DISHES INSPIRED BY EAST ASIAN HERITAGE



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CHINA

Chinese Dumplings
by Peter Bian



Simple Dumpling Sauce

Ingredients:

- 2 Tbsp Chinese black vinegar*
- 1 Tbsp soy sauce
- 1 Tbsp favorite chili oil (if you want it spicy)
- 1/4 tsp sugar
- 1/4 tsp finely diced scallions

Directions:

Mix all ingredients together.

*If you have trouble finding Chinese black vinegar you can substitute equal parts balsamic vinegar and distilled white vinegar OR use rice vinegar

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Dumpling Dough

Ingredients

- 500 grams all-purpose flour
- 250 grams room temperature water
- 1/8 tsp salt (optional; will create chewier dough texture)

Directions:

1. Slowly add water to the flour, mixing as you go
2. Once all water is added, bring the dough together by kneading with your hands.
3. Cover and rest for 15 minutes
4. Knead a second time.
5. Cover and rest for another 15 minutes.
6. Knead a third time. You'll know the dough is ready when the surface is smooth.
7. Rest a final 15 minutes
8. Roll dough out into a long rope.
9. Break or cut off small pieces of dough (about 16 grams in weight)
10. Dust dough balls generously with flour and roll around until they are spheres
11. Press each dough ball with your palm to flatten.
12. With a rolling pin, roll each one from the outside to the center, rotating the wrapper 90° as you go. Repeat rolling until wrapper is formed.

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Dumpling Filling

Ingredients

- 1 pound pork (or ground protein of your choice)
- 1/4 cup chicken stock or water
- 5 tbsp soy sauce
- 1 tbsp neutral oil (like canola or avocado oil)
- 1 tbsp sesame oil
- 1 tsp grated fresh ginger
- 1/4 tsp granulated sugar
- 1/4 tsp salt (or to taste)
- 1/4 tsp white pepper (sub black pepper if needed)
- 1 cup finely chopped Napa cabbage or green cabbage
- 1/2 cup finely chopped scallions (green and white parts)

Directions:

1. In a circular motion, mix together protein with stock or water. You can use a pair of chopsticks (traditional), a spatula or your hand. The idea here is to loosen the protein and emulsify some of the fat with the liquid to get a consistent texture throughout. This will take about 3-4 minutes and the end result will look like a loose meatloaf consistency.
2. Add in grated ginger, and liquid aromatics (soy, oil, sesame oil). Mix again until well combined
3. Add in remaining ingredients and mix until well combined.
4. Note: This filling can be stored in the fridge and reserved for later use up to one day in advance, however, it is best used right away.

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To Wrap Dumplings

1. Once all ingredients are made, fill each wrapper with approximately 1 tbsp of filling.
2. Fold wrapper in half to completely cover filling and seal dumpling shut along the edge.
3. Repeat until all dumplings are made.

To Cook Dumplings

How to boil dumplings

- Bring a pot of water to a full boil over high heat. Gently slide in dumplings.
- Push them around with the back of a spoon to avoid sticking. Cover with a lid.
- When the water comes back to a full boil, add about 120 ml / 1/2 cup of cold water then cover.
- Repeat the procedure twice. When fully cooked, the dumplings should be plump and floating on the surface.
- Transfer the dumplings to a colander. Briefly run tap water (make sure it's drinkable water) over. Drain and serve immediately.

How to pan-fry dumplings

- Heat up a little oil (just enough to cover the surface of your pan) over high heat. Place in dumplings.
- When the bottom part of the dumplings becomes golden brown, pour in cold water (enough to cover 1/3 of the dumplings). Cover with a lid.
- Uncover when the water evaporates completely. Cook another 30 seconds or so to crisp up.

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JAPAN

Cured and Seared Salmon on Sticky Rice

by John Sugimura



Directions

It is important to read through all of these directions prior to preparing this dish. The timing of each component varies greatly.

- 7 oz (210 g) sushi-grade salmon fillets, skin removed and divided into loin and belly
- Sprinkle a single layer of iodized salt evenly on all sides of salmon
- Cover and refrigerate for at least 2.5 hours to cure, do not exceed 2.75 hours
- After curing, remove salt by rinsing thoroughly under cold water and thoroughly pat dry. Cured fish can be wrapped and stored in the refrigerator until ready to serve.

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Directions

Homemade Sauce:

- Place a 2-inch square dashi kombu in the base of a small pot.
- Add 2 tbsp soy sauce, 1 tsp sake, 1 tsp tamari, 1 tsp mirin and a pinch of Japanese bonito flakes
- Heat over low heat until small bubbles begin to form around the edge of the pot, just before the mixture simmers
- Remove from the heat and let steep for 5 minutes.
- Strain liquid into a bowl and set aside to cool.

About 5 hours before you'd like to serve, cook the rice:

- Flood 1 cup Japanese medium-grain milled rice (Kokuho Rose Rice) in a pan with cold water and drain to remove loose starch; fold rice in water seven times to gently agitate to reduce starch; drain; and repeat two times.
- When rice is completely drained, add exactly 1 1/4 cups (300 ml) water
- Cook rice with dried kelp to reduce starchy flair in rice
- Bring to a boil, cover the pot, and reduce the heat to very low. Simmer until the water is absorbed and the rice is soft, about 20 minutes.
- Let rest, covered. When done correctly, freshly cooked rice will be drier on the top than on the bottom. It's crucial that the rice be allowed to sit off the heat for at least 40 minutes, in order for moisture to evenly distribute itself through the pan.

Season the rice:

- Properly seasoned Japanese rice (Awase-zu) enhances the refined delicate taste and texture. The adherence to ingredient ratio is critical.

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Directions

- Combine 1/4 tsp salt, 1 1/2 tsp sugar and 2 tbsp rice vinegar in a small pot, and mix well on low heat until the salt and sugar dissolve. Allow seasoning to cool.
- When the rice is cooked, fluff with a fork and pour in the vinegar mixture, mixing well. Season rice and hold hot at 180ºF for best flavor and texture. Keep sealed with plastic wrap. Shelf life not to exceed four hours.

Mold the rice into cakes:

- Organize heavy duty, plastic 10-piece nigiri sushi mold (top, bottom and frame) and apply a light coat with unflavored non-stick spray for rice to release easily.
- Weigh 9 oz (255 grams) of 180ºF or hotter properly seasoned Japanese rice organized in a well-formed ball.
- Distribute rice neatly and evenly into the corners and sides to ensure coverage and 100% yield. Work quickly to mold the hot starch-coated rice grains to maximize stick for stability. Score between the 10 rice cakes for clean edges and quick release.
- In a pinch, if you don't have a nigiri mold, cakes can be molded by hand, but may fall apart more easily
- When ready to serve, crisp rice cakes by applying a smudge of salted whipped butter on first side and heat on dry grill surface set to 375ºF. Repeat on second side.
- Submerge freshly prepared crispy rice cake in soy sauce (Kikkoman “regular” soy sauce) and heat on hot dry grill surface quickly 10-15 seconds on both sides to caramelize.

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Directions

Final Assembly:

- Slice cured salmon loin into 20 gram, 1.5- by 2.5-inch strips
- Place the salmon strip on top of cooked rice cake and generously brush with house-brewed soy
- Sear salmon with butane torch to medium rare on a heat safe surface (if you don't have a torch, you can set the salmon rice cakes under a broiler for 10-15 seconds
- Garnish with a smudge of wasabi and sliced scallions on top of seared salmon.
- Serve immediately.

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JAPAN

Sukiyaki

by Justin Sutherland



Ingredients

For the Sukiyaki:

- 1 block firm tofu, sliced into 1/2 inch thick squares
- 10 dried shitake mushrooms, rehydrated in hot water
- 1 package enoki mushrooms, rinsed and ends trimmed off
- 4 cups napa cabbage, chopped
- 4 cups shunginku (chrysanthemum greens), washed
- 6 scallions, sliced (white and green parts separated)
- 1 bundle shirataki noodles
- 2 tbsp vegetable oil
- 16 oz thinly sliced beef
- 4 cups dashi stock (mushroom soaking liquid or chicken stock)
- 4 cups steamed rice

For the sauce:

- 4 tbsp dry sake
- 1/2 cup mirin
- 1/2 cup soy sauce
- 2 tbsp brown sugar

Serves 4

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JAPAN

Sukiyaki

by Jason Sutherland

Directions

1. In a pot over medium heat, combine the sake, mirin, soy sauce and brown sugar. Bring to a boil. Make sure all the sugar is dissolved, then remove from heat and set aside.
2. Prepare all your sukiyaki ingredients and set aside.
3. Heat vegetable oil in a large pot or tall skillet. Add white parts of the scallions and sauté for 2 minutes.
4. Add the sukiyaki sauce and 2 cups of the dashi stock to the scallions. Bring to a boil.
5. Add your ingredients to the pot in sections - napa cabbage, tofu, both types of mushrooms, shunginku and shirataki noodles.
6. Cover the pot and bring to a boil. Reduce heat and simmer until the ingredients are cooked through, about 5 minutes.
7. At then end of cooking, add the sliced beef and cook for an additional 2-3 minutes.
8. Remove from stove, sprinkle with green parts of the scallions.
9. Serve with rice.

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