WORLD TABLE BOOKS

Japanese Table

A taste of the Japanese kitchen.



10 RECIPES / SAMPLE EDITION

Japanese Table

A taste of the Japanese kitchen.

10 recipes | Sample edition

Japanese cooking can be a bowl of rice with a carefully seasoned topping, a tray of rolled sushi, a gently simmered hot pot or a small plate of dressed vegetables. This collection brings together familiar home dishes, regional specialities and clearly identified adaptations. Build a meal from the chapters rather than treating every recipe as a complete dinner. Rice, noodles and other accompaniments are included only when they appear in the ingredient list.

Measure with confidence

Metric weights govern the recipes; US weights and volumes appear alongside. Weigh ingredients after peeling, trimming or boning when described that way. Bone-in and shell-on weights include those parts; cooked ingredients are weighed after cooking and draining. A teaspoon is rounded to 5 ml and a tablespoon to 15 ml. Weights are more reliable than cups for rice, flour and small dry ingredients. Egg weights exclude shells.

A useful Japanese pantry

Use Japanese soy sauce, unsalted dashi, unseasoned rice vinegar and the named type of miso unless a recipe says otherwise. Mirin is sweet rice wine; sake is a different ingredient. Cooking wines with added salt change the seasoning. Brief heating does not remove all alcohol. Kombu is dried kelp; katsuobushi is dried bonito. Wakame, nori and kombu have different uses and are not interchangeable. Check stock and prepared sauce labels for hidden allergens.

Rice, noodles and sushi

Short-grain Japanese rice gives the intended texture for onigiri and sushi. Cooked and dry rice weights are different; follow the ingredient wording carefully. The sushi fillings in this edition are cooked or vegetable-based. Noodles may be dry, fresh or precooked, and their weights are not interchangeable. Cook noodles according to their package guidance when the recipe directs it, and keep chilled noodle dishes properly refrigerated.

Dough, batter and baking

Joshinko, shiratamako and ordinary wheat flour have different properties. Use the named flour rather than substituting by appearance. Add liquid gradually when directed, judging the described texture. Steamers need water below the food and space for steam to circulate. Cake pan size, whether the pan is greased, and inverted cooling are part of the method. Mochi and dango are very chewy: take small bites and chew thoroughly; they may be unsuitable for diners with swallowing difficulties.

Timing and signs of readiness

Preparation, cooking and waiting times describe the full batch and are estimates. Notes identify prepared stock, cooked rice, thawed seafood, overlapping stages and additional batches. A conservative total may add stages that can overlap. Tender vegetables, set batter, surface colour and the specified internal temperature matter more than a fixed timer. Oven temperatures refer to conventional heat unless stated otherwise; broiler strength is controlled by setting and distance from the element.

Cook and store thoughtfully

Keep raw meat and seafood separate from ready-to-eat food, and use clean serving utensils. Cool cooked dishes promptly in shallow portions and refrigerate at 4°C / 40°F or colder. Rice needs especially prompt cooling and the shorter storage stated in its recipes. Reheat only the portion needed. Keep frying pots stable and no more than one-third full, and keep wet utensils away from hot oil. Quick pickles and homemade sauces are refrigerated foods, not shelf-stable preserves.

Portions and nutrition

Nutrition figures are approximate per stated portion, estimated from ingredient weights and generic composition profiles. Prepared products, edible yields, discarded marinade, absorbed frying oil and uneaten sauce can change the result substantially. Listed frying oil is a working amount rather than the amount eaten. Unlisted accompaniments and optional substitutions are excluded. These figures do not represent laboratory measurements. Check all packaged products and substitutions for additional allergens.

Make the meal your own

Begin with the stated recipe before changing ingredients that affect structure, such as rice type, flour or setting agent. Household and regional versions differ; the named adaptations explain departures in this collection. Use chapter links and the recipe index to put together dishes in portions and combinations that suit your table.

Contents

1. Rice bowls & everyday rice

001 Salmon onigiri

2. Sushi for the home kitchen

011 Futomaki with egg, shiitake and cucumber

3. Ramen, udon & soba

021 Miso ramen with chicken

4. Soups & hot pots

031 Tofu and wakame miso soup

5. Chicken, pork & beef

041 Chicken teriyaki

6. Fish & seafood

051 Shrimp and vegetable tempura

7. Tofu, mushrooms & vegetables

061 Agedashi tofu

8. Street food, small plates & lunchbox favorites

071 Pork and cabbage gyoza

9. Stocks, pickles & pantry recipes

081 Awase dashi

10. Sweets, baking & drinks

091 Dorayaki

Chapter 1

Rice bowls & everyday rice

Salmon onigiri

Japanese home cooking

Plain short-grain rice is shaped around flakes of cooked salmon, then finished with a strip of nori. The rice is lightly salted rather than dressed with sushi vinegar.

6 medium onigiri; 2 per serving

Prep 25 min | Cook 30 min | Wait 40 min | Total 1 hr 35 min

The 40 minutes of waiting covers the rice soak and covered rest. Bake the salmon while the rice cooks. Oven preheating can overlap the soak; allow longer if your oven heats slowly.

Equipment: Heavy saucepan with a tight-fitting lid; Sieve; Oven and lined baking tray; Food thermometer; Rice paddle; Fresh food-safe plastic wrap.

Ingredients

Rice

Japanese short-grain white rice dry	300 g / 10.58 oz
Water	360 ml / 12.17 US fl oz
Fine salt	3 g / 0.11 oz

Filling and wrapping

Skinless boneless salmon	120 g / 4.23 oz
Fine salt	1 g / 0.04 oz
Nori 2 full sheets, cut into 6 equal strips	6 g / 0.21 oz

Method

1. Wash and soak the rice

Rinse the rice in a sieve with several changes of cold water until the runoff is only slightly cloudy. Drain well. Put it in a heavy saucepan with the listed 360 ml / 12.17 US fl oz water and soak for 30 minutes. Keep the lid ready; this measured water stays in the pan.

2. Cook the rice and salmon

Cover the saucepan and bring just to a boil over medium heat. Turn the heat to its lowest setting and cook for 12 minutes without lifting the lid. Remove from the heat and rest, still covered, for 10 minutes. Meanwhile heat the oven to 200°C / 390°F. Sprinkle the salmon with its 1 g / 0.04 oz salt and bake on a lined tray for 10-15 minutes, until the thickest part reaches 63°C / 145°F. Flake carefully and check for bones.

3. Divide and fill

Fluff the rice gently and let the strongest steam escape for about 5 minutes, just until safe to handle. Mix the rice salt through evenly. Divide the rice and salmon into 6 equal portions. With clean hands and fresh food-safe plastic wrap, flatten one rice portion into a small disc, add salmon in the middle and bring the rice around it.

4. Shape and serve

Cup the wrapped rice between your hands and press gently into a triangle, closing any gaps around the filling. Use only enough pressure for the grains to hold together. Repeat for all 6 portions. Remove the wrap and add nori just before serving, so it stays crisp. Eat freshly made or follow the chilled storage guidance.

Cook's note

Use Japanese short-grain rice, not long-grain rice or glutinous rice. A lightly packed triangle stays tender; squeezing hard makes it dense. The salt seasons the rice and does not make it shelf-stable.

Substitution

For a fish-free filling, replace the salmon with 60 g / 2.12 oz chopped prepared umeboshi, removing all stones. Umeboshi is salty, so omit the 1 g / 0.04 oz salt listed for the fish. Check the pickle label for allergens.

Storage

Cool rice promptly in shallow portions, ideally within 1 hour, then refrigerate at 4°C / 40°F or colder. Use within 24 hours. Reheat once only, until steaming throughout and reaching 74°C / 165°F. Keep packed portions chilled; reheating cannot make improperly stored rice safe.

Allergens: Fish

Approximate per portion: 445 kcal | Protein 15.4 g | Carbohydrate 80 g | Fat 6 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Salmon onigiri





1. Rinse and soak the short-grain rice in its measured water.



2. Bake the salmon and flake it, removing any bones.



3. Enclose a portion of salmon in warm cooked rice.



4. Shape gently and wrap with nori just before eating.

Back to contents

Chapter 2

Sushi for the home kitchen

Futomaki with egg, shiitake and cucumber

Futomaki home variation with cooked fillings

Cooked egg and savory-sweet mushrooms make a colorful filling for thick nori rolls. Cucumber and spinach add freshness, while seasoned rice holds the filling together.

4 thick rolls; 6 pieces per serving

Prep 35 min | Cook 30 min | Wait 40 min | Total 1 hr 45 min

The 40-minute wait includes the 30-minute rice soak and 10-minute covered rest. Filling preparation and cooling overlap rice cooking and handling time; allow more time if using one pan for every component. The rice-cooling interval is included in active preparation.

Equipment: Heavy saucepan with lid; Broad mixing bowl; Small saucepan; Nonstick skillet; Bamboo sushi mat; Sharp knife; Food thermometer.

Ingredients

Sushi rice

Japanese short-grain white rice dry	300 g / 10.58 oz
Water	340 ml / 11.50 US fl oz
Unseasoned rice vinegar	45 ml / 3 tbsp
Sugar	18 g / 0.63 oz
Fine salt	4 g / 0.14 oz

Mushrooms

Fresh shiitake caps thinly sliced	120 g / 4.23 oz
Water	60 ml / 4 tbsp
Japanese soy sauce	15 ml / 1 tbsp
Mirin	15 ml / 1 tbsp
Sugar	8 g / 0.28 oz

Omelette

Large eggs about 150 g / 5.29 oz without shells	3 eggs

Water	15 ml / 1 tbsp
Sugar	5 g / 0.18 oz
Fine salt	1 g / 0.04 oz
Neutral oil	5 ml / 1 tsp
Vegetables and wrapping	
Cucumber cut into long narrow batons	100 g / 3.53 oz
Baby spinach	80 g / 2.82 oz
Water for blanching	500 ml / 16.91 US fl oz
Nori 4 full sheets, about 19 by 21 cm / 7 1/2 by 8 1/4 in each	12 g / 0.42 oz

Method

1. Cook and season the rice

Rinse the rice, drain well and soak in its 340 ml / 11.50 US fl oz water for 30 minutes. Cover, bring just to a boil, reduce to the lowest heat and cook for 12 minutes. Rest off the heat for 10 minutes without uncovering. Dissolve the rice sugar and salt in the vinegar. Fold this seasoning into the hot rice in a broad bowl, using a slicing motion. Spread the rice loosely and let it cool to just warm, about 10 minutes.

2. Prepare the fillings

Simmer the mushrooms with their water, soy sauce, mirin and sugar for 8-10 minutes, until tender and nearly dry, then cool. Beat the omelette eggs with their water, sugar and salt. Heat the oil in a 20 cm / 8 in nonstick skillet, add the egg and cook gently, lifting edges so liquid egg runs underneath. Turn if needed and cook until fully set, reaching 71°C / 160°F. Cool briefly and cut into long strips. Boil the blanching water, cook spinach for 30 seconds, then drain and cool under cold running water. Squeeze dry.

3. Fill and roll

Put one sheet of nori shiny side down on a bamboo mat, with a long edge toward you. Spread one-quarter of the rice over it, leaving a 2 cm / 3/4 in clear strip at the far edge. Arrange one-quarter of each filling in a narrow line across the nearer third. Lift the mat to bring the front edge over the fillings, tuck the filling in and continue rolling. Keep the mat outside the roll and press gently to close the seam. Repeat for all 4 rolls.

4. Slice and serve

Rest the rolls seam down for 2 minutes. With a sharp knife wiped on a clean damp cloth between cuts, cut each roll into 6 pieces. Serve promptly. Vinegar seasons the rice but this home method does not measure acidity or make the rolls safe for prolonged room-temperature storage.

Cook's note

The filling is deliberately kept compact. Too much rice or filling leaves no nori for a closed seam. This is a home variation with fresh shiitake rather than a seven-filling ceremonial roll.

Substitution

Replace the spinach with 80 g / 2.82 oz blanched and well-drained green beans cut lengthwise. Check prepared nori and soy sauce for extra allergens. Do not replace cooked fillings with raw fish without a separate validated handling method.

Storage

Best assembled and eaten freshly made. Cool the seasoned rice promptly in shallow portions, ideally within 1 hour, and refrigerate prepared sushi and fillings at 4°C / 40°F or colder. Use within 24 hours and serve chilled; reheating is not required for these ready-to-eat cooked fillings. Keep packed portions chilled and do not leave sushi at room temperature for prolonged serving. Vinegar is a seasoning, not a substitute for safe cooling and refrigeration.

Allergens: Soy, Wheat, Egg

Approximate per portion: 400 kcal | Protein 12.4 g | Carbohydrate 73.4 g | Fat 5.4 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Futomaki with egg, shiitake and cucumber





1. Cook and season short-grain rice with vinegar, sugar and salt.



2. Prepare cooked mushroom, omelette and drained vegetable fillings.



3. Spread rice on nori and roll around a narrow line of filling.



4. Slice each sealed roll with a sharp damp knife.

Back to contents

Chapter 3

Ramen, udon & soba

Miso ramen with chicken

Quick miso ramen home adaptation with chicken

A quick chicken broth gains body from miso and ground sesame. Ground chicken cooks with ginger and garlic, while the noodles are boiled separately so the soup stays clear of excess starch.

2 generous noodle bowls

Prep 15 min | Cook 20 min | Wait 0 min | Total 35 min

The 35-minute estimate uses prepared chicken stock and fresh noodles. Making stock or noodles from scratch adds time. Noodle water heats while the soup base cooks.

Equipment: Soup saucepan; Large noodle saucepan; Mortar or spice grinder; Sieve; Food thermometer.

Ingredients

Soup base

Ground chicken	200 g / 7.05 oz
Neutral oil	10 ml / 2 tsp
Fresh ginger finely grated	10 g / 0.35 oz
Garlic finely grated	8 g / 0.28 oz
Prepared unsalted chicken stock	900 ml / 30.43 US fl oz
Japanese miso rice-based miso, check the label	45 g / 1.59 oz
Toasted white sesame seeds finely ground	12 g / 0.42 oz
Japanese soy sauce	10 ml / 2 tsp
Sugar	4 g / 0.14 oz
Ground white pepper	0.5 g / 0.02 oz

Noodles and topping

Fresh ramen noodles 2 portions, check package cooking time; choose egg-free noodles for the stated allergen list; check the label	240 g / 8.47 oz
Water for boiling noodles	2000 ml / 67.63 US fl oz

Bean sprouts rinsed	100 g / 3.53 oz
Frozen sweetcorn	80 g / 2.82 oz
Scallion thinly sliced	20 g / 0.71 oz
Nori cut into strips	2 g / 0.07 oz

Method

1. Prepare before cooking

Finely grind the sesame seeds in a mortar. Mix the miso with 60 ml / 4 tbsp taken from the measured chicken stock to make a smooth paste. Keep the rest of the stock ready. Bring the noodle water to a boil in a separate large saucepan.

2. Build the chicken broth

Heat the oil in a soup saucepan over medium heat. Add ground chicken and cook for 4-5 minutes, breaking it into small pieces. Stir in ginger and garlic for 30 seconds. Pour in the remaining stock and add the ground sesame, soy sauce, sugar and pepper. Simmer for 5 minutes, checking the chicken reaches 74°C / 165°F.

3. Finish soup and noodles separately

Add bean sprouts and sweetcorn to the broth and cook for 3 minutes, until hot throughout and the sprouts are no longer raw. Reduce the heat and stir in the loosened miso. Keep hot without a vigorous boil. Boil the fresh noodles in the separate saucepan for the time on the package, usually 2-3 minutes, stirring to separate the strands. Drain well.

4. Assemble immediately

Divide noodles between 2 warmed bowls. Add the chicken, vegetables and broth, sharing all components evenly. Finish with scallion and nori. Serve immediately before the noodles soften further. No egg, chashu or extra side dish is required for the stated portion.

Cook's note

Miso and fresh noodle brands vary in saltiness and weight. The stated seasoning assumes unsalted stock. Rice-based miso can still contain other grains or traces of allergens, so check the label.

Substitution

For a meat-free home adaptation, replace the chicken with 200 g / 7.05 oz crumbled firm tofu and use the same volume of unsalted kombu-and-shiitake dashi. Stir-fry the tofu until lightly golden. Soy and sesame remain allergens.

Storage

Serve assembled ramen immediately. For planned leftovers, keep soup and unserved noodles separate. Cool soup promptly in shallow containers, refrigerate at 4°C / 40°F or colder within 2 hours and use within 2 days. Reheat soup once to 74°C / 165°F and boil fresh noodles to serve.

Allergens: Soy, Wheat, Sesame

Approximate per portion: 550 kcal | Protein 36.5 g | Carbohydrate 61.5 g | Fat 19 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Miso ramen with chicken





1. Grind sesame, loosen miso and prepare the fresh noodles.



2. Cook ground chicken with ginger and garlic before adding stock.



3. Finish the miso broth and boil noodles in a separate pot.



4. Divide noodles, chicken and broth between warmed bowls.

Back to contents

Chapter 4

Soups & hot pots

Tofu and wakame miso soup

Japanese home cooking

Gentle dashi carries soft tofu, wakame and the rounded flavor of miso. Stir the miso into a little hot broth first so it dissolves evenly without breaking the tofu.

4 small soup portions

Prep 10 min | Cook 10 min | Wait 0 min | Total 20 min

The 20-minute estimate starts with prepared dashi. Making the stock from scratch adds soaking and cooking time.

Equipment: Saucepan; Small bowl; Ladle; Broad spoon.

Ingredients

Soup

Prepared unsalted awase dashi	800 ml / 27.05 US fl oz
Silken tofu cut into 1.5 cm / 1/2 in cubes	200 g / 7.05 oz
Dried cut wakame	3 g / 0.11 oz
Rice-based Japanese miso check the ingredients	45 g / 1.59 oz
Scallion thinly sliced	15 g / 0.53 oz

Method

1. Prepare the ingredients

Drain the tofu carefully and cut it into small cubes without pressing. Keep the scallion and dried wakame ready. This recipe uses prepared unsalted dashi; do not add dry dashi powder on top of already prepared stock.

2. Warm tofu and wakame

Bring the dashi to a gentle simmer in a saucepan. Add the tofu with a broad spoon, then sprinkle in the wakame. Simmer gently for 2-3 minutes, until the tofu is hot and the seaweed has expanded. Stir as little as possible to preserve the tofu cubes.

3. Dissolve the miso

Reduce the heat to its lowest setting. Put the miso in a small bowl and stir in a ladleful of hot dashi until smooth. Return it to the pan, stirring the broth gently around the tofu. Warm for about 1 minute without allowing a rolling boil.

4. Serve fresh

Divide the soup and tofu evenly between 4 bowls and add the scallion. Serve immediately. If the soup has stood before service, reheat it gently until hot throughout; avoid repeated boiling because the aroma becomes less fresh.

Cook's note

The miso amount is a starting point for a medium-salty paste and unsalted dashi. Dashi packets containing salt need less miso. Miso soup is served in small bowls alongside a meal rather than as a full main course.

Substitution

Use 800 ml / 27.05 US fl oz unsalted kombu-and-shiitake dashi instead of awase dashi for a fish-free version. Check the miso and tofu labels; soy remains present and some miso varieties contain wheat or barley.

Storage

Cool promptly in a shallow container and refrigerate at 4°C / 40°F or colder within 2 hours. Use within 2 days. Reheat only the amount needed, stirring gently until the soup and tofu reach 74°C / 165°F. Do not leave the pan standing warm for extended periods.

Allergens: Soy, Fish

Approximate per portion: 60 kcal | Protein 4.9 g | Carbohydrate 5.4 g | Fat 2 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Tofu and wakame miso soup





1. Cut the tofu and measure wakame and miso.



2. Warm tofu and wakame in gently simmering dashi.



3. Dissolve miso in a little broth before returning it to the pan.



4. Serve the hot soup with sliced scallion.

Back to contents

Chapter 5

Chicken, pork & beef

Chicken teriyaki

Japanese home cooking

Pan-seared chicken thighs develop a glossy coating as a simple soy, sake and mirin sauce reduces around them.

4 servings, without rice

Prep 15 min | Cook 25 min | Wait 0 min | Total 40 min

Rice and vegetable accompaniments are excluded. Use a pan large enough for a single layer or allow additional batch time. The allowance includes heating pans or liquids and completing the stated batches; equipment and batch size can extend it.

Equipment: Large frying pan; Spatula; Jug; Thermometer.

Ingredients

Chicken

Boneless skin-on chicken thighs 4 pieces of similar size	650 g / 22.93 oz
Neutral oil	5 ml / 1 tsp

Teriyaki sauce

Soy sauce	45 ml / 3 tbsp
Mirin	45 ml / 3 tbsp
Sake	45 ml / 3 tbsp
Sugar	15 g / 0.53 oz

Method

1. Prepare the chicken

Trim loose fat from the thighs and pat the skin very dry. Open out any thick folds so the pieces have an even thickness. Mix the soy sauce, mirin, sake and sugar in a small jug.

2. Brown the skin

Heat the oil in a large frying pan over medium heat. Lay in the chicken skin-side down and press lightly with a spatula for the first minute. Cook for 7-9 minutes, until the skin is golden and releases from the pan. Avoid moving it repeatedly.

3. Cook through

Turn the thighs over and cook for 4-6 minutes, until the thickest part reaches 74°C / 165°F. Reduce the heat if the skin darkens too quickly. Transfer the chicken briefly to a clean plate and spoon excess rendered fat out of the pan.

4. Glaze and slice

Pour the sauce into the pan and simmer for 2-4 minutes, until lightly syrupy. Return the chicken and turn it in the bubbling sauce for about 1 minute. Slice across the thighs and spoon the glaze over the pieces. Serve promptly.

Cook's note

Teriyaki sauce thickens further as it cools. Take it off the heat while it still flows; if it becomes sticky, loosen it with a tablespoon of water.

Substitution

Use boneless skinless thighs and 10 ml / 2 tsp oil instead of 5 ml / 1 tsp; the surface will brown without crisp skin.

Storage

Best served immediately. Cool any planned leftovers promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours. Use within 2 days. Reheat only the amount needed once, until steaming throughout and reaching 74°C / 165°F.

Allergens: Soy, Wheat

Approximate per portion: 435 kcal | Protein 27.7 g | Carbohydrate 10.5 g | Fat 28.1 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Chicken teriyaki





1. Pat the chicken skin dry and mix the sauce.



2. Sear the thighs skin-side down until golden.



3. Turn and cook the chicken through.



4. Reduce the sauce and coat the sliced chicken.

Back to contents

Chapter 6

Fish & seafood

Shrimp and vegetable tempura

Japanese home cooking

A very cold, lightly mixed batter makes a delicate coating for shrimp and thin vegetables. Fry in small batches so the oil recovers quickly and the coating stays light.

4 starter portions, each with 3 shrimp and vegetables

Prep 30 min | Cook 35 min | Wait 0 min | Total 1 hr 5 min

The 65-minute estimate includes preparing shrimp, heating oil, recovery between batches and frying several small batches. A narrow pan or slow heat recovery adds time. Making dashi from scratch is additional.

Equipment: High-sided heavy frying pan; Oil-safe thermometer; Mixing bowl and chopsticks; Small saucepan; Wire rack; Tongs or mesh skimmer.

Ingredients

Shrimp and vegetables

Raw peeled deveined shrimp 12 large shrimp, tails attached if desired	240 g / 8.47 oz
Kabocha squash cut into 5 mm / 3/16 in slices	100 g / 3.53 oz
Eggplant cut into 5 mm / 3/16 in slices	100 g / 3.53 oz
Green bell pepper cut into wide strips	80 g / 2.82 oz
All-purpose flour for a light dusting	25 g / 0.88 oz
Neutral frying oil for a 4 cm / 1 1/2 in depth, most is not consumed	900 ml / 30.43 US fl oz

Batter

All-purpose flour chilled	100 g / 3.53 oz
Large egg about 50 g / 1.76 oz without shell	1 egg
Ice-cold water	160 ml / 5.41 US fl oz

Dipping broth and garnish

Prepared unsalted awase dashi	180 ml / 6.09 US fl oz
Japanese soy sauce	25 ml / 1 tbsp plus 2 tsp
Mirin	25 ml / 1 tbsp plus 2 tsp
Sugar	4 g / 0.14 oz
Daikon finely grated and lightly drained	60 g / 2.12 oz
Fresh ginger finely grated	5 g / 0.18 oz

Method

1. Prepare shrimp, vegetables and sauce

Pat the shrimp dry. Make 2-3 shallow cuts on the underside of each and gently straighten without cutting through. Dry the sliced vegetables thoroughly. Simmer dashi, soy sauce, mirin and sugar in a small saucepan for 2 minutes, then keep warm. Put grated daikon and ginger in small serving dishes.

2. Heat the oil and mix cold batter

Heat the oil in a high-sided heavy pan to 170-175°C / 340-350°F, filling the pan no more than one-third. Lightly beat the egg with the ice-cold water. Add the 100 g / 3.53 oz chilled batter flour and stir briefly with chopsticks, stopping while small lumps remain. Keep the batter bowl over an ice bath if the kitchen is warm, preventing ice water from entering the batter.

3. Fry a few pieces at a time

Dust shrimp and vegetables very lightly with the separate coating flour, dip in batter and lower carefully into the oil. Fry vegetable pieces for about 2-3 minutes and shrimp for 2-3 minutes, turning as needed, until the coating is pale golden and the shrimp flesh is opaque throughout, reaching 63°C / 145°F. Keep the oil within the stated range and leave room around every piece. Drain on a rack.

4. Serve crisp

Divide the warm dipping broth between 4 small bowls and serve the tempura immediately with daikon and ginger. Cook remaining batches only as quickly as the oil returns to temperature. Do not hold finished tempura under a tight cover, which traps steam and softens the coating.

Cook's note

All ingredients must be dry before they enter the hot oil. Keep water and ice away from the frying pan. The listed frying oil is a cooking medium; most remains after cooking and should cool completely before handling.

Substitution

For a vegetable-only variation, replace the shrimp with 240 g / 8.47 oz extra thinly sliced squash and eggplant and use kombu dashi in the sauce. Egg, wheat and soy remain in the batter and sauce.

Storage

Best eaten immediately. Cool any leftovers promptly and refrigerate at 4°C / 40°F or colder within 2 hours. Use within 1 day. Reheat once on a rack in a 190°C / 375°F oven until the shrimp reach 74°C / 165°F; the coating will not be as light as freshly fried tempura.

Allergens: Crustaceans, Egg, Wheat, Soy, Fish

Approximate per portion: 330 kcal | Protein 18.3 g | Carbohydrate 33.2 g | Fat 13.2 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Shrimp and vegetable tempura





1. Dry and straighten shrimp and cut vegetables into thin pieces.



2. Mix chilled flour with egg and ice-cold water very briefly.



3. Dip lightly floured pieces and fry in small batches.



4. Drain on a rack and serve immediately with dipping broth.

Back to contents

Chapter 7

Tofu, mushrooms & vegetables

Agedashi tofu

Japanese home cooking

A thin potato-starch coating turns crisp around a soft tofu center. A little hot dashi sauce is poured around the tofu just before serving, with grated daikon and ginger on top.

4 small portions; 2 tofu pieces per serving

Prep 15 min | Cook 20 min | Wait 15 min | Total 50 min

The 50-minute estimate includes a 15-minute tofu-draining wait. Sauce and garnish preparation can overlap draining; heating oil, recovery and two frying batches are included in cooking time. Prepared dashi is assumed.

Equipment: High-sided heavy frying pan; Oil-safe thermometer; Small saucepan; Kitchen paper; Wire rack; Slotted spoon.

Ingredients

Tofu	
Medium-firm plain tofu drained weight	400 g / 14.11 oz
Potato starch	40 g / 1.41 oz
Neutral frying oil for about 3 cm / 1 1/4 in depth, most is not consumed	700 ml / 23.67 US fl oz
Dashi sauce	
Prepared unsalted awase dashi	200 ml / 6.76 US fl oz
Japanese soy sauce	25 ml / 1 tbsp plus 2 tsp
Mirin	25 ml / 1 tbsp plus 2 tsp
Garnish	
Daikon finely grated and lightly drained	80 g / 2.82 oz
Fresh ginger finely grated	8 g / 0.28 oz
Scallion thinly sliced	15 g / 0.53 oz
Katsuobushi bonito flakes	3 g / 0.11 oz

Method

1. Drain the tofu gently

Wrap the tofu block in clean kitchen paper and set it on a plate for 15 minutes, changing wet paper once. A small flat plate can sit on top, but do not press hard enough to crack the tofu. Cut into 8 equal pieces and blot the surfaces dry.

2. Prepare sauce and garnishes

Put dashi, soy sauce and mirin in a small saucepan. Bring to a gentle simmer for 2 minutes, then keep hot on very low heat. Grate and lightly drain the daikon, grate the ginger and slice the scallion. Have 4 shallow serving bowls ready.

3. Coat and fry in batches

Heat the frying oil to 165-170°C / 330-340°F in a high-sided pan, no more than one-third full. Coat only the pieces you are about to fry with a thin layer of potato starch and shake off excess. Lower carefully into the oil and fry for 3-4 minutes, turning gently, until a delicate, lightly golden shell forms and the tofu is hot throughout. Fry remaining pieces in a second batch. Drain on a rack.

4. Add sauce at the last moment

Place 2 tofu pieces in each bowl. Pour the hot sauce around the bases rather than directly over the tops. Add the daikon, ginger, scallion and bonito. Serve immediately while the coating still has some crispness and the center is soft.

Cook's note

Use medium-firm plain tofu for easier handling; very firm pressed tofu gives a different center. Potato starch is applied just before frying because wet tofu quickly turns a dry coating gummy.

Substitution

For a fish-free version, use the same quantity of unsalted kombu-and-shiitake dashi and replace bonito flakes with 1 g / 0.04 oz shredded nori. Soy and usually wheat remain in the sauce.

Storage

Best prepared immediately before serving. If keeping leftovers, store tofu and sauce separately after cooling promptly. Refrigerate at 4°C / 40°F or colder within 2 hours and use within 1 day. Reheat once until the tofu and sauce reach 74°C / 165°F; the coating will soften.

Allergens: Soy, Wheat, Fish

Approximate per portion: 340 kcal | Protein 18.8 g | Carbohydrate 16.1 g | Fat 23.8 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Agedashi tofu





1. Drain tofu gently and cut into equal pieces.



2. Simmer the dashi sauce and prepare grated garnishes.



3. Dust tofu with potato starch immediately before frying.



4. Pour hot sauce around the fried tofu and add garnishes.

Back to contents

Chapter 8

Street food, small plates & lunchbox favorites

Pork and cabbage gyoza

Japanese gyoza with homemade wrappers

Pork and finely chopped cabbage fill thin homemade wrappers. Each batch is browned, steamed under a lid and uncovered again so the base becomes crisp.

30 gyoza; 6 per starter portion

Prep 50 min | Cook 30 min | Wait 30 min | Total 1 hr 50 min

The 110-minute estimate includes homemade wrappers, a 30-minute dough rest and 3 pan-cooking batches. Preparing the filling can overlap the rest. Cook a trial dumpling if wrapper thickness varies.

Equipment: Mixing bowls; Small rolling pin; Nonstick skillet with tight-fitting lid; Tray; Clean cloth; Food thermometer.

Ingredients

Wrapper dough

All-purpose flour	240 g / 8.47 oz
Fine salt	2 g / 0.07 oz
Hot water about 85-90°C / 185-195°F	125 ml / 4.23 US fl oz
Potato starch for dusting	20 g / 0.71 oz

Filling

Ground pork	200 g / 7.05 oz
Green cabbage very finely chopped	150 g / 5.29 oz
Fine salt for salting the cabbage	2 g / 0.07 oz
Scallion finely chopped	30 g / 1.06 oz
Fresh ginger finely grated	8 g / 0.28 oz
Garlic finely grated	6 g / 0.21 oz

Japanese soy sauce	15 ml / 1 tbsp
Sake	10 ml / 2 tsp
Toasted sesame oil	10 ml / 2 tsp
Ground black pepper	0.5 g / 0.02 oz
Pan cooking	
Neutral oil	20 ml / 1 tbsp plus 1 tsp
Water divided into 3 batches	240 ml / 8.12 US fl oz
Water for sealing wrappers	30 ml / 2 tbsp
Dipping sauce	
Unseasoned rice vinegar	30 ml / 2 tbsp
Japanese soy sauce	30 ml / 2 tbsp

Method

1. Make and rest the dough

Mix flour and dough salt in a bowl. Add the hot water gradually, stirring with chopsticks to avoid touching it while hot. Once cool enough to handle, knead for 5-7 minutes until smooth and fairly firm. Cover and rest for 30 minutes. Do not add the dusting starch to the dough.

2. Prepare the filling

During the rest, toss cabbage with its 2 g / 0.07 oz salt and leave for 10 minutes. Squeeze firmly in a clean cloth and put in a bowl with pork, scallion, ginger, garlic, filling soy sauce, sake, sesame oil and pepper. Stir for 1-2 minutes until the mixture looks cohesive. Keep refrigerated while rolling the wrappers. Mix the separate dipping vinegar and soy sauce in a small bowl.

3. Roll and fill

Divide the dough into 30 equal pieces and keep covered. Dust the worktop lightly with potato starch. Roll each piece into an 8.5-9 cm / 3 1/2 in round, making the edges slightly thinner than the center. Add one-thirtieth of the filling, about 2 scant teaspoons, using less if needed to seal without stretching. Moisten the rim with sealing water, fold in half and pleat or press the edges firmly closed. Set on a starch-dusted tray and keep covered. Do not stack uncooked dumplings.

4. Brown, steam and crisp

Heat one-third of the neutral oil in a nonstick skillet over medium heat. Add 10 dumplings flat side down and cook for 2 minutes. Carefully add 80 ml / 2.71 US fl oz water and cover immediately. Steam for 5-6 minutes, until the filling in a center dumpling reaches 71°C / 160°F. Uncover and cook for 1-2 minutes, until the water has gone and the bases are crisp. Repeat for 2 more batches, dividing remaining oil and water equally. Serve with dipping sauce.

Cook's note

The first wrapper is a useful thickness check: it should stretch enough to seal without tearing. Keep unused dough covered and filling chilled. Add pan water carefully, immediately covering to contain hot splashes. Keep each finished tray refrigerated while shaping the rest, and cook promptly. A thicker wrapper may need longer steaming; check the centre rather than relying on the clock alone.

Substitution

Replace pork with the same weight of ground chicken, cooking the filling to 74°C / 165°F. For a fish-free dip, use plain soy sauce rather than a prepared dumpling sauce that may contain fish stock.

Storage

Cooked leftovers should cool promptly and be refrigerated at 4°C / 40°F or colder within 2 hours. Use within 2 days and reheat once to 74°C / 165°F throughout. Keep uncooked filling refrigerated and use the same day; do not leave filled dumplings at room temperature while preparing other dishes.

Allergens: Wheat, Soy, Sesame

Approximate per portion: 365 kcal | Protein 13 g | Carbohydrate 43.8 g | Fat 14.5 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Pork and cabbage gyoza





1. Knead the wrapper dough and rest it covered.



2. Squeeze the salted cabbage and mix the pork filling.



3. Roll thin wrappers and seal them around small portions of filling.



4. Brown the bases, steam under a lid and crisp again uncovered.

Back to contents

Chapter 9

Stocks, pickles & pantry recipes

Awase dashi

Japanese home cooking

Kombu and bonito flakes produce a clear, unsalted stock for soups, simmered dishes and sauces.

About 1 litre / 33.81 US fl oz; 4 stock portions

Prep 5 min | Cook 15 min | Wait 30 min | Total 50 min

Includes a separate 30-minute kombu steep. Yield varies with the sieve material and evaporation.

Equipment: Saucepan; Fine sieve; Heatproof jug.

Ingredients

Stock

Water	1200 ml / 40.58 US fl oz
Dried kombu	12 g / 0.42 oz
Katsuobushi bonito flakes	20 g / 0.71 oz

Method

1. Steep the kombu

Inspect the kombu for debris and wipe only dirty patches with a barely damp towel, leaving the harmless white surface bloom. Place in a saucepan with the water and leave for 30 minutes.

2. Heat gradually

Warm over medium-low heat for about 10 minutes, until small bubbles gather around the edges. Remove the kombu before the water reaches a full boil.

3. Infuse the bonito

Bring the liquid just to a boil, turn off the heat and add the bonito flakes. Leave undisturbed for 5 minutes so the flakes settle and infuse.

4. Strain without pressing

Line a sieve with a clean fine cloth or kitchen paper and strain into a heatproof jug. Do not squeeze the flakes. Use immediately or cool promptly for storage. The final yield is about 1 litre / 33.81 US fl oz after absorption and evaporation.

Cook's note

This stock is unsalted. Salt and soy sauce are added in the recipe that uses it. Nutrition should reflect the strained broth, not eating the dry seaweed and flakes.

Substitution

Use the kombu and shiitake dashi recipe for a plant-based alternative.

Storage

Cool promptly in a shallow container and refrigerate at 4°C / 40°F or colder within 2 hours. Use within 2 days, or freeze in measured portions for up to 1 month. Thaw in the refrigerator. Bring to a boil before using in hot dishes.

Allergens: Fish

Approximate per portion: 10 kcal | Protein 1.2 g | Carbohydrate 0.5 g | Fat 0 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Awase dashi





1. Steep kombu in measured cold water.



2. Remove kombu just before the water boils.



3. Add bonito flakes off the heat and let them infuse.



4. Strain gently without squeezing the flakes.

Back to contents

Chapter 10

Sweets, baking & drinks

Dorayaki

Japanese home cooking

Two soft honey-sweetened pancakes enclose a mound of sweet red bean paste. A gently heated, almost dry nonstick pan gives the pancakes an even golden surface.

6 filled dorayaki; 1 per serving

Prep 20 min | Cook 20 min | Wait 25 min | Total 1 hr 5 min

The 65-minute estimate includes a 15-minute chilled batter rest and 10 minutes of cooling. Cooking assumes 2-3 small pancakes fit in the skillet at once. One-at-a-time cooking takes longer.

Equipment: Mixing bowl; Whisk; Sieve; Broad nonstick skillet; Spatula; Kitchen scale; Clean cloth.

Ingredients

Pancakes

Large eggs about 100 g / 3.53 oz without shells	2 eggs
Sugar	60 g / 2.12 oz
Honey	20 g / 0.71 oz
All-purpose flour	100 g / 3.53 oz
Baking powder	3 g / 0.11 oz
Water	35 ml / 2 tbsp plus 1 tsp
Neutral oil for wiping the pan, only a thin film is used	5 ml / 1 tsp

Filling

Prepared sweet azuki bean paste anko, smooth or lightly chunky, ready to eat	240 g / 8.47 oz

Method

1. Mix and rest the batter

Whisk the eggs, sugar and honey until slightly paler and well blended. Sift in the flour and baking powder and fold just until no dry flour remains. Cover and refrigerate for 15 minutes. Stir in the measured water until the batter flows in a thick ribbon; add only a teaspoon more water if your flour makes it unusually stiff.

2. Heat the pan gently

Warm a broad nonstick skillet over low heat for 3-4 minutes. Wipe it with a small amount of oil using folded kitchen paper held with tongs, then wipe away visible puddles. Set the heat to medium-low. Too much oil gives a patchy surface and excessive heat browns the sugar before the center sets.

3. Cook 12 small pancakes

Use about 25 g / 0.88 oz batter per pancake, allowing it to spread into a round about 7 cm / 2 3/4 in across. Cook 2-3 at a time, with room between them. After 60-90 seconds, when bubbles appear and the edge looks set, turn and cook for another 30-45 seconds. The centers must be fully cooked with no wet batter. Repeat to make 12 pancakes and cool for about 10 minutes under a clean, lightly damp cloth.

4. Fill and close

Pair pancakes of similar size. Put 40 g / 1.41 oz bean paste on the underside of one pancake in each pair, slightly mounded in the middle. Cover with its partner and press gently around the edge without squeezing the filling out. Serve the same day or wrap and refrigerate according to the filling label.

Cook's note

This uses prepared ready-to-eat anko, not dry beans. Honey is unsuitable for infants under 12 months. The portion is one filled sweet, rather than one individual pancake.

Substitution

Replace honey with 20 g / 0.71 oz rice syrup for a different but similarly sweet home version. If changing to a nut or dairy filling, update allergens and storage to match that filling. The egg and wheat in the pancakes remain.

Storage

Let the pancakes cool before filling and wrapping. Refrigerate filled dorayaki at 4°C / 40°F or colder and use within 2 days, or sooner if the anko label requires. Keep the wrapping closed while briefly returning a portion to room temperature so the pancakes do not dry out.

Allergens: Egg, Wheat

Approximate per portion: 245 kcal | Protein 5.8 g | Carbohydrate 48.9 g | Fat 2.9 g

Check soy sauce, stock, prepared sauces, seaweed seasonings and substitutes for additional allergens; unlisted accompaniments are excluded.

Dorayaki





1. Whisk the honey batter and rest it briefly in the refrigerator.



2. Heat a nonstick pan and wipe away excess oil.



3. Cook small pancakes until evenly golden and set through.



4. Sandwich measured bean paste between paired pancakes.

Back to contents

Recipe index

Agedashi tofu

Awase dashi

Chicken teriyaki

Dorayaki

Futomaki with egg, shiitake and cucumber

Miso ramen with chicken

Pork and cabbage gyoza

Salmon onigiri

Shrimp and vegetable tempura

Tofu and wakame miso soup

WORLD TABLE BOOKS

Bring another table home.

worldtablebooks.com