



MISO YUM

EASY FREE FROM

JAPANESE

RECIPES



TABLE OF CONTENTS

JAPANESE COOKWARE	1
SOUPS AND STEWS	6
Soup	7
Ramen	11
Curry	14
BAKING	18
Bread	19
Noodles	24
STREET FOOD	27
Osaka	28
SIDES	33
Eggs	34
Rice	39
GLOSSARY	43
INDEX	45

JAPANESE COOKWARE

DONABE (どなべ)

Originating in Japan's Iga province, these pots are made from clay with properties that are ideal for operating at high temperatures, including in kilns and during high-heat cooking. This kind of clay from Iga is extremely porous, which means it builds heat slowly (and, similar to a slow-cooker, may take a longer time to initially heat up) but it keeps heat effectively once it's at peak temperature.



DONABE RECIPES

- VEGETABLE STOCK ON PAGE 8
- VEGETABLE CURRY (ベジタリアンカレー) ON PAGE 15

TAKOYAKI PAN (たこ焼き器)

A takoyaki pan is typically a griddle made of cast iron with hemispherical molds.

The heavy iron evenly heats the takoyaki, which are turned with a pick during the heating process to pull the uncooked batter to the base of the rounded cavity. Commercial gas-fueled takoyaki cookers are used at Japanese festivals or by street vendors. For home use, electric versions resemble a hotplate; stovetop versions are also available.



TAKOYAKI PAN RECIPES

- TAKOYAKI (たこ焼き) ON PAGE 31

TAMAGOYAKI PAN (玉子焼き器)

Also known as makiyakinabe, a tamagoyaki pan is a rectangular pan used to make Japanese rolled omelettes (tamagoyaki).

The rectangular shape of the pan facilitates a constant diameter over the length of the omelette, giving the omelette its bar-like shape once rolled. Most professional pans are made of heavy copper coated or lined with tin, with these materials being preferred for their heat conduction. A cheaper, nonstick variety is a common alternative to the copper pan.



- TAMAGOYAKI (玉子焼き) ON PAGE 37

RICE COOKER (炊飯器)

Known in Japan as suihanki, literally boil-rice-device, a rice cooker or rice steamer is an automated kitchen appliance designed to boil or steam rice. It consists of a heat source, a cooking bowl, and a thermostat. The thermostat measures the temperature of the cooking bowl and controls the heat. Complex, high-tech rice cookers may have sensors and other components, and may be multipurpose.



- **STEAMED RICE (米) ON PAGE 40**
- **FRIED RICE (焼き飯) ON PAGE 41**

SOUPS AND STEWS

SOUP

VEGETABLE STOCK

PREP: 15 min

COOK: 3.5 hr

SERVES: 4

INGREDIENTS

- 2 Tbsp vegetable oil
 - 15 g ginger
 - 1 onion
 - 8 spring onions
 - 1 piece kombu
 - 3 l water
 - 1/2 cabbage
 - 3 garlic cloves
 - 400 g carrots
 - 1 turnip
 - 12 dried shiitake mushrooms
 - Salt and pepper to taste
-

STEPS

1. Preheat oven to 190 °C.
 2. Place the cabbage on a baking tray and drizzle with oil.
 3. Roast for 20 minutes, or until browned.
 4. In a large pot or donabe, heat 1 Tbsp oil over medium-high heat.
 5. Add the ginger and garlic and stir fry until fragrant.
 6. Add the onion, carrots, spring onions, turnip, kombu, shiitake mushrooms, roasted cabbage and water.
 7. Bring to a boil, then simmer with the lid on for 3 hours.
 8. Strain the stock, season with salt and pepper to taste, and discard the solids.
-

DASHI (だし)

Consisting of only two ingredients, dashi is fundamental in Japanese cooking, providing intense umami flavour.

PREP: 1-6hr

COOK: 20 min

SERVES: 4

INGREDIENTS

- 1 l water
 - 20 g kombu
 - 5 dried shiitake mushrooms
-

STEPS

1. Use a damp cloth to clean the kombu.
 2. Add the kombu and shiitake mushrooms to the water and allow to soak for between 1 and 6 hours.
 3. After 30 minutes, turn on the heat to medium-high and simmer for 15 minutes.
 4. Just before boiling, add the bonito flakes.
 5. Allow the bonito flakes to simmer for 2 minutes.
 6. Remove the pot from the heat and strain.
-

MISO SOUP (味噌汁)

Miso soup is a traditional Japanese soup consisting of dashi stock and miso paste. Additional ingredients vary depending on regions and seasons.

PREP: 15 min

COOK: 20 min

SERVES: 4

INGREDIENTS

- 500 ml dashi, see "Dashi (だし)" on the previous page, or dashi powder
 - 2 Tbsp white miso
 - 100 g tofu
 - 1 Tbsp red miso
-

STEPS

1. Bring dashi to a simmer.
 2. Add red and white miso to a strainer and allow to dissolve in the stock.
 3. Add tofu and cook until heated through.
 4. Ladle into warmed bowls and serve immediately.
-

RAMEN

MISO RAMEN (味噌 ラーメン)

Developed in Hokkaido, miso ramen combines miso with an oily broth to create a thick, slightly sweet, and very hearty soup.

With its strong flavour, miso soup stands up to a variety of toppings.

PREP: 30 min

COOK: 1.5 hr

SERVES: 3

INGREDIENTS

- 1 Tbsp sesame oil
 - 2 pieces of ginger
 - 3 spring onions
 - White pepper, to taste
 - 3 Tbsp red miso
 - 1 Tbsp sugar
 - 1.5 liters vegetable stock, see "Vegetable stock" on page 8
 - 4 garlic cloves
 - 1 onion
 - 2 Tbsp sesame seeds, toasted
 - 1 tsp gochujang
 - 1 Tbsp white miso
 - 2 Tbsp sake
 - 2 tsp soy sauce
-

TOPPINGS (OPTIONAL)

- Nori
 - Spring onions
 - Pak choi
 - Ramen egg
 - Corn
 - Tofu
-

STEPS

1. In a large pot, heat sesame oil over medium heat.
 2. Add the garlic, ginger, onion and spring onion, and stir fry until fragrant.
 3. If using, add the pork and stir fry until cooked through.
 4. Add gochujang and red and white miso. Stir quickly to incorporate with the meat and to prevent burning.
 5. Add the sesame seeds, sugar and sake and cook for 2 minutes.
 6. Add vegetable stock and bring to a gentle simmer.
 7. Add soy sauce and pepper to taste.
 8. Simmer for 1 hour.
 9. Serve over noodles, see "Ramen noodles" on page 25, with your favourite toppings.
-

CURRY

VEGETABLE CURRY (ベジタリアンカレー)

Classed as yoshoku (Western food), curry was introduced to Japan in the late 1860s by the British and has since become one of the country's favourite dishes.

PREP: 30 min

COOK: 1.5 hr

SERVES: 2

INGREDIENTS

SPICE MIX (OPTIONAL)

- 2 Tbsp coriander
 - 1/2 Tbsp fenugreek
 - 3 tsp black pepper
 - 1 cinnamon stick
 - 2 star anise
 - 3 tsp chilli powder
 - 1/4 tsp paprika
 - 3 Tbsp cumin
 - 3 tsp cardamom
 - 1/2 tsp fennel
 - 2 cloves
 - 2 Tbsp turmeric
 - 1/4 tsp nutmeg
 - 1/2 piece ginger
-

FOR THE CURRY

- 2 Tbsp vegetable oil
 - 1 piece of ginger
 - 2 carrots
 - 1/4 butternut squash
 - 10 mushrooms
 - 1 liter vegetable stock, see "Vegetable stock" on page 8
 - 2 garlic cloves
 - 1 onion
 - 2 potatoes
 - 1/2 aubergine
 - 1 package
tofu
(optional)
 - 1/2 apple
-

- 1.5 Tbsp honey
 - 1/2 liter dashi, see "Dashi (だし)" on page 9, or dashi powder
 - 50 g unsalted butter, or vegan alternative
 - 25 g spice mix or 1 package curry roux
 - 2.5 Tbsp soy sauce
 - 1/2 Tbsp sake
 - 50 g plain flour
-

STEPS

FOR THE SPICE MIX (OPTIONAL)

1. In a small frying pan, toast the spice mix ingredients until fragrant, excluding paprika, nutmeg and ginger.
2. Combine the toasted spice mix with the paprika, nutmeg, and ginger in a grinder, and pulse to a fine powder.
3. In a medium frying pan, melt butter over low heat. Stir in flour and cook, stirring frequently until the roux is dark brown.

This will take approximately 25 minutes.

4. Add ginger and stir fry for 1 minute.
 5. Add the spice mix and cook for a further minute. Remove the pan from the heat and allow to cool.
-
-

FOR THE CURRY

1. In a large pot or donabe, heat 1 Tbsp oil over medium heat.
2. Add onion, potatoes, butternut squash, and carrots, and cook until softened.
3. Add the ginger and garlic and cook until fragrant.
4. Pour in sake and increase the heat to medium high. Allow to reduce.
5. Add the vegetable stock and dashi, and bring to a boil. Reduce the heat and simmer, covered for 10 minutes.
6. Add the honey and apple and simmer for an additional 10 minutes, or until the vegetables are tender.
7. In a separate pan, saute the mushrooms and aubergine in 1 Tbsp oil until browned. Season with salt and pepper.
8. Add the mushrooms and aubergine to the pot and bring to a simmer.
9. If using the spice blend, add the roux into the broth and simmer until thickened.
10. If using a curry roux pack, add one block to a ladle or strainer and allow to dissolve. Repeat with the remaining blocks.
11. Add soy sauce, and salt and pepper to taste.
12. If using, add the tofu for the final 3 minutes of cooking and cook over a low heat.
13. Serve over rice. Optional: Serve with a ramen egg, see "Ramen egg (味付玉子)" on page 35.

BAKING

BREAD

SHOKUPAN (食パン)

Shokupan (milk bread) literally means 'eating bread'. A soft and fluffy white bread loaf, Shokupan is ubiquitous in Japan.

This bread stays soft and moist for up to a week thanks to a tangzhong roux. Tangzhong is a pudding-like roux made from cooking flour and water.

PREP: 2 hr

COOK: 30 min

SERVES: 16 slices

INGREDIENTS

- 325 g gluten free bread flour
 - 7 g yeast
 - 32 g unsalted butter, melted
 - 44 g sugar
 - 1/4 tsp xanthan gum
 - 6 Tbsp water
 - 120 ml soya milk, luke-warm
 - 1.25 tsp salt
 - 2 eggs
-

STEPS

FOR THE TANGZHONG:

1. Add water and 25 g bread flour to a small pan and whisk until smooth.
-

2. Heat the pan over a medium-low heat, stirring constantly until thickened.
 3. Set the pan aside to cool.
-

FOR THE SHOKUPAN:

4. While the tangzhong cools, measure the remaining ingredients into a large bowl.
Only one egg. Reserve other for later.
 5. Add the cooled tangzhong and mix gently until a shaggy dough forms.
 6. Knead the ingredients, either with a stand mixer or by hand on a lightly floured surface, until soft, smooth and no longer sticky.
If using a mixer, this will take between 8 and 10 minutes.
 7. Transfer to a lightly oiled bowl, cover, and leave to rise for approximately 1 hour, or until doubled in size.
 8. Once risen, punch down the dough and divide into three equal pieces.
For accuracy, use a kitchen scale.
 9. Form each piece of dough into a ball and roll into an oval.
 10. Fold the bottom side of the dough up so that it covers the lower half of the dough.
 11. Repeat for the top.
 12. Roll the dough gently to seal, then roll up into a cylinder.
 13. Repeat with the remaining pieces of dough then place the three rolls of dough in a lightly greased loaf pan.
 14. Cover leave to rise for up to 1 hour until the loaf just rises above the edge of the pan.
 15. Preheat the oven to 175C.
-

16. Lightly beat the remaining egg and brush the top of the loaf with egg wash.
 17. Bake in the centre of the oven for 25-30 minutes.
-

NOODLES

RAMEN NOODLES

PREP: 1 hr

COOK: 3 min

SERVES: 4

INGREDIENTS

- 250 g gluten free plain flour
 - 1/4 tsp xanthan gum
 - 1/4 tsp salt
 - Cornstarch
 - 2 eggs
 - 1 Tbsp olive oil
 - 60 ml water
-

STEPS

1. In a large bowl, whisk salt, xanthan gum and flour until combined.
 2. Add the egg and stir.
 3. Slowly pour in the water, stirring constantly until the liquid is absorbed
 4. Knead by hand to form a smooth dough. Add more water, 1 Tbsp at a time, if necessary.
 5. Once kneaded, cover and leave to rest for between 30 minutes and 1 hour.
 6. Use a rolling pin to roll the dough into a rough triangle. Cover, and let rest for another 30 minutes.
 7. Cut the dough in half and roll thinly.
 8. Fold the dough and, using a sharp knife, cut into thin strips.
-

9. Dust with cornstarch to prevent sticking and gently loosen the strips.
 10. Boil for 3 minutes, or freeze for up to 3 months.
-

STREET FOOD

OSAKA

OKONOMIYAKI (お好み焼き)

Okonomiyaki, literally meaning 'grilled as you like it' is a savoury pancake originating in Osaka. Okonomiyaki became popular after World War II when there was a short supply of rice as it provided a nutritious and inexpensive meal.

PREP: 15 min

COOK: 15 min

SERVES: 8

INGREDIENTS

FOR THE BATTER

- 200 ml dashi, see "Dashi (だし)" on page 9, or dashi powder
 - 4 eggs
 - 1/4 tsp sugar
 - 50 g tenkasu
 - 1 Tbsp oil
 - 160g gluten free plain flour
 - 1/2 tsp soy sauce
 - 1/2 head cabbage, roughly chopped
 - 20 g spinach, optional
-

TOPPINGS (OPTIONAL)

- 1 package tofu
 - Bonito (鰹) flakes
 - Pickled ginger
 - Aonori (青のり)
 - Okonomiyaki sauce
 - Kewpie mayonnaise
-

STEPS

1. If using dashi powder, dissolve in 200 ml warm water.
 2. Combine flour, soy sauce, sugar and dashi.
 3. Add cabbage, eggs, tenkasu, and spinach, if using, and whisk to combine.
 4. Heat a small frying pan over high heat, add tofu and cook one side only.
 5. Flip the tofu, then pour over the cabbage mixture. Spread to approximately 3 cm thickness.
 6. When the edge of the okonomiyaki becomes firm, remove the pan from the heat, cover with a plate and flip. Slide the okonomiyaki into the pan, cooked side up.
 7. Continue to flip until cooked to your liking.
 8. Transfer to a plate, brush with okonomiyaki sauce and garnish with ginger, kewpie mayonnaise, bonito flakes and aonori.
-

TAKOYAKI (たこ焼き)

First popularised in Osaka, takoyaki is typically filled with diced octopus.

INGREDIENTS

FOR THE BATTER

- 350 ml dashi, see "Dashi (だし)" on page 9, or dashi powder
 - 2 eggs
 - 2 tsp soy sauce
 - 120g gluten free plain flour
 - 2 tsp baking powder
-

FILLINGS (OPTIONAL)

- 100 g tofu, or vegetable of your choice
 - 25 g tenkasu
 - 1.5 Tbsp pickled ginger
 - 2 spring onions
-

TOPPINGS (OPTIONAL)

- Pickled ginger
 - Takoyaki sauce
 - Aonori
 - Kewpie mayonnaise
-

STEPS

1. Add flour, baking powder, eggs, soy sauce and dashi to a large bowl. Whisk to combine.
 2. Brush a takoyaki pan with oil and heat over medium heat until smoking.
 3. Pour the batter and add octopus or chicken to each hole. The batter will overflow.
 4. Sprinkle tenkasu, spring onion and ginger.
 5. Cook for 5 minutes, or until the bottom of the balls have hardened. Using a skewer, separate the batter around the holes and turn each ball 90 degrees. The batter will flow into the holes.
 6. Cook for another 10 minutes, turning constantly to ensure a round shape.
 7. Transfer to a plate, brush with takoyaki sauce and top with kewpie mayonnaise, pickled ginger, bonito flakes and aonori.
-

SIDES

EGGS

RAMEN EGG (味付玉子)

Ramen eggs, or ajitsuke tamago, are soy-marinated eggs, eaten as a topping for ramen or as a side dish or snack.

INGREDIENTS

6 eggs	125 ml mirin
125 ml soy sauce	50 ml sake
1 Tbsp sugar, optional	2 Tbsp water

STEPS

1. Fill a pot with enough water to cover the eggs and bring to a boil.
 2. Once boiling, use a slotted spoon to carefully lower the eggs into the water.
 3. Immediately lower the heat to a gentle simmer, cover, and cook to your preference:
 - 5 minutes: Set white and liquid yolk. Best for ramen eggs.
 - 6 minutes: Soft-boiled.
 - 7 minutes: Set white and custard-like yolk.
 - 8 minutes: Set white and yolk.
 - 10 minutes: Hard-boiled.
 4. While the eggs cook, combine soy sauce, sake, mirin, sugar and water. Stir to dissolve the sugar.
-

5. Once the eggs are cooked, transfer to a bowl of ice water to prevent them cooking further. Allow to cool.
 6. When cooled, crack the eggs gently and peel under running water. This helps to remove the shell.
 7. Transfer the peeled eggs to the soy sauce mixture and store in the fridge for up to three days.
-

TAMAGOYAKI (玉子焼き)

Japanese rice is a short grain white rice that is fluffy and slightly sticky. Unlike long grain rice, Japanese rice grains stick to each other when cooked.

INGREDIENTS

5 eggs	1 tsp sugar
1/4 tsp soy sauce	1 tsp sake
1.5 tsp mirin	80 ml dashi, see "Dashi (だし)" on page 9, or dashi powder
1 Tbsp oil	

STEPS

1. Combine all ingredients, except oil, in a jug and whisk until well combined.
 2. Heat a tamagoyaki pan over medium-low heat and brush with oil.
 3. Pour 1/6 of the egg mixture into the pan and swirl to coat.
 4. When the egg is partially set, use chopsticks to roll the egg away from you.
 5. With the rolled egg still in the pan, pour in another 1/6 of the egg mixture.
 6. Lift the rolled egg to allow the egg mixture to flow under.
-

7. When the egg is partially set, use chopsticks to roll the egg toward you.
 8. Repeat for the remaining egg, brushing the pan with oil as necessary.
 9. Once done, remove from the pan and roll tightly in a bamboo sushi mat to ensure uniform shape.
 10. Use a sharp knife to cut into rounds. Serve with soy sauce.
 11. Once done, allow to steam for 15 minutes.
 12. Open the lid and gently fluff the rice with a rice paddle.
 13. Season to taste and serve immediately.
-

RICE

STEAMED RICE (米)

Japanese rice is a short grain white rice that is fluffy and slightly sticky. Unlike long grain rice, Japanese rice grains stick to each other when cooked.

INGREDIENTS

- 380 ml water, room temperature
 - 360 ml rice
 - 1/4 tsp salt
-

STEPS

1. Measure rice into a sieve and wash until the water runs clear.
 2. Transfer the rice to a rice cooker .
 3. Add 380 ml water, close the lid, and allow to soak for 30 minutes.
 4. Select White Rice from the menu, and click Start.
 5. Once done, allow to steam for 15 minutes.
 6. Open the lid and gently fluff the rice with a rice paddle.
 7. Season to taste and serve immediately.
-

FRIED RICE (焼き飯)

Miso soup is a traditional Japanese soup consisting of dashi stock and miso paste. Additional ingredients vary depending on regions and seasons.

INGREDIENTS

- 300 g steamed rice, stale, see "Steamed Rice (米)" on page 40
 - 2 eggs, whisked
 - 60 g Roasted vegetables
 - 1/2 Tbsp soy sauce
 - 1 Tbsp sesame oil
 - 1/4 tsp salt
 - 1/4 tsp pepper
 - 2 spring onions
-

STEPS

1. Use a rice paddle or your hands to break up the rice.
 2. Heat a wok over high heat. Once smoking, add the sesame oil and swirl to coat the pan.
 3. Add the egg and cook until partially set. Remove to a plate.
 4. Add the rice and stir fry until cooked through.
 5. Add the vegetables and toss to distribute evenly.
 6. Season with salt, pepper and soy sauce.
-

7. Pour in the eggs and stir to combine.
 8. Season with additional soy sauce and sesame oil, to taste.
-

GLOSSARY

A

AONORI (青のり)

A dried and powdered green seaweed. Most commonly used as a topping for okonomiyaki and takoyaki

B

BONITO (鰹)

Smoked and fermented skip-jack tuna that forms the base of dashi stock.

D

DASHI (だし)

A stock that is the backbone of Japanese food. Dashi forms the base for miso soup, broths, and ramen to accentuate umami

DONABE (どなべ)

A clay pot for use over an open flame. Often, food is cooked at the table on a gas burner. The clay retains its heat for a long time, ideal for keeping food warm during a lengthy meal.

G

GOCHUJANG (고추장)

A fundamental ingredient in Korean cooking, gochujang is a thick, spicy paste made from red chilli flakes, sticky rice, fermented soybeans and salt.

K

KENPIE (キューピー)

Mayonnaise made from egg yolks only. Essential for topping okonomiyaki and takoyaki.

KOMBU (昆布)

A member of the kelp family, kombu is a source of glutamic acid, responsible for umami. Kombu is used to make dashi.

M

MIRIN (みりん)

A type of rice wine commonly found in Japanese cuisine. It is similar to sake, but with a lower sugar and alcohol content.

N

NORI (海苔)

A dried, edible seaweed frequently used in Japanese cuisine. Due to its strong flavour it is often used to wrap sushi or onigiri, or as a ramen topping.

R

RED MISO (赤味噌)

Also known as aka (the Japanese word for red) miso, red miso is saltier with a stronger flavor than other varieties. It can easily overwhelm milder ingredients, so use sparingly.

S

SAKE (酒)

Japanese rice wine.

T

TANGZHONG (湯種)

A cooked mix of flour and water, used to soften bread and increase shelf life.

TENKASU (てんかす)

Crumbs made from tempura batter. It is commonly used as a batter filling or topping for texture.

TOFU (豆腐)

Originating in China, tofu is formed from coagulated soy curds that are pressed into blocks of varying softness. Low in calories and high in protein, it is often used as a meat substitute.

W

WHITE MISO (白味噌)

Also known as shiro (the Japanese word for white) miso, white miso is fermented for a shorter time and lower in salt than red and brown miso. It has a mild, sweet flavor.

X

XANTHAN GUM

An additive that is commonly added to foods as a thickener or stabiliser, and is frequently used to help bind gluten free baked goods.

INDEX

A

Aonori 29, 31

Aubergine 15

B

Bonito 29

C

Cabbage 8, 29

D

Dashi 10, 16, 29, 31, 37

E

Egg 12, 35

G

Garlic 8, 12, 15

Ginger 8, 12, 15

Gochujang 12

K

Kombu 8-9

M

Mayonnaise 29, 31

Mirin 35

Miso 10, 12

N

Nori 12

S

Sake 12, 16, 35

Scallion 12, 41

Sesame oil 12, 41

Shiitake 8-9

Soy sauce 12, 16, 29, 35

Spring onion 8, 12, 31, 41

Squash 15

T

Tenkasu 29, 31

Tofu 10, 12, 15, 29

V

Vegetable stock 12

W

Western 15

X

Xanthan gum 20, 25

Y

Yoshoku 15