serve small mounds of grated fresh horseradish in separate condiment dishes. Each diner mixes horseradish with his sauce in whatever proportion he desires. Dip lobster meat into sauce-horseradish mixture and eat.

Chilling the lobster meat makes the texture firm and also removes whatever harshness there may be in the flavor.

Freshly grated horseradish is preferable to prepared horseradish in this as well as in other Japanese dishes. If fresh roots are not available, I suggest using canned dehydrated wasabi, a Japanese horseradish of excellent flavor.

KABUTO-AGE *Servings: One*

Kabuto-age, which means fried armor, refers to the shell in which the mixture of ingredients is fried and served. Kabuto-age may be served with the main course of a Western dinner or in combination with any of the other dishes in this booklet.

Quantities of many of the ingredients are not specified, being relative to the size of the lobster. The total volume of all the vegetables used (each roughly in equal amounts) should be about one-third the volume of the lobster meat.

1 lobster body

<i>Bamboo shoots sliced in 1-inch strips</i>	<i>1 egg</i>
<i>Shiitake sliced in thin long strips</i>	<i>Pinch of salt</i>
<i>Carrots sliced in thin 1-inch strips</i>	<i>1/8 tsp. aji-no-moto</i>
<i>1 tsp. shoyu</i>	<i>Green peas</i>
<i>1 tsp. sake</i>	<i>1/4 cup bread crumbs</i>
<i>1/2 tsp. sugar</i>	<i>Cooking oil</i>
<i>1 tbs. dashi (second)</i>	<i>1 slice lemon</i>

Place uncooked lobster body in boiling water and cook about 15 minutes, or until done. Remove and cool quickly. Remove meat from body and claws, discarding stomach, intestines and lungs. Shred. Save shell.

Boil bamboo shoots, shiitake and carrots lightly. Drain and replace in saucepan. Mix shoyu, sake, sugar and dashi, and add to vegetables. Stir until all the vegetables are coated with this mixture. Beat egg in a bowl. Add salt and aji-no-moto. Put egg in lightly-oiled saucepan and stir over low flame until egg thickens slightly. Add cooked vegetables, green peas and lobster meat. Mix and replace in shell. Spread bread crumbs over top of mixture and pat in. Fry in deep hot oil (about 390°) until thoroughly heated through and browned. Serve with sliced lemon.

Soak shiitake before cutting into strips. Fresh mushrooms, canned matsutake or canned button mushrooms may be used in place of shiitake.

The lobster stomach is a small sac just back of the head. The lungs are the spongy tissue between the shell and the meat. Do not discard the green liver or red "coral."

TEMPURA *Servings: Four*

Tempura, like sukiyaki, is a certain favorite among Americans. It is a sort of fritter, and the most popular kind is made with shrimp. Japanese are equally fond of many other foods fried in the same way. These include not only seafoods of every variety, but many vegetables, mushrooms, roots, seaweeds and certain fresh herbs as well.

I do not specify portions in this recipe because the quantity of each of the ingredients depends upon the capacity and preference of the diners. The batter should prove sufficient for four persons of average appetite. Properly prepared, tempura is very stimulating to the appetite, and is usually eaten in large quantities. A Tokyo student is reported to have set a record recently when he devoured 52 large shrimp tempura at one sitting. I know little about the average American appetite, but if my casual observations are accurate, it would seem that an American should have little trouble disposing of about six shrimp and a half dozen other kinds of tempura at a meal.

Large green shrimp

Various fresh vegetables in season (string beans, eggplant, parsley, etc.)

Cooking oil

Daikon or radishes, freshly grated

Horseradish, freshly grated

Ginger root, freshly grated

Batter:

1½ cups rice flour or all-purpose flour

1 egg

1 cup water

Sauce:

¼ cup shoyu

½ cup dashi (second)

2 tsp. sugar

Pinch of aji-no-moto

Shell shrimp, leaving tail fins attached to flesh. Remove black veins. Slit undersection of shrimp to prevent excessive curling. Wash and dry thoroughly. Wash vegetables, dry thoroughly and cut into pieces

about the same length as shrimp. Prepare batter by beating egg and water, then adding flour and mixing lightly. Two or three stirs should be enough even though some lumps may remain. Fill deep saucepan or deep fryer at least three-quarters full of cooking oil and heat until very hot. Dip shrimp and vegetables one at a time into batter and drop into hot oil. Large bubbles will form. When these bubbles become small, the tempura is done. Drain and serve hot with warmed sauce.

Sauce is prepared by mixing shoyu, dashi, sugar and aji-no-moto. Serve sauce in separate bowls together with separate condiment dishes of horseradish, daikon (or radish) and ginger. Each diner stirs as much of each of the condiments as he chooses into his bowl of sauce. Dip hot tempura into the sauce-condiment mixture and eat.

The secret of good tempura is the batter, and the secret of a good batter is to avoid overmixing. An overmixed batter will result in heavy and excessively crusty tempura.

To test oil for proper temperature, make a small ball of flour and water and drop into hot oil. The temperature is just right if the ball floats to the surface immediately.

YAKITORI *Servings: Four*

Yakitori, which means broiled chicken, is best prepared over a charcoal fire outdoors, though a wood fire or even a gas flame may be used. Broiled dishes such as yakitori are quite common in Japan, since cooking is often done over charcoal in a brazier.

*1 3-4 lb. broiler, boned and cut into 1½-inch squares
10 large scallions cut in 2-inch lengths
Sansho, or cayenne pepper*

Sauce:

*¾ cup shoyu
¼ cup sugar
¾ cup sake*

Using wood or metal skewers about six inches long, skewer pieces of chicken and scallion alternately. Generally four pieces of chicken and three of scallion are sufficient for each skewer. Chicken livers may also be used. Mix shoyu, sugar and sake. Baste skewered meat

and scallions in this sauce and put to broil. Remove from fire three or four times for basting in sauce. Serve hot, sprinkled with sansho or cayenne pepper.

Pork or veal may be used in place of chicken.

Excessive broiling causes juices to escape and destroys some of the flavor.

Keep skewers about four inches above hot coals.

SHIOYAKI *Servings: Four*

There are two principal reasons for the dominance of fish in the Japanese diet. The first of course is that Japan is an island country surrounded by rich fishing waters. The other is that only a very small portion of the total area of Japan is suitable for use as farmland, and thus with a large population and limited agricultural land, Japan has had to rely on the sea as a major source of food.

Shioyaki means salt broiling. It refers in this case to the use of salt as one of the chief, rather than incidental ingredients.

1 lb. filleted rockfish or mackerel

1 tsp. salt

1 lemon or lime

Cut fillets into fish steak sizes. Sprinkle a half teaspoon of salt over the fish and let stand about 30 minutes. Sprinkle remainder of salt on fish just before broiling. For best results keep fish about six or seven inches from broiler flame. Broil about four minutes on one side, turn and broil other side about six minutes. Squeeze lemon or lime juice over fillets and serve hot.

When broiling over charcoal, skewer with three slender skewers, each about ten inches long. With fillets about seven inches above hot coals, broil about four minutes on one side, turn and broil other side about six minutes. When done, remove skewers and serve hot, sprinkled with lemon or lime juice.

Most white-fleshed fish may be substituted for rockfish or mackerel. Of fresh water fish, trout is best.

Cooking time of course is relative to the thickness of the fillets and the nearness of the flame or coals. If the fish seems to be browning too slowly, move closer to the flame.

TERIYAKI *Servings: Four*

Teriyaki is fish marinated in a sauce containing shoyu, and broiled. This dish illustrates as well as any the versatility of shoyu. It is an excellent general-purpose flavoring. I often feel it could be utilized more widely in Western cooking and sauces.

1 lb. filleted salmon, tuna, rockfish or mackerel

Sauce:

¾ cup shoyu

¼ cup sugar

¾ cup sake

Prepare sauce by mixing shoyu, sugar and sake. Cut fillets into small steak sizes and marinate about 30 minutes in sauce. Remove from marinade and place in hot broiler. Broil one side about four minutes, turn and broil other side about six minutes. While broiling, baste about three times in sauce. When nicely browned, serve hot, sprinkled with a little of the warmed sauce.

For charcoal broiling, skewer just as in charcoal-broiled Shioyaki. With fish about seven inches above hot coals, broil one side about four minutes, turn and broil other side about six minutes. While broiling, baste three times in sauce. Serve hot with warmed sauce.

A shoyu coating tends to burn easily. If the teriyaki appears to be browning too rapidly, move farther from flame.

The six-to-four ratio in broiling time, I must admit, has no magic effect on the flavor of the fish. My purpose in broiling fish this way is simply to give it a better appearance. I always serve teriyaki and shioyaki with the lightly-browned surface up.

CHAWANMUSHI *Servings: Four*

Chawanmushi is a steamed egg dish, much like custard. Unlike custard it is served as one of the main courses of a Japanese dinner and not as a dessert. Fresh fruits are most often served as the dessert course in Japan.

3 eggs

2 cups dashi (second)

5 tsp. shoyu

½ tsp. aji-no-moto

8 bite-sized pieces of chicken

4 small shrimp

4 button mushrooms

4 half slices of bamboo shoots

Beat eggs. Add dashi and four teaspoons shoyu. Put mixture through fine strainer to blend whites and yolks thoroughly. Add aji-no-moto. Mix chicken, shrimp, mushrooms and bamboo shoots with remaining shoyu until shoyu is about evenly distributed over these ingredients. In each of four custard bowls place one shrimp, one mushroom, two pieces of chicken and one piece of bamboo shoot. Bring water in a steaming pot to a boil. Set the bowls in the steaming pot (the water should come up to about half the height of the bowls), cover, and steam about 13-15 minutes over medium flame. Serve in same bowls.

If Japanese-style bowls with lids are not available, allow a small opening in lid of steaming pot and cover bowls with aluminum foil or small squares of paper to keep condensed steam from dripping into bowls.

To test whether chawanmushi is done, pierce surface with a toothpick. If juices do not run out of hole, it is ready to serve. If steamed too long, chawanmushi separates much as overdone custard does.

Pieces of fish fillet may be used in place of shrimp; bite-sized pieces of pork may be used in place of chicken. Canned water chestnuts may be substituted for bamboo shoots, and shiitake or matsutake for button mushrooms.

A sort of "egg tofu" is made by preparing chawanmushi without solid ingredients. It is used chiefly as one of the ingredients in soup. (See Egg Tofu Soup.)

SUNOMONO *Servings: Four*

Sunomono is the Japanese equivalent of a salad. In most respects Japanese salads are not like salads in the United States. Salads in Japan, for example, usually are served in small portions. They are not meant to be full courses in a dinner, but rather taste supplements to the main dishes. Dressings often contain such ingredients as sesame seed, ground peanuts or walnuts, and beanpaste, as well as vinegar and shoyu.

This recipe is for a daikon salad. Daikon, a sort of large white radish, is the most conspicuous vegetable in Japan. It is eaten the year around, pickled, cooked or raw.

*1 daikon about size of medium cucumber, pared and grated fine
1/5 cucumber cut in 1/8-inch cubes*

*1 fresh persimmon diced slightly larger than cucumber cubes
1/8 cup sugar*

*1/4 cup vinegar
Pinch of salt*

*1 tsp. freshly grated horseradish
1 tsp. freshly grated ginger root*

Lightly express some of liquid from freshly grated daikon. Add sugar and salt to vinegar, and mix. Add to grated daikon. Mix grated daikon with cucumber, persimmon, horseradish and ginger. Shape in mounds on garnish and serve.

Do not use too much vinegar. An overmoist salad will not stand in a mound.

Boiled shrimp may be used in place of persimmon. Chop four medium-sized shrimp. Mix with daikon, horseradish and ginger. Add sugar, salt and ginger, and mix. Shape in mounds on garnish and serve.

If neither persimmon nor boiled shrimp is used, prepare salad as above without these ingredients. Place heaping tablespoon of red caviar on garnish in salad bowls. Shape salad in mounds and serve on top of caviar.

Daikon in some seasons is rather hot. The taste can be made mild by placing grated daikon in a clean cloth, immersing it in cold water for a few minutes, then expressing the liquid before mixing with other ingredients.

A variety of daikon may also be purchased at Chinese grocers; but if neither kind is available, use radishes—the long white kind preferably. Eight medium-sized radishes or about six white radishes should be sufficient. If radishes are strong, grate and immerse in water, as above.

DASHI (first)

Dashi is quite indispensable to Japanese cookery. It is used as a soup base and as the liquid ingredient in many dishes. It is perhaps best described as a light, clear fish stock or bouillon. Recipes in this booklet containing dashi are Kabuto-age, Tempura, Chawanmushi, Chicken Soup, Shrimp Soup, Egg Soup and Egg Tofu Soup.

1 scant cup flaked katsuobushi

1 sq. inch kombu

5 cups water

1 tsp. shoyu

2 tsp. salt

Rinse sand from kombu. Place kombu in water. Bring water to a boil and remove kombu. Add katsuobushi to this broth, remove from burner immediately and let steep a minute or two. Strain through clean cloth and season with salt and shoyu. Save katsuobushi and kombu for preparing "second dashi."

This "first dashi" is used chiefly for soups.

Dashi should be clear and light tea-colored. For best results, do not boil kombu.

Katsuobushi should not be boiled. The proper amount of flavor is extracted by steeping in hot water.

Like soup stock, dashi may be kept indefinitely if it is stored tightly bottled in the refrigerator.

DASHI (second)

1/3 cup flaked katsuobushi
Katsuobushi saved from "first dashi"
Kombu saved from "first dashi"
3 cups water

Put katsuobushi and kombu in water. Bring to a boil and remove from burner. Strain through cloth.

"Second dashi" is used in preparing Kabuto-age, Chawanmushi and Tempura sauce. In appearance it is exactly like "first dashi."

If dashi flavor is too thin, add a half teaspoon of aji-no-moto.

SHRIMP SOUP *Servings: Four*

The soup recipes in this booklet all are for clear soups with dashi foundations. For most Japanese clear soups, stock and solid ingredients are prepared separately, then combined hot and served. Each of the components thus retains its own flavor.

4 shrimp
4 strips of fresh spinach, 1-inch wide
4 pieces shiitake
2 cups dashi (first)

Shell shrimp and remove veins. Boil shrimp about five minutes in lightly salted water. Drain. If shrimp are large, cut in two. Rinse spinach in lightly salted water. Drain and squeeze out water. Boil shiitake briefly in lightly salted water. Drain. Place one shrimp, one strip of spinach and one piece of shiitake in each of four bowls. Pour piping hot (not boiling) dashi into bowls. Serve hot.

Matsutake or fresh mushrooms, sliced lengthwise, or whole button mushrooms may be used in place of shiitake.

CHICKEN SOUP *Servings: Four*

<i>8 pieces chicken meat in bite sizes</i>	<i>4 pieces shiitake</i>
<i>1/2 cup shoyu</i>	<i>1 ginger root</i>
<i>6 small scallions chopped fine</i>	<i>2 cups dashi (first)</i>

Boil chicken pieces a minute or two in shoyu, and remove. Divide chicken, shiitake and chopped scallions among four soup bowls. Ex-

press juice from ginger root and add one or two drops to each bowl. Pour piping hot dashi into each bowl and serve.

The juice may be extracted from ginger root either with a garlic juicer or by grating, placing in clean cloth and squeezing.

Matsutake or fresh mushrooms, sliced lengthwise, or whole button mushrooms may be used in place of shiitake.

EGG SOUP *Servings: Four*

2 cups dashi (first)

2 tsp. cornstarch

2 eggs

1 ginger root

Bring dashi to a boil in a saucepan. Add cornstarch mixed with about $\frac{1}{4}$ cup water. Beat egg in bowl. When dashi comes to boil again after cornstarch has been added, pour beaten egg into it slowly, in a thin stream and circular pattern. The soup is done when egg floats to surface in threads. Pour into bowls. Express juice from ginger root and add one or two drops to each bowl. Serve hot.

EGG TOFU SOUP *Servings: Four*

4 tsp. egg tofu (see Chawanmushi)

4 strips fresh spinach, 1-inch wide

2 cups dashi (first)

Prepare egg tofu exactly as if preparing chawanmushi without solid ingredients (chicken, mushrooms, bamboo shoots, shrimp, etc.). Place a one teaspoon lump of this egg tofu in each of four soupbowls and add to each one strip of spinach. Pour piping hot dashi into bowls. Serve hot.

CHINESE CABBAGE PICKLE

Pickles are an important part of every Japanese meal. There are a number of reasons for this. Pickles have a flavor that goes well with almost all Japanese dishes, and especially with rice and tea. Pickling moreover is as important a method of preserving produce as it was in the United States before the advent of refrigerators and home freezers.

Vegetables generally are pickled either in brine, rice bran, bean paste (miso), wine lees, or mustard, or sometimes in a combination of several of these. The recipe below is for Chinese cabbage pickled in brine. I chose this recipe because it is simple and representative, and also because pickling agents such as rice bran are not readily obtainable in the United States.

6 lbs. Chinese cabbage

¼ lb. salt

10 hot red peppers

Cut Chinese cabbage lengthwise into five or six stalks. Wash thoroughly in water and drain. Lay stalks side by side and in layers in large stone crock or wooden tub, putting each layer crosswise over the layer beneath it. Sprinkle equal amounts of salt between layers and on top layer, and place one or two red peppers between layers. Using a lid, preferably of wood, slightly smaller in diameter than the crock, cover cabbage. Place a stone or other heavy object weighing 15-20 pounds—the heavier the better—on lid. Let stand. In about three days water will rise from the cabbage. It is then ready to eat. When serving, rinse off brine and cut in 1-inch slices. Serve with shoyu as dip sauce.

I have found that Chinese cabbage pickle made at least in this quantity somehow tastes best.

The red pepper has two functions: It adds zest to the flavor and prevents fermentation.

If a suitable stone weight is not available, use some heavy object other than iron or other material that may corrode.

It is not advisable to use a metal lid, since metal imparts a disagreeable taste to anything pickling in brine. If a wooden lid is not available, use a heavy porcelain plate or an enamel saucepan lid.

RICE *Servings: Four*

Rice is the basic element of all Japanese meals. It is bread and potatoes to the Japanese, and is served with the humblest as well as with the most elaborate fare. Rice accompanies the other courses of a dinner except when sake is served. In such a case rice is eaten as the very last course.

Japanese prefer eating rice plain and unflavored, with pickles and with the other courses of a meal. We like it prepared in a number of ways and often with a variety of other ingredients, but steamed

white rice is the general favorite. Against the bland taste of rice, other flavors are greatly accented, as colors are against a neutral background.

1 cup rice

2 cups water

Wash rice through many waters. Drain and place in one-quart saucepan. Add water. Bring to a rolling boil then turn flame down to a medium fire. After ten minutes turn flame down very low and steam for another ten minutes. Saucepan must be kept covered during entire process and until ready to serve. Do not stir rice.

TEA

Tea is the national beverage of Japan. It is served with all meals and between all meals. It is consumed hot in the winter for the warmth it imparts, and hot in the summer for its cooling effect. As in the West, some teas are credited with having medicinal properties. Other teas used in ceremonies are believed to be beneficial to the spirit as well as to the body. I am not qualified to support any of these claims, but I do know that Japanese tea taken without sugar or milk is very refreshing.

1 tbs. bancha

3 cups boiling water

Place bancha in teapot. Pour boiling water into pot and let tea steep a minute or two, depending on strength desired. Serve hot.