

The Professional Chef Discovers Japanese Specialty Products



Culinary Institute
of America

Recipes featuring ingredients
from Japan's Ministry of
Agriculture and Fisheries

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AVOCADO TOAST WITH GRILLED CORN, TOMATOES AND SHOYU BALSAMIC GLAZE

Yield: 4 Portions

Prep Time: 10 minutes / Cook Time: 15 minutes / Total Time: 25 minutes

Ingredients	Amounts
<i>Shoyu Balsamic Glaze</i>	
Shoyu (soy sauce)	½ cup
Balsamic vinegar	½ cup
Brown sugar	¼ cup
Avocado	2 each
Lime juice	1 Tbsp.
Salt	as needed
Ground black pepper	as needed
Whole grain country bread, sliced ¾" thick	4 each
Olive oil	as needed
Garlic clove	1 each
Yellow corn, grilled cut off cob	1 ear
Cherry tomatoes, quartered	1 cup
Feta cheese	½ cup
Tarragon leaves	½ Tbsp.

Method

1. *For the Shoyu Balsamic Glaze:* Combine the shoyu, vinegar, and brown sugar in a small pot. Bring to a low simmer, stir to dissolve the sugar.
2. *For the Avocado:* Peel, seed and slice the avocado. Add the lime juice. Season with salt and pepper.
3. Grill the bread on both sides, drizzle with olive oil and rub one side with the garlic clove.
4. Shingle avocado on top of the garlic rubbed side of the bread.
5. Top with corn, cherry tomatoes, and feta cheese.
6. Drizzle with the Shoyu Balsamic Glaze.
7. Garnish with tarragon leaves.

WAGYU BEEF CAPRESE

Yield: 4 Portions

Prep Time: 20 minutes / Cook Time: 20 minutes / Total Time: 40 minutes

Ingredients	Amounts
Wagyu beef New York striploin, trimmed	2 lb
Thyme, fresh, leaves minced	2 Tbsp
Black pepper, ground	2 tsp
Salt	1 Tbsp
Extra virgin olive oil	2 Tbsp
Beefsteak tomato	2 ea
Mozzarella cheese, fresh ovalini	8 oz
Basil leaves	20 ea
Extra virgin olive oil	½ cup
Balsamic vinegar	1/4 cup
Salt	2 tsp
Ground black pepper	½ tsp

Method

1. Preheat an oven to 425 degrees.
2. *For the beef:* Season the beef with thyme, black pepper and salt.
3. Heat a skillet on medium high heat and add the olive oil. Sear the meat on all sides until deep golden brown.
4. Place into the oven and roast to medium rare, about 10 -12 minutes. Remove and set aside to cool.
5. Slice the beef, tomatoes, and mozzarella into ½-inch slices.
6. Layer slices of beef, tomato, mozzarella, and basil leaves, alternating each around the plate.
7. Drizzle with olive oil and balsamic, and season with salt and pepper.

BEET AND BEEF TARTAR

Yield: 4 Cups/4 portions

Prep Time: 10 minutes / Cook Time: 35 minutes / Total Time: 45 minutes

Ingredients	Amounts
<i>Tartar</i>	
Wagyu beef tenderloin, small dice	8 oz.
Red beets, roasted, peeled, small dice	8 oz
Capers, rinsed, chopped	¼ cup
Red onion, minced	¼ cup
Whole grain Dijon mustard	1 Tbsp
Lemon zest	1 tsp
Parsley, minced	2 tsp
Extra virgin olive oil	¼ cup
Salt	1 tsp
Ground black pepper	¼ tsp
<i>Garnish</i>	
Egg yolk	4 ea
Extra virgin olive oil	2 Tbsp
Chives, cut to ½ inch length	¼ cup
Toasted bread rounds, ¼ inch thick	as needed

Method

1. Combine all the tartar ingredients in a bowl.
2. Divide the mixture into four equal portions and press each portion into a 4-inch round mold on each serving plate.
3. Top each with an egg yolk, drizzle with olive oil, and garnish with chives. Serve with toasted bread.

Note: Raw meat should be kept cold at all times, and should be enjoyed as fresh as possible. Cut raw meat on a separate, clean, non-wood cutting board.

YELLOWTAIL CEVICHE WITH AVOCADO AND TORTILLA CHIPS

Yield: 4 Cups/4 portions

Prep Time: 10 minutes / Cook Time: 35 minutes / Total Time: 45 minutes

Ingredients	Amounts
Yellowtail, skinless, small dice	1 lb
Red bell pepper, minced	¼ cup
Jalapeño, seeded, minced	1 Tbsp
Red onion, thinly sliced	½ cup
Lime juice	¾ cup
Orange juice	¼ cup
Salt	1 Tbsp
Avocado, small dice	1 ea
Cilantro, minced	2 Tbsp
<i>Garnish</i>	
Corn on cob, boiled, sliced into 1-inch rings	1 ea
Blue corn tortilla chips	32 ea

Method

1. Combine all ingredients for the ceviche in a bowl and stir to mix well. Cover with a piece of plastic wrap directly over the surface, pressing down to submerge all ingredients.
2. Refrigerate for 1 hour.
3. Drain away some of the liquid, and gently fold the avocado and cilantro into the mixture.
4. Serve garnished with the corn and a side of tortilla chips.

CHICKEN FRIED SCALLOP PO BOY WITH MISO MAYONNAISE, SHREDDED LETTUCE AND TOMATOES

Yield: 4 portions

Prep Time: 10 minutes / Cook Time: 35 minutes / Total Time: 45 minutes

Ingredients	Amounts
Scallops, cleaned	12 ea
Paprika	1 tsp
Cayenne	½ tsp
Garlic powder	½ tsp
Salt	1 tsp
Black pepper	½ tsp
Buttermilk	2 cup
Hot sauce	1 Tbsp
Rice flour	1 cup
Cornmeal	1 cup
Miso paste	2 Tbsp
Lemon juice	4 Tbsp
Mayonnaise	1 cup
Fry oil	2 quarts
Hoagie rolls, cut in half lengthwise	4 ea
Iceberg lettuce, thinly sliced	4 cup
Roma tomatoes, sliced ¼ inch	2 ea

Method

1. Combine the scallops, paprika, cayenne, garlic powder, salt and pepper, and mix well to coat the scallops. Set aside.
2. Combine the buttermilk and hot sauce in a bowl.
3. Combine the cornmeal and rice flour in a bowl.
4. Place the scallops in the buttermilk mixture, then coat them in the rice flour mixture. Set the coated scallops on a tray.
5. Mix the miso paste with the lemon juice and mayonnaise in a bowl.
6. Heat the fry oil to 350 degrees F.
7. Fry the scallops about 3 minutes until the cornmeal starts to turn slightly golden brown. Remove and drain on a paper towel lined sheet pan.
8. Spread each side of the bread with the miso mayonnaise and place lettuce and tomatoes inside.
9. Add the scallops to the rolls and serve warm.

BLACKENED YELLOWTAIL

Yield: 4 portions

Prep Time: 5 minutes / Cook Time: 10 minutes / Total Time: 15 minutes

Ingredients	Amounts
<i>For the fish seasoning</i>	
Sweet paprika	1 Tbsp
Smoked paprika	½ tsp
Garlic powder	1 tsp
Thyme, dry	1 tsp
Onion powder	1 tsp
Ground white pepper	½ tsp
Ground black pepper	½ tsp
Oregano, dry	½ tsp
Cayenne pepper, ground	1 tsp
Sea salt, fine	2 tsp
Yellowtail, 5-oz. fillet	4 ea
Clarified butter (ghee)	½ cup

Method

4. *For the fish seasoning:* Combine all ingredients for the seasoning in a bowl.
5. Skin and trim the yellowtail. Remove any bones. Cut each fillet into two pieces.
6. Dry the fish and coat with the seasoning.
7. Heat a cast iron pan (or heavy bottomed stainless pan if cast iron is not available) on medium high heat.
8. Add the butter or ghee to the pan and place fish into the pan.
9. Cook until the fish is charred on each side but still moist and flakey in the middle, about 2- 3 minutes per side.

VEGAN ALFREDO SAUCE: MISO CAULIFLOWER “ALFREDO”

Yield: 4 portions

Prep Time: 10 minutes / Cook Time: 3 minutes / Total Time: 45 0minutes

Ingredients	Amounts
<i>For the “alfredo” sauce</i>	
Olive oil	2 Tbsp
Garlic, minced	2 tsp
Onion, minced	1/4 cup
Cauliflower, cut into 1” pieces	3 cup
White or brown miso paste	1/4 cup
Rice flour	¼ cup
Water or rice milk	3 cup
Salt	to taste
Linguini, cooked	1 lb
Ground black pepper	1 tsp
Parsley, minced	2 Tbsp

Method

1. *For the “alfredo” sauce:* Heat olive oil in a medium sized pot, and add garlic and onion. Sweat until aromatic.
2. Add the cauliflower, miso paste, rice flour, rice milk, and salt, and bring to a boil.
3. Cover, and simmer on low, stirring occasionally for 10-15 minutes or until the cauliflower is very tender.
4. Place all ingredients from the pot into a blender and blend on high until very smooth.
5. Place pasta in a saucepan with the “alfredo” sauce and heat together. Season with salt as desired.
6. Served garnished with black pepper and parsley.

NIGORI SAKE TAPIOCA PUDDING WITH FRESH FRUIT

Yield: 4 Cups/4 portions

Prep Time: 10 minutes / Cook Time: 35 minutes / Total Time: 45 minutes

Ingredients	Amounts
Nigori sake	1 cup
Water	½ cup
Tapioca pearls, small	1/3 cup
Rice milk	1 cup
Sugar	1/4 cup
Salt	¼ tsp
Egg yolks	6 ea
Mango, peeled, small diced	½ cup
Green and red grapes, quartered	½ cup
Blueberries	¼ cup
Toasted coconut flakes	¼ cup

Method

1. Combine the sake, water, and tapioca pearls in a medium size pot and soak the tapioca for 45 minutes until the pearls have absorbed the liquid.
2. Add the rice milk, sugar and salt and heat the mixture on medium heat, stirring frequently for about 5-8 minutes until the mixture starts to thicken.
3. Beat the yolks in a small bowl and slowly pour ½-1 cup of the hot tapioca mixture stirring constantly to stop the eggs from curdling.
4. Pour the egg mixture into the pot and stir constantly while cooking on medium low heat until the mixture thickens and sticks to the back of a spoon, about 5 minutes.
5. Plunge the pot into the prepared ice bath and stir the pudding until chilled.
6. Serve the pudding topped with fruit and coconut flakes.

GREEN TEA, APPLE AND PEAR GAZPACHO

Yield: 4 Cups/4 portions

Prep Time: 20 minutes / Cook Time: 35 minutes / Total Time: 55 minutes

Ingredients	Amounts
Bread, crusts removed, torn	1 cup
Green tea, brewed, chilled	2 cup
Almonds, skinless	½ cup
Garlic, chopped	2 tsp
Granny smith apple, peeled, diced	1 ea
D'anjou pear, peeled, diced	1 ea
Apple cider vinegar	2 Tbsp
Extra virgin olive oil	½ cup
Salt	to taste
Chives, ½ inch baton	2 Tbsp
Extra virgin olive oil	2 Tbsp
Almonds, skinless, toasted, crushed	2 Tbsp
Matcha powder	1/2 tsp.

Method

1. Combine the bread and 2 cups of the green tea in the bowl of a blender and allow to soak for 10 minutes.
2. After 10 minutes, add the almonds, garlic, apple and pear and blend until a paste is achieved.
3. With the blender motor running, add the vinegar and remaining green tea. Blend until smooth. Still with the blender running, add the olive oil and continue to blend until very smooth and creamy.
4. Adjust seasoning as needed.
5. Chill for 30 minutes and serve garnished with chives, a drizzle of olive oil, almonds, and matcha powder.

RICE FLOUR ROTI WITH COCONUT PEANUT SAUCE

Yield: 4 portions

Prep Time: 5 minutes / Cook Time: 10 minutes / Total Time: 15 minutes

Ingredients	Amounts
<i>Roti</i>	
Rice flour	3 cups
Salt	1 tsp
Boiling water	2 cups
Vegetable oil	as needed
Vegetable oil spray	as needed
<i>Peanut sauce</i>	
Red curry paste	2 Tbsp
Coconut milk	1 cup
Peanut butter, smooth	½ cup
Fish sauce	¼ cup
Shoyu (soy sauce)	¼ cup
Lime juice	2 Tbsp
Honey	1/4 cup
Water	¼ - ½ cup
<i>Garnish</i>	
Peanuts, toasted, crushed	¼ cup
Cilantro, minced	2 tsp

Method

1. Combine rice flour and salt in a bowl.
2. Pour the boiling water over the rice flour, stirring until the texture becomes clumpy and the water is absorbed. Cover and let sit for 5 minutes.
3. When cool enough to handle, rub hands with oil to prevent sticking, and then knead the dough and form it into a ball. Cover with plastic wrap and let rest for 5 minutes.
4. *For the peanut sauce:* Combine all sauce ingredients in a bowl and whisk adding water as needed. Set aside.
5. Divide the dough into 8 portions and roll each piece into a ball.
6. Using a rolling pin, roll the pieces of dough in between two pieces of oiled parchment paper. Each pancake should be about 1/8-inch thick.
7. Heat a nonstick pan on medium high heat. Put the roti in the pre-heated non-stick pan, and spray lightly with oil. Cook until light golden on both sides, about 2 minutes per side.
8. Remove roti from heat and keep covered with a cloth until ready to serve. Repeat with remaining dough.
9. Serve with side of sauce garnished with peanuts and cilantro.