

# *Kuniko's Recipes*



Nýp Seaweed Seminar 2014

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## Crunchy Roasted Seaweed



Fresh Icelandic dulse

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Roasted fresh Icelandic dulse seasoned and baked

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Crumbling roasted seaweed into crunchy flakes

# Kuniko's Recipes

## Crunchy Roasted Fresh Dulse



**INGREDIENTS** serves 4 – 5  
Fresh dulse 2 cups, squeezed in

**SEASONING**  
Olive oil 1 teaspoon  
Sea salt 1/8 teaspoon  
Tamari soy sauce 1/8 teaspoon  
Cumin 1/2 teaspoon  
Yuzu pepper\* 1/8 teaspoon

### STEPS

1. wash the dulse slowly and gently in cold water
  - lay flat on a cloth to dry
2. prepare seasoning in a mixing bowl
  - add dulse and coat with seasoning
  - lay the seaweed on an oven pan
3. pre-heat oven to medium high heat for 5 minutes
  - bake the dulse for 5 minutes
  - take out, remove excess water with a paper towel
  - put back in oven for 5 more minutes
  - turn and check the dulse frequently
  - bake until crunchy
  - remove to cool down

### Notes

*Crunchy dulse flakes are delicious when crumbled by hand and sprinkled over a portion of rice.*

*Please read the notes about preparing rice.*

*Dulse can be substituted with other seaweeds for crunchy roasting. It can be stored for months in an air tight container.*

*\*A yuzu pepper substitute can be made by blending lemon zests with black pepper.*

# Kuniko's Recipes

## Chicken with Lentils, Seaweed, Vegetables & Optional Fried Egg



INGREDIENTS	serves 4 – 5
Wakame	½ cup, about 100 grams
Cucumber	½ cup
Red pepper	½ cup
Kohlrabi	½ cup
Tomato	½ cup
Parsley	½ cup
Scallions	¼ cup, only white part
Kale	½ cup, optional
Chicken	1 breast
Lentils	½ cup
Eggs	4 – 5 (optional)

### SEASONING

Garlic	1 thin slice of a clove
Ginger	6 thin slices
Sea salt	½ teaspoon
Cumin powder	⅛ teaspoon
Olive oil	2 tablespoons
Lemon juice	1 tablespoon

### STEPS

1. soak the dried wakame in cold water until it opens and the middle is soft, squeeze dry
  - chop very finely
  - put in a large mixing bowl
2. cube 1 cm square cucumber, red pepper, kohlrabi, tomato and add
3. finely chop parsley, scallions and kale, add
4. slice 7 to 8 pieces of chicken breast and put on a cutting board
  - flatten each piece with the side of a heavy knife to prevent the chicken from shrinking
  - put aside
5. sauté garlic and ginger with 1 tablespoon olive oil in a frying pan, medium heat
6. remove the garlic and ginger, set aside
7. sauté the chicken in the pan, flat
8. dice chicken into cubes, add to bowl
9. add salt, garlic, ginger, cumin powder
  - leave aside at room temperature
10. add 1 tablespoon olive oil and lemon juice
11. boil lentils in 2 cups of water until al dente
  - drain and cool
12. mix with the rest and taste for salt balance
13. transfer to serving dish
14. optional: fry eggs sunny side down and add as a portion topping

# Kuniko's Recipes

## Dried Fish & Kombu Rice



INGREDIENTS	serves 4 – 5
Dried fish	2 cups
Kombu	1 cup, about 150 grams
Japanese rice	2 cups
Kombu broth	2 cups

SEASONING	
Butter	1 tablespoon
Olive oil	2 tablespoons
Garlic	1 tablespoon
Fresh ginger	2 tablespoons cut very finely
Onion	1/3 cup finely chopped
Garam masala	1/4 teaspoon
Curry powder	1/4 teaspoon
Cumin	1/2 teaspoon
Tomato purée	2 tablespoons
Bonito powder	1 teaspoon
Sea salt	1 1/2 teaspoon

### STEPS

1. rinse rice until water becomes clear then drain and put in an electric rice cooker
2. soak about 150 grams of kombu in 3 cups of water in a bowl,
  - when the kombu opens up, remove and save the water
  - squeeze the excess water off the kombu
  - chop finely, about 1 cup
  - add to the rice cooker
  - add 2 cups of the remaining kombu water
3. preheat oven to maximum temperature for 5 minutes
4. put dried fish on a pan and in the oven
  - roast until light brown, let cool down
  - break the fish into small bite sizes
5. melt the butter with olive oil in a saucepan with medium heat and when the butter is melting add garlic and ginger
  - sauté until aromatic
  - add chopped onions
  - sauté until golden
  - add all the spices and sauté for 2 minutes
  - add the tomato purée and sauté 1 minute
  - remove the saucepan
  - cool to room temperature
6. mix the spices, fish bits, bonito powder and salt with the the rice
  - let it sit for about 5 – 10 minutes
7. cook in the rice cooker, when done, wait 10 – 15 minutes before serving

# Kuniko's Recipes

## Sautéed Wakame & Roasted Sesame Seeds



### INGREDIENTS

Wakame

serves 4 – 5

4 cups, about 250 grams

### SEASONING

Ginger

10 thin slices, finely shredded

Olive oil

2 tablespoons

Tamari soy sauce

2 tablespoons

Bonito broth

1 ½ cups

Sea salt

⅛ teaspoon

Raw sesame seeds

1 tablespoon

### STEPS

1. Soak the dried wakame in cold water until it opens and the middle part is soft
  - remove, drain and slice into 2 cm pieces
2. sauté the ginger with 1 tablespoon of olive oil in a sauce pan
3. when the aroma emerges drop in the wakame
4. add broth, soy sauce, salt
5. simmer medium heat for 15 minutes
6. turn off the heat and let it sit
7. before serving reheat with high heat
8. reduce sauce to 70%
9. roast sesame seeds with low heat until golden
10. sprinkle sesame seeds on top before serving

### Notes

*This dish can be prepared 3 or 4 days before serving – just remember to add the sesame seeds only at the last moment.*



# Kuniko's Recipes

## Kombu & Colorful Vegetable Salad



### STEPS

1. put the kombu in 2 cups of water in a bowl
  - soak until soft and easy to cut
  - squeeze the water out of the kombu
  - place 4 pieces in layers on a cutting board
  - roll the layer into a tube and slice into 5 – 7 mm pieces, about 1 cup, put aside
2. slice all the vegetables
3. combine the olive oil, vinegar, maple syrup and sea salt into a big mixing bowl
  - whisk until the salt has dissolved
  - add capers and lemon zest
  - add kombu, kohlrabi, carrots, cucumber, cabbage, red pepper and toss

INGREDIENTS	serves 4 – 5
Kombu	4 pieces
Kohlrabi	1 cup of 4x2 cm slices
Carrots	1 cup of 4x2 cm slices
Cucumber	1 cup of 4x2 cm slices
Cabbage	1 cup of 6x6 cm slices
Red pepper	1 cup of 6x3 cm slices

### SEASONING

Olive oil	2 tablespoons
Rice vinegar	3 tablespoons
Maple syrup	2 ½ teaspoons
Sea salt	½ teaspoon
Capers	30
Lemon zest	1 tablespoon finely chopped

### Notes

*This salad can be made 3 days in advance if refrigerated.*

*Before serving toss the salad again.*

# Kuniko's Recipes

## ESSENTIAL JAPANESE INGREDIENTS

**Edible seaweeds** are nutritious marine algae containing complete proteins and high amounts of iodine and fiber. Seaweeds, or sea vegetables, are eaten by many cultures around the world and there are 31 common edible varieties.

Japanese cuisine includes seven types, but most commonly kombu, wakame, and nori, which are now international terms. (*Saccharina japonica*, *Undaria pinnatifida*, *Porphyra*.)

**Nori** is red algae that when processed like making paper, is green to purple and can be used in many tasty ways. Frequently used to wrap rice, its also a super healthy convenient snack food.

**Wakame** is green and delicious. It has one of the highest ratios of omega-3 fatty acid from a vegetarian source, and notable percentages of calcium, iodine, and the B vitamins thiamine and niacin.

Prepare dried wakame by soaking it in cold water until it opens and the middle part is soft. Remove, drain and gently dry for use.

**Kombu** is greenish brown and one of the three principle ingredients needed to make the soup stock dashi, and powerful component of umami flavors.

### **Kombu Broth**

#### *Ingredients*

2 ½ cups of water

2 big pieces of kombu, circa hand size.

#### *Steps*

1. wipe dry kombu clean with a damp towel
2. put the water into saucepan and add the kombu
3. it's best to let the kombu sit in the water overnight in a refrigerator
4. Heat the kombu in a saucepan over medium heat
5. remove the kombu just before the water boils

# Kuniko's Recipes

## ESSENTIAL JAPANESE INGREDIENTS

**Katsuo** – bonito broth, is a staple of all Japanese kitchens. Most people today use packaged powdered or flaked bonito chips when making katsuo. Discerning cooks take the time to use dried bonito slices that they shred, or buy shredded or flaked from a specialty shop, and the difference is delicious.

### **Bonito broth**

#### *Ingredients*

2 ½ cups of boiled water

1 teaspoon bonito powder or 1 teabag of bonito chips

#### *Steps*

1. heat the water to a roiling boil
2. as soon as its bubbling hot, reduce the heat to medium  
add the bonito powder or teabag of chips
3. simmer for 3 minutes. and turn off heat
4. cover and leave for 5 minutes before using

Katsuo broth can also be used cold depending on the recipe.

**Miso** is a nutritious Japanese seasoning made by fermenting soybeans with salt and koji, the fungus *Aspergillus oryzae*. Sometimes rice, barley, or other ingredients are used. Mixed with kombu or bonito stock it's served as miso soup, and has many other culinary uses.

There are 3 basic kinds and many regional varieties, blends, and textures:

**Akamiso**, red miso, is very flavorful, dark, and heavily fermented.

**Shiromiso**, white miso, is light and sweet.

**Chumiso**, medium fermentation, light brown miso.

# Kuniko's Recipes

## ESSENTIAL JAPANESE INGREDIENTS

**Rice** and a meal is the same word in Japanese: *gohan*. Japanese rice is primarily a sticky short grained sub species, *Oryza japonica* of *Oryza sativa*. Many kinds of rice grow around the world and are cooked in even more ways, but a simple rice cooker is the easiest way to prepare most kinds of rice.

### Steps

1. wash the rice in cold water until the water runs clear
2. if you like firm rice, use 1 cup of water for one cup of rice  
if you like it softer add 10% water
3. let it sit for 15 minutes to absorb the water
4. let the rice cooker do the rest
5. when done, stir to lighten, cover, and  
let the rice sit for 10 – 15 minutes before serving

Please note that this is for standard Japanese white rice. Times and proportions change for brown rice and blends.

**Shoyu** – soy sauce, originated in China in the 2nd century BCE and was brought by Buddhist monks to Japan in the 7th century.

Japanese soy sauce is made by fermenting with *Aspergillus* molds a paste of boiled soybeans, brine, and sometimes grains. The mash is pressed to squeeze out the juice, which becomes soy sauce. It's produced with diverse variations of ingredients, fermentations, pasteurizations and umami intensities. There are five basic types, each variant with specific names, and these three are the most common:

**Koikuchi** is the standard general purpose soy sauce, a blend of circa 50% soybeans with 50% wheat.

**Usukuchi** soy sauce is a lighter colored, a bit saltier and with amazake, a sweet liquid made from fermented rice. It's good for mixing with rice and maintaining food's colors.

**Tamari** soy sauce is darker with a deep rich flavor. The best is gluten free made without wheat, msg, or other ingredients. Tamari is normally used for dipping, and not for cooking because of its dark color. It's the closest to the Chinese migrant monk's soy sauce which originally was a by-product of miso fermentation.

# *Kuniko's Recipes*

*Dear colleagues, friends and family,*

*Thank you very much for coming to the Nýp Seaweed Seminar! I hope these recipes will help you explore the umami of seaweed and discover its culinary possibilities.*

*I would like to thank all the people who made this visit and seminar possible, including: Herdís, Sólon & their family, Thora & Sumarliði, Brooks, Karl & Ása, Grettir, Solveig, Sigríður Erla, my husband Koki, our son Louis and his wife Jackie.*

*My visit to Iceland has been wonderful and a lot of fun— Thank You!*

*Best wishes,*

*Kuniko*