

# **Recipe Collection**

Adam M. Resnick

September 30, 2015

# Contents

<b>1</b>	<b>Greece</b>	<b>2</b>
1.1	Meat . . . . .	2
	Pork Smothered in Leeks . . . . .	2
<b>2</b>	<b>Japan</b>	<b>3</b>
2.1	Soup and Dashi . . . . .	3
	Ichiban Awase Dashi . . . . .	3
	Iriko Dashi . . . . .	4
	Niban Awase Dashi . . . . .	4
2.2	Fish . . . . .	5
	Saba Misoni . . . . .	5
	Saba Nitsuke . . . . .	5
	<b>Bibliography</b>	<b>7</b>

# Chapter 1

## Greece

### 1.1 Meat

## Pork Smothered in Leeks



20 min



2 hours



4 Servings



Adapted from [1]

#### Preparation

- 1 Sprinkle meat with sea salt and fresh ground pepper.
- 2 Put the olive oil in a pot over medium heat. Once hot, brown the meat, turning to brown all sides. This will take 8-10 minutes. If working in groups, put the browned meat on a plate and move on to the next batch of meat.
- 3 Return all the meat to the pot, add the onion and cook for about 5 minutes, until the onion has softened.
- 4 Add the tomatoes, celery and enough water to almost cover all the meat. Bring to a boil, stirring occasionally.
- 5 Reduce the heat to medium-low, cover and simmer gently until the meat is starting to be tender, about 45 minutes or an hour.
- 6 Halve the leeks lengthwise and rinse thoroughly as there is sometimes sand between the layers of the leek.
- 7 Put the cleaned leeks in a pan, add a small layer of water, bring it to a boil and reduce to medium-low. Simmer for 10 minutes, then drain.
- 8 Put the leeks over the pork, cover and simmer until most of the liquid has been absorbed and the meat and leeks are very tender (another 30 minutes to an hour).

#### Ingredients

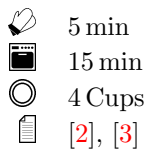
- |         |                                 |
|---------|---------------------------------|
| 1.75 lb | Pork butt cut into 1 inch cubes |
| 1 Tbsp  | Kombu (15-20 sq. in)            |
| 1       | Chopped yellow onion            |
| 1 Cup   | Chopped tomatoes                |
| 1       | Chopped celery stalk            |
| 9       | Leek stalks                     |

# Chapter 2

## Japan

### 2.1 Soup and Dashi

## Ichiban Awase Dashi



Awase dashi seems to be the most commonly used dashi. It's simple, and quick to make, consisting only of kombu seaweed and dried bonito flakes. Dashi is widely used in Japanese recipes, and is much faster to make than western stocks. I'm pretty loose with the measurements for this, as everyone has their own, slightly different version.





#### Preparation

- 1 Put the kombu and water in the pot. Let the kombu soak for 30 minutes to a day if possible. If you don't have time, skip the soaking step.
- 2 Bring the water to a gentle boil. Just as it starts to boil (bubbles forming on the edge of the pot) take out the kombu and save it for Niban Dashi. Turn off the heat.
- 3 Add the katsuobushi and let it sit for 10-15 minutes. The katsuobushi flakes should mostly sink to the bottom.
- 4 Strain the dashi, and freeze the katsuobushi for Niban Dashi.

#### Ingredients

4 Cups	Water
15 g	Kombu (15-20 sq. in)
15-30 g	Katsuobushi (A good handful or two)

## Iriko Dashi

 10 min  
 15 min  
 4 Cups  
 [4]

Iriko dashi is made from dried anchovies, which are generally cheaper than katsuobushi. The aroma and flavor a bit more fishy than normal **awase dashi**. Iriko dashi seems to mainly be used to make miso soup, which is naturally strongly flavored from the miso.

### Preparation

1 If you are bored, you can decapitate and de-stomach the iriko. Supposedly, this makes the dashi less bitter. I've never tried.

2 Soak the iriko in the water for 30 minutes to overnight.

3 Transfer to a pot, and slowly bring to a boil. Once boiling, reduce heat to low and simmer for 10 minutes.

4 Turn off the heat and strain the dashi.





### Hint

*Refrigerate or freeze unused dashi. It will keep for about 3 or 4 days in the fridge.*

### Ingredients

4 Cups Water  
 40 g Iriko (about a cup)

## Niban Awase Dashi

 2 min  
 25 min  
 4 Cups  
 [2]

Niban dashi will, of course, have a flavor that is not as strong as ichiban dashi. Thus, it is good to use it in dishes that will have their own, stronger flavor.

### Preparation

1 Put the used kombu and katsuobushi in a pot with the water. I typically use as much water as niban dashi that I will need. Bring it all to a boil on high heat.

2 Turn down the heat and let it simmer for 10-15 minutes.

3 Turn off the heat. You can add an extra handful of katsuobushi flakes now if you'd like it to be a bit stronger.





4 Once the katsuobushi flakes have sunk to the bottom, strain the dashi. Discard the now twice-used ingredients.

### Ingredients

4 Cups Water (or however much you need)  
 1 Set used ichiban dashi ingredients

## 2.2 Fish

### Saba Misoni

 10 min  
 20 min  
 2 Portions  
 [5]

Mackerel fillets are simmered in a miso-based sauce. It's an easy and quick way to cook mackerel and similar fish. This similar to **Saba Nitsuke**, although the flavor profile is different.





#### Preparation

- 1 Clean and fillet the fish, if it is whole. If desired, an "X" can be cut into the skin side of the fish
- 2 Combine the sake, sugar, miso, ginger and water in a pan big enough to hold all the fillets. Stir well, so as to dissolve the miso. Bring the mixture to a boil.
- 3 Once boiling, put fish in, skin side up. Put an otoshibuta (a slightly too small lid) on and let simmer for 8-10 minutes.
- 4 Add the soy sauce, mix by swirling the pan. Take it off the heat and serve.

#### Ingredients

- 1 Whole mackerel (or 2 fillets)
- 1/2 Tsp Soy Sauce
- 1 Skinny green onion (garnish)
- 2 Round, decoratively cut carrot slices (garnish)
- 2 Tbsp Sake
- 2 Tbsp Sugar
- 2 Tbsp Miso
- 1/2 Cup Water
- 1-3 Thin ginger slices

### Saba Nitsuke

 10-20 min  
 20 min  
 2 Portions  
 [6]

Nitsuke is a very simple simmering technique that yields a deep, sweet, salty, gingery, umami main dish in just a few minutes. A mainstay of everyday Japanese home cooking, Saba Nitsuke is definitely one of the three or four most often-cooked Japanese dishes.

This simmering technique, by the way, works well not only with mackerel but also with just about any kind of fatty fish, including flatfish, sea bream, sardines and pacific saury.

**Preparation**

- 1 Clean and fillet the fish, if it is whole.
- 2 Boil the sake and mirin in a pan big enough to comfortably hold the fillets without them piling up.
- 3 Add water, sugar, soy sauce and ginger. Bring the mixture back to a boil.
- 4 With the liquid boiling, place the fillets in the pan, skin side up. Occasionally baste the fish during this time.
- 5 When the liquid boils for the third time, place an otoshibuta (a lid that is slightly too small for the pan) over the fish and cook for 4 minutes.
- 6 Remove the otoshibuta, and continue to simmer for another 8-10 minutes while the sauce reduces. Baste occasionally, being sure not to move the fillets, as they will break apart.
- 7 The fillets should be glazed golden brown and the sauce should have reduced somewhat. It is now done

**Ingredients**

- 1 Whole mackerel (or fillets)
- 1/3 Cup Sake
- 1/3 Cup Mirin
- 1 Cup Water
- 1/3 Cup Soy Sauce
- 3 Tbsp Sugar
- 1 Thin ginger slice

A quick meal can be made of this, miso soup, rice and some type of pickle or rice seasoning.

**Hint**

*Cooking more fish with this recipe is really more of a function of pan size. If the pan is such that you can get two mackerel mostly in the liquid, there's no need to double the liquid portions.*

# Bibliography

- [1] Charity Ferreira, Dana Jacobi, and Carolyn Miller. *Essentials of Mediterranean Cooking: Authentic Recipes from Spain, France, Italy, Greece, Turkey, The Middle East, North Africa*. Menlo Park, CA: Oxmoor House, 2008.
- [2] Makiko Itoh. *Japanese Cooking 101, Lesson 1: How to make dashi stock, the foundation of Japanese cooking*. Mar. 5, 2013. URL: <http://justhungry.com/handbook/cooking-courses/japanese-cooking-101-lesson-1-its-all-about-dashi> (visited on 09/30/2015).
- [3] Namiko Chen. *How To Make Dashi*. Jan. 28, 2013. URL: <http://www.justonecookbook.com/how-to-make-dashi> (visited on 09/30/2015).
- [4] Namiko Chen. *Iriko Dashi (Anchovy Stock)*. Mar. 20, 2014. URL: <http://www.justonecookbook.com/iriko-dashi-anchovy-stock> (visited on 09/30/2015).
- [5] Namiko Chen. *Saba Misoni (Simmered Mackerel in Miso Sauce)*. June 8, 2011. URL: <http://www.justonecookbook.com/saba-misoni-simmered-mackerel-in-miso-sauce/> (visited on 09/30/2015).
- [6] Kanako. *Saba Nitsuke: Simmered Mackerel*. July 19, 2010. URL: <http://kanakoskitchen.com/2010/07/19/saba-nitsuke/> (visited on 09/30/2015).