

Culture Tastic April 2022

Taste of Japan - Chef Charmaine Cheung

Main - Seabass

Ingredients

- Seabass 180 g
- Mirin 4 tbsp
- Yellow miso 1 tbsp
- Ginger & green onion For garnish

Methods

1. Mix mirin and miso
2. Marinate fish for 2 hours to overnight
3. Preheat oven to 395°F, bake for 15-18 minutes
4. Turn oven to 425°F for the last 5 minutes

Miso Soup

Ingredients

- Yellow miso 1 - 1½ tbsp
- Water (cold) 800 ml
- Dried kelp 3 cm by 3cm
- Dried bonito 1½ handful
- Dried Mitake mushroom Handful
- Baby spinach Handful
- Tomato A few
- Fresh mushrooms A few

Methods

1. Soak kelp in cold water until softened
2. Boil on medium heat, once smoke comes out, remove kelp
3. Add dried Mitake mushrooms, bonito to pot
4. Once boiled, turn off heat and cover; sit for 15 minutes
5. Strain and the dashi is ready
6. Boil tomatoes for a few minutes
7. Add spinach, and fresh mushrooms
8. Turn off the heat before adding miso to finish the soup

Note: Do not bring to boil, otherwise it will create a sour taste



Origini

Ingredients

- Japanese rice 100 g
- Water
- Dried kelp 4 cm by 4 cm
- Seaweed nori Sushi use
- Japanese sushi vinegar 4 tbsp

Methods

1. Soak kelp in cold water until softened
2. Cook rice in small pot with the kelp inside on medium heat (or rice cooker)

Lightly braised meatball

Ingredients

- Minced pork 100 g
- Ginger finely sliced 20 g
- Dashi From Miso soup
- Mikei premium mushroom sauce ¼ tbsp
- Corn starch (ratio 1: 1.5) 1½ tbsp
- Salt To taste

Methods

1. Sauté ginger, then add dashi and soy sauce to pot
2. Make minced pork into small meatballs, lightly braise
3. Wait for meatballs to turn brown, then put on lid to simmer for 5 minutes

Salad Dressing

Please note the dressing has been prepared for you, in the glass jar. Feel free to use the following recipe in the future to make your own.

Ingredients

- Mikei premium mushroom sauce 12 ml
- Cucumber (peeled) 1
- Mandarin orange 1
- Wasabi ½ tsp
- Spinach Handful
- Avocado oil 25-30 ml
- Salt & pepper To taste
- Lemon ½
- Water (cold) 3 tbsp

Methods

1. Put all ingredients in blender to make the dressing

Salad

Ingredients

- Cherry tomato A few

Methods

1. Cut cherry tomatoes in half and put on small plate

