

FOOD FORWARD: WATER & FIRE: THE JAPANESE WAY

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QUESTIONS

- **Do employing more vegetables, fruits and sustainable lean protein alone in our menus make the healthiest dishes for our customers?**

YES NO

- **What is the complete answer? How to make the ultimate in healthy dishes?**

QUESTION

- The indispensable ingredient in your kitchen?

~~salt~~

~~sugar~~

?

COOKING TECHNIQUES

- OIL & FIRE COOKING

- WATER & FIRE COOKING

- 'dashi' (Japanese stock)
- Water & Fire cooking friendly preparation techniques

WATER & FIRE COOKING SUPPORTS

Preservation of natural flavor, color, texture and nutrition

Therefore:

- **The use of quality**
- **Encourage not to produce waste.....**
- **Supports our healthy life by.....**
- **Connects us with.....**

DEMONSTRATION



CHINESE BROCCOLI, ASPARAGUS, AVOCADO DRESSED WITH TOFU- PISTACHIO DRESSING

Creamy&Crunchy

Rich&Light

**Full flavor&
nutrients**

Vegetables&Nuts

Delicious



TOFU-PISTACHIO DRESSED VEGETABLES

Tofu Dressing: 'Shira-ae'

- 1) Dressing
- 2) Vegetables

RECIPE

- 1/3 block (**shio-koji** marinated) firm tofu
- 2 tablespoons pistachio butter
- 1 teaspoon Tamari-Mirin Sauce
- 2 teaspoons maple syrup
- 1/4 -1/2 teaspoon sea salt
- **Yuzu kosho**
- 1/4 cup plus more shelled pistachios, chopped
- 1 bunch asparagus
- 1 quart **B Hoppo-ji**
- 1 pound Chinese broccoli
- 1 avocado, stoned, peeled and cut into small pieces

HAPPO-JI

Happo-ji: Dashi stock flavored with shiro-shoyu or shoyu and mirin

a) Happo-ji: strong flavor - during Chef Shimbo's workshop it is called A Happo-ji

Dashi: Mirin: Shoyu 8: 1: 1

b) Happo-ji'': mild flavor - during Chef Shimbo's workshop it is called B Happo-ji

Dashi: Mirin: Shoyu 10-12: 1: 1