

SAVOUR THE MOMENT

It is generally accepted that taste, alongside smell, is closely (and powerfully) related to memory. Use these recipes if you're missing bi- and transport yourself straight back to paradise.

It is a recipe book. Use it in the kitchen.

Pork + leftover pumpkin/aubergine Gyozas

pork gyoza ingredients

1 pack of ready-made gyoza pastry defrosted
300 - 500g pork (depending on budget / carnivorous tendencies)

1/4 white cabbage, chopped finely
1 white onion, chopped finely
2 carrots, grated
3 shiso leaves chopped finely
generous pinch of salt

Pumpkin Gyoza Ingredients

1/2 a medium sized pumpkin (pre cooked)

1 large aubergine chopped and soaked in soy sauce, olive oil and sweet cooking sake for 15 minutes

1/4 white cabbage chopped finely
1 white onion chopped finely
2 carrots grated
3 shiso leaves, chopped finely
generous pinch of salt

Method

In a large bowl, combine all of the ingredients with your hands until they are evenly distributed

place a gyoza pastry sheet onto the palm of your hand and place a small amount of your desired carnivorous / herbivorous filling onto the centre. Slightly wet the edges of the pastry sheet, and then fold it shut to make a case. The wet pastry should seal itself (in order to keep your gyozas tightly packed and looking kawaii, bunch the pastry edges together to create a pleated pattern)

cook the gyozas in batches to avoid Emily-style gyozas. Heat a non-stick pan with some oil and fry on a medium heat for 2-3 minutes until golden brown on each side.

For perfectly cooked gyozas, add a good splash of boiling water to the pan (3/4 cup of water) to the pan and cover loosely with a lid to make sure some of the steam can make its way out. Alternatively cover the pan with some foil and poke a few holes in it.

Cook like this for a further 2-3 minutes and set aside whilst you tackle the rest of your gyoza mountain.

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Shiso, spring onion, carrot and cabbage salad.

You guessed it - chop up the ingredients listed above and serve in a round object. Use this one to impress special guests or for gyoza fillings.

Spicy Thai Pasta (also one for special guests)

Ingredients

1 pack of dubious Thai spiced noodle sauce.

For authentic bi-taste go for a Thai red sauce - one that describes itself as spicy, maybe even fishy...

1 pack of thin noodles

2 carrots, grated

2 cloves of garlic, finely chopped.

1 bunch of fresh coriander, leaves separated from the stalks.

Method

In a large pan, fry the chopped carrots and garlic on a medium heat until they have softened.

Add in the dubious Thai sauce and bring it to a simmer.

In a second pot, add salted water and bring it to boiling point. Cook the noodles according to their packet instructions.

Combine the noodles with your dubious sauce and congratulations - a dish worth serving to a pachinko lord. Season with salt and stir through the fresh coriander.

Coriander Spaghetti

This bad boy recipe needs attention to timings.

Ingredients

100g parmesan, grated

1 pack of spaghetti

5 cloves of garlic, chopped finely

1 bunch of fresh coriander, stalks chopped
and leaves hand-picked off for authenticity
olive oil

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Method

In a pot, bring salted water to the boil and throw in spaghetti. Set a timer for 2 minutes before the spaghetti's suggested cooking time.

Meanwhile in a large pan, pour in a generous amount of olive oil - make sure the whole of the pan is covered by a thin layer. Add in the garlic and cook on a low-medium heat, until the garlic has turned light brown.

Once the timer goes off, lift the spaghetti out

of the water and straight into the frying pan filled with hot oil. (Use two forks to lift out the spaghetti or one giant-sized fork. The key to this recipe is the PASTA WATER

Add in approximately 1 cup of the pasta water to the pan.

Simmer until it evaporates, and add in another cup of cloudy pasta water. →

once the pasta is cooked to your taste, salt it and serve on a flat object.

Finish the dish with grated parmesan cheese and fresh coriander.

locate
the
nearest
loitering
facilities

continue this process until the liquid in the pan is thickened - it should be a bit sticky and glossy.

Drunk Snacks (for simple times)

For a salty/umami fix - spread some butter and miso paste on to white sliced bread.

Leftover Sticky Rice with Edible Objects

Ingredients

1 bowl of sticky rice (for authentic - bi taste it should be overcooked, though I imagine properly cooked rice works well too.)

1 sheet of maki seaweed

1 handful of chopped coriander

Mayonnaise to taste

1 tablespoon of bonito soy

1 table spoon of sweet cooking sake

Method

whilst in a compromised state, assemble all of the ingredients above into a bowl and go for it.

Tofu Cucumber Maki

Ingredients

4 sheets of pre-fried tofu

1 cucumber chopped into finger sized sticks

mayonnaise, to taste

sushi rice

4 sheets of maki seaweed

For the tofu marinade -

1/2 cup of soy sauce

1/4 cup of sweet cooking sake

2 cm of ginger, chopped finely

1 tablespoon of sesame oil

pinch of sugar

Method

soak the rice for 30 minutes, and then drain the water. Cover with new water, roughly 2-parts water to 1-part rice. Bring the rice to the boil, and then reduce to a simmer.

Cover with a lid and leave it simmering for 20 minutes - make sure you don't stir the rice.

once you are satisfied with the fate of your rice - overcooked or not - put it in the fridge and wait for it to completely cool down.

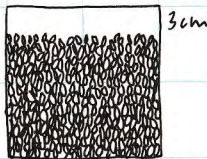
For the tofu, mix the marinade ingredients into a shallow dish and place the tofu inside so it completely soaks up the sauce. leave it in the fridge for a while.

once the rice has cooled, spread a thin layer over your sheet of seaweed. Make sure

• That you do it gently to avoid tearing the seaweed sheet.

leave roughly 3cm free at the top of the seaweed sheet

In the centre -
create a little
horizontal train
of marinated tofu
and cucumber.



- gently - roll
up the seaweed
sheet from the
bottom to create
a delicious log.
eat it whole or
chop it up for your

Squirt over a
line of mayonnaise.

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Udon noodle Soup

Ingredients

3 year old block of miso paste. Shop bought miso paste should also work.

1 pack of udon noodles
1 white onion, chopped
300g Oyster mushrooms

1/2 a daikon raddish, peeled and chopped.
1 bunch of spring onion, chopped
2cm stick of ginger, finely chopped
Dash of rice wine vinegar, or sweet cooking sake

Method

in a large pot,
begin frying the
white onion, ginger
and daikon on a low heat

once the onions have
slightly softened,
add boiling water to
the pot (the quantity
of broth
is up
to you)

Add in the miso paste, mushrooms and a dash of cooking sake or rice wine vinegar.

Bring the broth to the boil, and then lower to a simmering heat. Leave it to simmer for 20 minutes - and then season to your taste.

let
yourself
be
distracted

In a separate bowl, measure out your desired quantity of udon noodles. See the specific packet instructions and cook to perfection. Add the noodles to your broth and top it with green objects - (spring onion works fine).

Enrico's Aubergines

Ingredients

2 Aubergines

Bonito soy

Sweet cooking sake

olive oil

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Method

Finely chop the aubergines into thin slices and salt them. In a frying pan, heat some olive oil. Once the oil is hot, place the aubergine slices into the hot oil. Let them brown on one side and then turn them over - be gentle so that they don't lose their shape.

Once both sides are brown, cover with a few teaspoons of bonito soy and sweet cooking sake, before putting a lid on the pan.

Leave the aubergines to cook with the lid on in order to absorb the juices, on a medium heat. After 4-5 minutes, remove the lid and let the moisture evaporate. Salt to your tastes.

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Kiki San's
Eggs

Tsuge

Ingredients

2 eggs
(per person)

1 cm cube of butter
Salt and pepper

Yoshiharu

Method

In a bowl, whisk the eggs well.

In a pan, melt the butter on a very low heat (the lowest heat setting) and prepare yourself for some dank eggs. Add the whisked eggs to the pan.

Be sure to keep stirring the eggs constantly, as soon as you see a solid layer forming at the bottom of the pan, take them off the heat. Using the whisk in the pan to get rid of any solid

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bits would be a good idea at this stage. The idea is to keep continually stirring over a very light heat, until the eggs slowly thicken. You should make sure that the eggs are thoroughly stirred and not scrambled.

Bibimbap with sticky rice

Ingredients

sushi rice (see page 8) I will also provide a tried-and-tested alternative method.

1 fried egg per bowl

cucumber, chopped into 4cm long objects.

1 handful of flower petals per bowl for textural reasons, and effect.

3cm stick of ginger, finely chopped

2 garlic cloves, finely chopped

200g mushrooms, roughly chopped

1 white onion, roughly chopped

1 sheet of maki seaweed for garnishing

Dressing Ingredients

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1 tbsp sesame oil

2-3 tbsp bonito soy

2cm stick of ginger

(finely chopped)

2 tbsp sweet cooking sake

1 tbsp sesame seeds

1 clove of garlic finely chopped

later

Method

for the sticky rice - see page 8, or use this alternative method.

- wash your desired quantity of sushi rice 3-4 times, rinsing it until the water

runs a little clearer. Now add fresh water and cover the rice - adding roughly twice the amount of water than your quantity of rice.

Boil the water, and as soon as it starts boiling rapidly, bring it down to a simmer. Put a lid on your pot (do NOT remove the lid!) and let it boil away for 10 minutes. Then turn off the heat, and leave the pot to sit (lid still on) for 25-30 minutes.

In a separate frying pan, fry together the mushrooms, garlic and onion on a low heat until they soften.

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In a separate pan, fry one egg for every bowl you are making - sunny side up.

For the dressing: combine all of the ingredients and stir stir stir.

How to prepare your bibimbap bowls - put together a bowl of rice, and top it with chopped cucumber, fried onions + mushroom, and raw fresh ginger. Add the fried egg, a piece of maki seaweed and season with a pinch of salt.

pour over some of the dressing and congratulations! you have yourself a bibimbap.

Undercooked Stir-fry

Ingredients

sticky rice (undercooked for authenticity though if you follow the steps on either page 8 or 14 - it may be more satisfying.)

4 cloves of garlic, finely chopped

3 carrots

throw away your

(finely chopped or grated)

2 sticks of chilli infused daikon

(you could substitute for another root vegetable roasted in honey and chilli for our european chefs.)

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300g mushrooms

roughly chopped

3 eggs

phone.

seasoning ingredients:

soy sauce
sweet cooking sake
sesame oil

Method

cook the rice to perfection, unless you are really missing bi - and you opt for the undercooked rice.

fry together the rest of the ingredients - carrot, mushroom, garlic and chilli daikon for 8 - 10 minutes on a medium heat.

Add the rice to the pan, followed by the seasoning condiments. Fry the rice for a few minutes in the sauces, and then crack in the eggs. Only fry the rice for a further 1 minute - the egg will cook

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itself in the hot rice. Season with salt. Serve!

Weird Salad

Ingredients.

Bok choy

English spinach

2 cloves garlic, finely chopped

1 cucumber, chopped to become smaller objects.

1 tbsp rice wine vinegar

olive oil.

Method

In a pot, boil some water and add in the bok choy for 2 minutes (to reduce sourness) and strain.

In a pan, fry together the bok choy and spinach with a healthy lug of olive oil and the chopped garlic.

Cook for a few minutes on a medium heat until they have both wilted.

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Add the fried spinach and bok choy to a large salad bowl and mix in the fresh ingredients (chopped cucumber) along with the rice wine vinegar.

Season with salt and pepper to your taste!

Shochu and Matcha cocktails

(makes one large bowl of punch):

1 part shochu to 3 parts sparkling water.

1/2 cup brown sugar syrup

1 lemon juiced and chopped up - adding slices to the mix.

1 large tablespoon of matcha powder

Method: in a large pot, add in 1/2 cup of brown

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sugar and 1 cup of water. Mix together over a low heat until the water thickens. Set aside to cool.

In a large punch bowl, add in your desired quantity of shochu and sparkling water - followed by the lemon and matcha.

Add in roughly 1/2 cup of sugar syrup to the cocktail mix - though you can change this depending on how sweet you like it.

Thank you for everything.

sorry,
network
problems



