



Culinary Institute
of America

Asian Cuisine Boot Camp

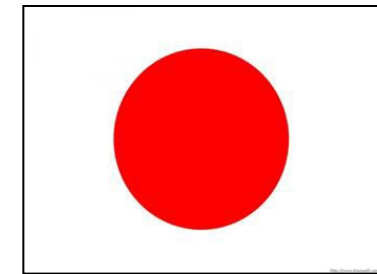
Day Four: Japan and Korea



Learning Objectives

- List the geographical influences on Japanese and Korean cuisine
- List the characteristics of Japanese and Korean cuisine
- Compare and contrast sushi and sashimi
- Identify a variety of noodles and list their uses
- Describe the procedures for making sushi rice, sashimi and tempura
- Prepare significant dishes indigenous to Japan and Korea

Japan: Geography



Population: 125 million (2021)

Geography

- 4 major islands
 - Hokkaido
 - Honshu
 - Shikoku
 - Kyushu
- 1000 miles north to south



Common Cooking Techniques

- Grilling - yakimono “grilled things”
- Steaming - mushimono
- Simmering - nimono
- Deep-frying - agemono
- One-pot cooking - nabemono

Common Preparation Techniques

- Basic stock - dashi
- Making soups - suimono and shirumono
- Slicing and serving - sashimi
- Salads - sunomono and aemono
- Rice - gohanmono
- Seasoned rice - sushi
- Noodles - menrui
- Pickled vegetables - tsukemono
- Sweets and confections - okashi

Unique Equipment

- Bamboo mat
 - Used to form and press
- Chopsticks
 - For cooking and eating
 - Lacquered
- Graters
 - Very fine, made of ceramic or metal
 - Used for ginger, wasabi, or daikon
- Mortar and pestle
 - Mortar is textured, used to crush sesame seeds
- Skewers
 - Stainless steel and bamboo, varied lengths
- Steamers
 - Metal or bamboo
- Wooden drop-lid
 - Used to hold simmering foods down used to prevent breakage and encourage even cooking

Sushi

- Seasoned rice
 - Cooking rice is of utmost importance
 - 1 part rice to 1 ¼ part water (by volume)
- Maki - rolled
- Nigiri - finger
- Battera - pressed
- Chirashi - scattered



Sashimi

- Sliced raw seafood
- More modern interpretations include cooked items



Dashi

- Basic Soup Stock
- Three ingredients
 - Water - begin with cold water
 - Konbu (kombu) - dried kelp, wipe lightly
 - Katsuo- dried bonito
- Basic Formula
 - 1 qt. water
 - 1 oz konbu
 - 1oz. katsuobushi



Tempura

- Portuguese and Spanish origin
- Deep-fried seafood or vegetable lightly coated with a thin very crispy crust
- Key points for success
 - Do not over mix batter
 - Mix batter at last moment
 - Dredge products lightly with flour
 - Serve immediately after frying

Miso

- Fermented soybean paste, which is used as an essential ingredient for soups, dressings, sauces, toppings marinades
- Has been fermented and then aged for up to three years.
- Three basic varieties, then there are regional varieties
 - Mame miso- made entirely from soybeans
 - Kome miso- made from soybeans and rice
 - Mugi miso- made from soybeans and barley

Miso

- Ama kuchi
 - Sweet and mellow
 - Kara kuchi
 - Salty
 - Shiro
 - Light color
 - Aka
 - Deep red color
- The darker kinds are saltier and more pungent, the lighter are sweeter and milder
 - Always add miso to soups and stews at the end, since boiling it destroys beneficial bacteria and causes it to curdle



Miso Soup

- Three components
 - Dashi
 - Basic soup stock
 - Miso
 - Fermented soybean paste
 - Garnish
 - Tofu, wakame, green onion
- Basic formula
 - 1 gal. dashi + 8 oz. miso



Other Common Ingredients

- Mushrooms
 - Shiitake – donko - a prized winter variety with cracked tops
 - Matsutake “pine mushroom” difficult to obtain fresh in the US



Herbs

- Shiso "beefsteak plant" "parilla" - tempura or garnish
- Kinome "Sansho" - aromatic and garnish
- Trefoil "Mitsuba" - member of parsley family



Common Vegetables

- Lotus root
 - unique shape, remains firm after cooking
- Daikon
 - giant white radish, used as garnish
 - pickled for use in sushi
 - grated for sauces and dressings
- Burdock "gobo"
 - usually simmered, often served chilled



Noodles - Menrui

- Soba



- Udon



- Somen



- Ramen



Sea Vegetation

- Hijiki



- Nori



- Kombu



- Wakame



Essential Ingredients

- Soybean products
 - Edamame “branch”
 - Soy beans, in or out of pod
 - Soy sauce “shoyu”
 - Tofu
 - Soft, firm, etc. - do not freeze
 - Often pressed to remove excess moisture
- Auburage
 - Pouches used for sushi, broth style noodles
- Soy milk
 - Beverage, sometimes sweetened
- Soymilk skin “yuba”
 - Used in soups

Korea: Geography

- Population
 - North Korea
 - 25.97 million (2021)
 - South Korea
 - 51.74 million (2021)
- Some of the highest density in the world



Common Ingredients

- Ginger
- Garlic
- Green onions
- Sesame seeds
- Cabbage
- Ginkgo nuts
- Radishes
- Powdered red chiles

Common Condiments

- Soy sauce
 - Light
 - Dark
- Red pepper paste
- Soybean paste
- Mirin –rice wine
- Dried radish

Well Known Dishes



Bulgogi



Kalbi

- Short ribs
 - Beef or pork
 - Marinated in ganjang-based sauce
 - Generally ingredients are
 - soy sauce
 - garlic
 - Sugar
- Serve with banchan (Korean word for side dishes)

Kalbi Mise en Place



Sesame leaves, red leaf lettuce, Korean cabbage



Pickled thin radish slices



Cabbage, carrot, chives in wasabi, soy, sugar Sauce



Sliced raw garlic



Soybean paste



Roasted sesame salt



Kalbi Assembly



Radish slice



Grilled beef - if not marinated, dip in bean paste



Top with dressed "salad"



Fold and eat



Kalbi Sides Dishes (*Banchan*)



Kimchi pancake



Chile-soy dressed cabbage



Stuffed cucumber kimchi



Mayonnaise potato salad



"Raw" crab kimchi



Juicy kimchi



Cooked broccoli



Korean root kimchi



Shiitake "oak" mushrooms with red peppers and onions

Kimchi



Jap Chae



Namul: *A Seasoned Vegetable Dish*





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Any questions?

