

Eating the Mediterranean Way: A Japanese Breakfast or Washoku meal

Chef Camila Loew, PhD NC
camila@sobremesa.life
www.sobremesa.life
June 24, 2024

Baked Salmon with Mushrooms

Ingredients:

1 thin slice salmon per person

A handful of shimeji and another one of enoki mushrooms (or other mushroom of choice)

10g butter or olive oil

1 tablespoon soy sauce or tamari

salt and pepper, to taste

1 tablespoon sake

1/2 cup water for the pan

1. Tear the mushrooms with your fingers into bite-sized pieces.
2. Prepare a big pan with a bit of water in the bottom.
3. Cut up a big piece of foil per slice of salmon. Place the salmon on top and some mushrooms on the slide (and some thinly sliced onion).
4. Top with sake, salt, pepper, and butter.
5. Close the foil into a package and fold. Place in the pan. Cover with a lid and steam for 15 minutes on low.

Chawanmushi : Steamed Egg Custard

Ingredients for 4 servings:

2 large eggs

measure the eggs in a measuring cup and add 3 x dashi (cold)

salt, ¼ teaspoon

a small handful of cooked, peeled shrimp per person, roughly chopped (or whole if using baby shrimp)

yuzu peel (or lemon)

chestnuts are also a good idea

4 shiitake mushrooms, sliced

mizuba or other green such as cilantro, washed and roughly chopped

1. Whisk the eggs and strain them before adding the necessary amount of dashi. This will give a smoother texture.
2. Add the dashi according to ration (3x egg).
3. Add salt.
4. Place some of each of the ingredients in the bottom of a cup or ramekin that can go on the heat. Then pour the egg-dashi mix on top, not to cover, about 80% full.
5. Cover each one tightly with aluminum foil.
6. Place in a steamer and cover.
7. Steam for 3 minutes on high and then 10 minutes on low. You have to tilt the bowl and make sure that any liquid you see is just dashi not raw egg. You can also check by pricking with a chopstick and you should only see clear dashi.

Goma-ae, Spinach and Sesame Salad

Ingredients:

Spinach, 1 bunch

sesame seeds, toasted, 3 tablespoons

sugar, 1-2 teaspoons

1 teaspoon soy sauce or tamari

1 teaspoon dashi (powder or liquid dashi is ok)

1. Clean the spinach. Boil water in a pot with some salt.
2. When it comes to a boil, add the spinach and boil for about a minute. Then remove from the heat, strain and place in an ice bath to stop the cooking.
3. Squeeze out the water from the spinach and then slice into 3-4 cm pieces. Then squeeze out the water one more time.
4. Grind the sesame seeds in a suribachi. Then add the liquid ingredients. Mix.
5. Add in the spinach and mix with chopsticks.
6. You can also add other vegetables to it, like carrots in matchsticks or tiny broccoli florets.

Japanese Style Rice

Yield: 6 cups

Ingredients:

2 1/4 cups Japanese rice, washed and drained

2 1/2 cups water

Stovetop method:

Place the rinsed rice into a heavy pot with a tight fitting lid. Add the water, cover, and bring to a boil on high heat, which should take around 6-9 minutes. The idea is not to open the lid but to use your senses: look for steam coming out of the sides and listen for the rolling bubbling sound of a boil.

Reduce the heat to low and cook 10 minutes.

Remove from heat and let sit, covered, for another 10 minutes to steam.

To serve, use a rice paddle or a spatula to gently lift up the grains, with a scooping motion, into the individual serving bowls.