

# Vinegared Crab and Wakame Seaweed

By Takuji Takahashi



## Ingredients

80g charcoal dried wakame from Naruto

50g wakame from Iwate Sanriku

6 boiled crab legs

Thin sliced pickled Shogo-in turnips

1 large turnip (about 20 slices can be made per turnip)

salt (2% of turnip weight)

200ml water

30g kombu seaweed

150ml rice vinegar

80ml mirin

60ml sake

80g sugar

2 red chili peppers (capsicum annuum)

'Happo' Vinegar (seasoned cooking vinegar)

50ml rice vinegar

25g sugar

10g kombu seaweed

300ml water

25ml light soy sauce

2 dried sardines

Yoshino kuzu (arrowroot) powder, to taste

'All purpose' dashi (to make in bulk)

1.2L dashi

80ml light soy sauce

80ml sake

80ml mirin

4 rape blossoms

100ml umadashi broth

150ml dark soy sauce (copper pot specific)

4 sprigs of red shiso flowers

ginger to taste

broth for cooking the wakame

500ml dashi x 2

Serves 4

1. Add 150ml of water and dark soy sauce to a copper pot and heat for 4-5 hours, releasing the mineral qualities of the copper.
2. Add the dashi ingredients in a stock pot.
3. Remove the thick skin of the turnip, and slice thinly with a mandolin slicer. Sprinkle salt on the sliced turnips. Once the salt has been absorbed, rinse with water and drain.
4. In a saucepan, bring the dashi broth base for the senmai zuke to a light simmer, then cool in ice water.
5. Divide the turnip slices from step 3 into one third lightly pickled slices and two thirds deeply pickled ones. The lighter pickles take about half a day, or a minimum of 20 to 30 minutes. For the deep pickling, it is better to soak for at least a day, but ideally two to three days.
6. Add the happo vinegar in a pot and bring to a light simmer, then cool with ice water.
7. Add the ingredients from step 5 to the pot, heat and thicken with the kuzu powder. Then let it cool.
8. Soak the Sanriku wakame in water, then blanch briefly in a copper pot.
9. Rinse the charcoal ash off the dried Naruto wakame in water and drain in a colander. Blanch in a copper pot for about 15 minutes.
10. Add dashi in a pot and add ingredients from step 7 and 8 one at a time, bringing to a boil, and then letting the pot cool. Once cooled, cut the seasoned turnips and Sanriku wakame into bite-sized pieces.
11. Finely julienne the ginger and set aside.
12. Boil the crab, while retaining the shape as much as possible.
13. Blanch the rape blossoms, arranged cut side down. Drain and soak in the all-purpose stock.
14. Add crab, Sanriku wakame, and ginger. Wrap in the senmai pickles then cut.
15. Plate the prepared Sanriku wakame and turnips in a bowl. Pour the kuzu thickened happo vinegar over the top, add 14, garnish with 13, and finish with 11. Finally garnish with the shiso sprigs.

# Kombu Dashi Risotto

By Takuji Takahashi



## Ingredients

### Crab dashi

15g natural kombu (high quality kelp)  
1L water  
Crab shell

### 1 cup cooked rice

(using a 10% higher rice to water ratio than usual of 150g rice:162ml water)

1 small charcoal-grilled crab meat (cooked rare)

1/8 of a baby turnip

12 rape blossoms

salt to taste

Serves 4

1. Wash the rice and then cook using 162 ml of water. The cooked rice should be a bit firmer than normal.
2. Make a dashi from the kombu in a stock pot by soaking in water.
3. Grill the crab meat over charcoal until rare, then remove the meat.
4. Add the crab shells to the rice and bring to a boil, then adjust the heat and skim off any foam that forms.
5. Blanch the rape blossoms with the bottom side up, drain, and cut off the tops.
6. Peel and cut baby turnips into 0.5 cm sized cubes. Soak in water.
7. Take the butterbur (fuki) buds one by one and fry in oil.
8. Lightly wash and drain the cooked rice.
9. In a saucepan, heat 4 with the sake and boil, add 8, and while cooking, add 3. Then add 5 and 6 continue to heat until warm.  
Season with salt and plate in a bowl.
- 10 Season with 7 to finish.

# Cold Shabu Beef

By Takuji Takahashi



## Ingredients

4 slices of beef, 50g each

Tamamiso

200g red miso

150g sugar

1 whole egg

1 egg yolk

120ml sake

boiled sake (for thinning the egg miso mix)

4 asparagus spears

200ml dashi

8 shiitake mushrooms

400ml all purpose dashi

1/2 bamboo shoot (boiled)

300ml dashi

A dash of light soy sauce

A pinch of salt

4 sansho pepper leaves

all purpose dashi (made in batches)

900ml dashi

60ml light soy sauce

60ml sake

600ml dashi

(a dashi made from water, kombu and dried bonito flakes)

1 bunch enoki mushrooms

300ml dashi

A dash of light soy sauce

4 rape blossoms

100ml dashi

all purpose dashi jelly

200ml dashi

Gelatin (15g per 1L)

**Serves 4**

1. In a pot, bring all the ingredients for the all purpose dashi to a boil, and set aside.
2. Put the ingredients for the miso into a pot, heat, mix until uniform, breaking the miso apart as necessary. If it is difficult, add more heat and sake to thin.
3. Add gelatin to the pan with the all purpose dashi, and when it gels, melt and set aside to cool and harden.
4. Cut bamboo shoots into bite-sized pieces and cook in a pot with dashi broth, light soy sauce, and salt to taste. Cook quickly and then cool.
5. Remove the pith from shiitake mushrooms, deep-fry them once, then cook in dashi and let them cool.
6. Cut off the stem of the enoki mushrooms and cook them with light soy sauce, and salt.
7. Clean the asparagus and soak them in all purpose dashi. Cut into quarters lengthwise.
8. Cut off the stem of the rape blossoms and blanch them. Then soak in all purpose dashi.
9. Put all purpose dashi in a pot and heat to 68°C.
10. Add the beef slices to a bowl with the all purpose dashi for cooling, and prepare to chill them in ice water.
11. Put the beef slices in the pan from step 8, heat through, and cool in the bowl from step 9.
12. Arrange the 10 slices on a tray and roll them up with slices of 4, 5, and 6 as the center. Cut into bite-sized pieces.
13. Arrange 12 on a plate, top with 4, 8, season with 3, and garnish with the sansho leaves.



# Simmered Yellowtail and Baby Turnip with Yuzu Miso

By Takuji Takahashi



## Ingredients

100g Yellowtail (upper meat, cut into 6 cubes)  
30g baby turnips  
2 yuzu fruit (to be used as a bowl)  
Spinach

### Tamamiso base

100g white miso  
10g sugar  
60g sake  
1 egg yolk  
Cooked sake (for thinning the miso)

Serves 2

1. Slice the upper meat of the yellowtail into rectangular pieces (2cm x 1cm), season with salt and set aside for about 5 minutes.
2. Mix all the ingredients for the miso in a bowl and add to a pan. If it is too hard, use boiled sake to thin.
3. Peel and cut baby turnips into 2cm cubes. Soak in water.
4. Blanch spinach, drain and cut into 3-4 cm pieces.
5. Prepare the yuzu bowl.
6. Pour a little bit of 2 into the yuzu bowl, add 1, 3, and 4, pour 2 over the top, and finish baking on the grill.