



WHOLE GRAINS

Culinary Strategies from the Japanese Kitchen

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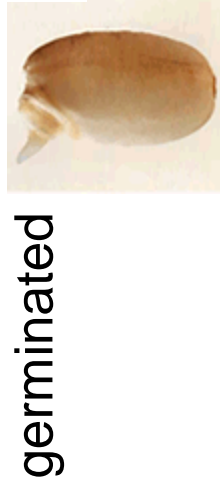
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RICE VARIETIES

Wholesome rice types:

- **Genmai** (brown rice)
- **Haigamai** (germ attached, polished rice)
- **Hatsuga-genmai** (germinated brown rice)
- **Akamai** (red rice)
- **Kuromai** (dark red rice)



germinated





RECIPE

Brown and Dark Red Rice Sushi Salad

3 cups **short-grain brown rice**

1 cups **kuromai dark red rice**

½ cup **dark red quinoa**

6 tablespoons rice vinegar

2 tablespoon sugar

1 ½ teaspoon sea salt

**Rinse brown & kuromai rice,
and soak them 1 hour**

Seasonal vegetables, cubed

Olive oil

Sweet simmered *shiitake*
mushroom, minced

Pickled ginger, minced

Parsley, minced

White sesame seeds

Mixed unsalted nuts, chopped





RECIPE

Kinoko no Takikomi Gohan, rice
cooked with mushrooms

3 cups **short-grain brown rice**

½ cup **dark red quinoa**

1 small onion, chopped

8 ounces mixed mushrooms

5 cups *kombu* stock

2 ounces block bacon

2 tablespoons wheat *shoyu**

1 ½ tablespoons *sake*

Minced parsley, white sesame

Seeds

* 1 Tab. = ¾ teaspoon salt

**Rinse brown rice, drain
½ hour, and soak 1 hour**





SOBA NOODLES

Variety:

- 100% soba flour type
- Darker color, rich flavor
- 80% soba flour + 20% other flour type (mountain yam, wheat)



Cook soba in boiling water without salt; after cooking rinse it thoroughly in cold water



RECIPE

Soba with *Miso* Flavored

Lamb Ragu

- 2 pound soba noodles
- 1/2 pound ground lamb
- 2 tablespoons grated ginger
- 1/2 cup chopped onion
- 1 ounce *koji kome miso*
- 1 ounce red barley *miso*
- 1/4 cup *mirin*
- 1/4 cup sake
- 1/4 cup chopped coriander
- 2 tablespoons grape seed oil

- 1 pound rainbow Swiss chard
- 1/2 cup sake
- 1/2 cup *mirin*
- 1 1/2 cup *shoyu*
- Kombu* stock

