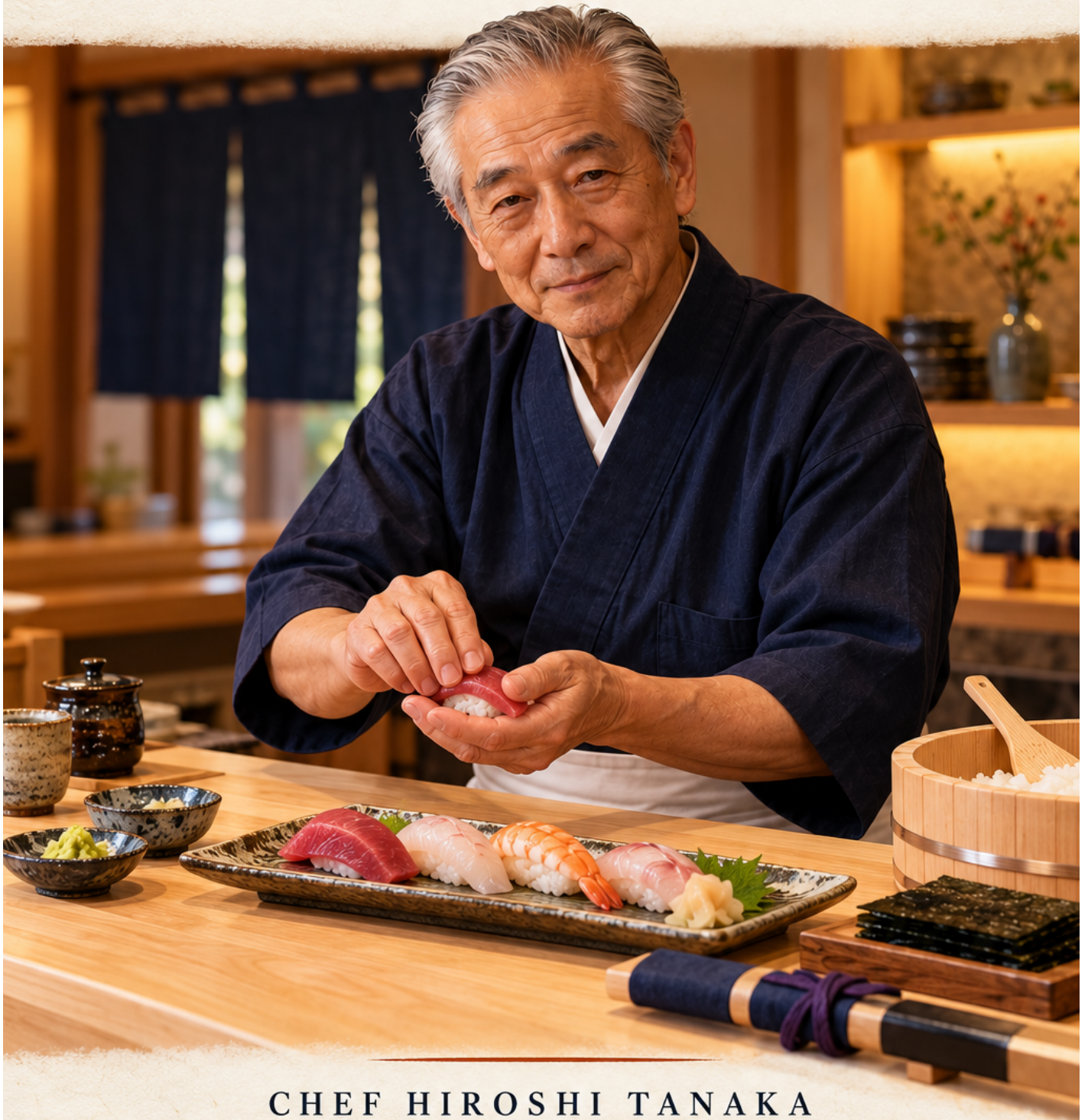


HIROSHI'S SUSHI COUNTER

THE RICE IS LISTENING

A Quiet Guide to Sushi, Knife Work, and Doing Less



CHEF HIROSHI TANAKA

The Rice Is Listening

HIROSHI'S SUSHI COUNTER

Welcome to Chef Hiroshi Tanaka's kitchen. This book is built for real home cooks: clear methods, ordinary tools, and recipes that reward attention more than fuss.

“Good sushi is not complicated. It is careful.”

A digital cookbook for the home kitchen

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Begin With Your Senses

Japanese Sushi And Home Cooking is learned by attention. Read the ingredient, watch the heat, smell the pan, and taste before you decide it is finished.

- Prep first so the cooking stays calm.
- Use a spoon to taste at every important turn.
- A familiar recipe becomes yours when you learn its signals.

The Pantry That Carries the Book

These are the ingredients that make this kitchen feel like itself: Japanese short-grain rice, rice vinegar, soy sauce, miso, kombu, nori.

- Buy the best version of the few ingredients you use most.
- Label jars and keep the everyday things at eye level.
- A short pantry list cooks better than a crowded one.

Tools That Earn Their Place

You do not need a showroom. You need a reliable knife, a heavy pan, a pot with a lid, measuring spoons, and something sturdy to stir with.

- Keep one sharp knife sharp.
- Use a heavy pan for browning and a pot for gentler work.
- Clean as you go so the final bowl is the only thing waiting.

How to Use This Book

Each recipe is written for a real weeknight but leaves room for your own kitchen judgment. Read the full method once, then cook from the signals: scent, sound, color, and taste.

- Make the recipe once as written, then change one thing at a time.
- Use the serving notes as a starting place, not a rule.
- Write your adjustments in the margin when a version becomes your favorite.

RICE AND COUNTER BASICS / RECIPE 01

Perfect Seasoned Sushi Rice

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the Japanese short-grain rice and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

RICE AND COUNTER BASICS / RECIPE 02

Rice Vinegar Dressing

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons rice vinegar
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the rice vinegar and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 03

Warm Miso Soup

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons soy sauce
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the soy sauce and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 04

Dashi from Kombu

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons miso
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the miso and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 05

Dashi from Bonito Flakes

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons kombu
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the kombu and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 06

Tamagoyaki for the Counter

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons nori
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the nori and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 07

Japanese Rolled Omelet

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sesame oil
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sesame oil and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 08

Steamed Rice with Sesame

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons mirin
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the mirin and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 09

Onigiri with Salmon

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sake
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sake and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 10

Salted Edamame

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons bonito flakes
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the bonito flakes and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

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RICE AND COUNTER BASICS / RECIPE 11

Cucumber Sunomono

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the Japanese short-grain rice and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 12

Tuna Nigiri

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons rice vinegar
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the rice vinegar and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 13

Salmon Nigiri

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons soy sauce
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the soy sauce and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 14

Yellowtail Nigiri

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons miso
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the miso and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 15

Cooked Shrimp Nigiri

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons kombu
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the kombu and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 16

Tamago Nigiri

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons nori
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the nori and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 17

Seared Scallop Nigiri

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons sesame oil
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the sesame oil and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 18

Mackerel Nigiri

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons mirin
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the mirin and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 19

Tofu Inari Sushi

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sake
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sake and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 20

Vegetable Nigiri

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons bonito flakes
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the bonito flakes and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 21

Seared Beef Nigiri

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the Japanese short-grain rice and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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NIGIRI AND SASHIMI / RECIPE 22

Pressed Sushi with Salmon

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons rice vinegar
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the rice vinegar and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 23

Classic Tuna Maki

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons soy sauce
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the soy sauce and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 24

Cucumber Maki

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons miso
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the miso and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 25

Avocado Maki

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons kombu
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the kombu and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 26

Salmon and Scallion Maki

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons nori
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the nori and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 27

Spicy Tuna Roll

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sesame oil
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sesame oil and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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MAKI AND HAND ROLLS / RECIPE 28

California Roll

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons mirin
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the mirin and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

MAKI AND HAND ROLLS / RECIPE 29

Vegetable Futomaki

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons sake
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the sake and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

MAKI AND HAND ROLLS / RECIPE 30

Salmon Skin Roll

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons bonito flakes
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the bonito flakes and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

MAKI AND HAND ROLLS / RECIPE 31

Temaki Hand Rolls

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the Japanese short-grain rice and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Make enough for tomorrow. Good food improves after a night in the icebox.

MAKI AND HAND ROLLS / RECIPE 32

Pickled Daikon Roll

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons rice vinegar
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the rice vinegar and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

MAKI AND HAND ROLLS / RECIPE 33

Oshinko and Sesame Roll

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons soy sauce
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the soy sauce and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

SOUPS AND SMALL DISHES / RECIPE 34

Miso Soup with Tofu

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons miso
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the miso and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

SOUPS AND SMALL DISHES / RECIPE 35

Clear Soup with Mushrooms

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons kombu
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the kombu and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

SOUPS AND SMALL DISHES / RECIPE 36

Agedashi Tofu

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons nori
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the nori and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Use what is on hand, but do not skip the thing that gives the dish its character.

SOUPS AND SMALL DISHES / RECIPE 37

Gomae Spinach

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sesame oil
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sesame oil and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

SOUPS AND SMALL DISHES / RECIPE 38

Chilled Silken Tofu

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons mirin
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the mirin and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

SOUPS AND SMALL DISHES / RECIPE 39

Japanese Potato Salad

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sake
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sake and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Make enough for tomorrow. Good food improves after a night in the icebox.

SOUPS AND SMALL DISHES / RECIPE 40

Seaweed Salad

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons bonito flakes
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the bonito flakes and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

SOUPS AND SMALL DISHES / RECIPE 41

Crispy Karaage Chicken

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the Japanese short-grain rice and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

SOUPS AND SMALL DISHES / RECIPE 42

Panko Shrimp

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons rice vinegar
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the rice vinegar and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

SOUPS AND SMALL DISHES / RECIPE 43

Grilled Shishito Peppers

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons soy sauce
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the soy sauce and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

SOUPS AND SMALL DISHES / RECIPE 44

Sesame Green Beans

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons miso
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the miso and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Use what is on hand, but do not skip the thing that gives the dish its character.

DONBURI AND NOODLES / RECIPE 45

Chicken Oyakodon

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons kombu
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the kombu and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

DONBURI AND NOODLES / RECIPE 46

Beef Gyudon

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons nori
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the nori and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

DONBURI AND NOODLES / RECIPE 47

Salmon Donburi

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons sesame oil
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the sesame oil and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

DONBURI AND NOODLES / RECIPE 48

Teriyaki Tofu Bowl

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons mirin
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the mirin and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

DONBURI AND NOODLES / RECIPE 49

Tempura Rice Bowl

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sake
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sake and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

DONBURI AND NOODLES / RECIPE 50

Cold Soba with Dipping Sauce

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons bonito flakes
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the bonito flakes and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

DONBURI AND NOODLES / RECIPE 51

Hot Udon with Scallions

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the Japanese short-grain rice and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

DONBURI AND NOODLES / RECIPE 52

Yakisoba Noodles

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons rice vinegar
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the rice vinegar and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

DONBURI AND NOODLES / RECIPE 53

Miso Butter Ramen

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons soy sauce
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the soy sauce and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

DONBURI AND NOODLES / RECIPE 54

Curry Udon

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons miso
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the miso and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

DONBURI AND NOODLES / RECIPE 55

Rice Bowl with Natto

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons kombu
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the kombu and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GRILLED AND SIMMERED FAVORITES / RECIPE 56

Teriyaki Salmon

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons nori
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the nori and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

GRILLED AND SIMMERED FAVORITES / RECIPE 57

Miso Glazed Cod

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sesame oil
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sesame oil and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GRILLED AND SIMMERED FAVORITES / RECIPE 58

Ginger Pork

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons mirin
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the mirin and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

GRILLED AND SIMMERED FAVORITES / RECIPE 59

Chicken Yakitori

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons sake
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the sake and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GRILLED AND SIMMERED FAVORITES / RECIPE 60

Beef Sukiyaki

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons bonito flakes
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the bonito flakes and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

GRILLED AND SIMMERED FAVORITES / RECIPE 61

Japanese Curry Rice

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the Japanese short-grain rice and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GRILLED AND SIMMERED FAVORITES / RECIPE 62

Nikujaga Beef Stew

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons rice vinegar
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the rice vinegar and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

GRILLED AND SIMMERED FAVORITES / RECIPE 63

Simmered Daikon

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons soy sauce
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the soy sauce and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

GRILLED AND SIMMERED FAVORITES / RECIPE 64

Grilled Eggplant with Miso

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons miso
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the miso and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

GRILLED AND SIMMERED FAVORITES / RECIPE 65

Okonomiyaki

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons kombu
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the kombu and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

GRILLED AND SIMMERED FAVORITES / RECIPE 66

Crispy Tonkatsu

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons nori
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the nori and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

PICKLES AND PANTRY / RECIPE 67

Quick Cucumber Pickles

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sesame oil
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sesame oil and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

PICKLES AND PANTRY / RECIPE 68

Pickled Ginger

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons mirin
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the mirin and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PICKLES AND PANTRY / RECIPE 69

Daikon Tsukemono

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sake
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sake and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Keep your heat honest. If it is smoking too hard, it is telling you something.

PICKLES AND PANTRY / RECIPE 70

Soy Marinated Eggs

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons bonito flakes
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the bonito flakes and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

PICKLES AND PANTRY / RECIPE 71

Furikake Rice Seasoning

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the Japanese short-grain rice and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Make enough for tomorrow. Good food improves after a night in the icebox.*

PICKLES AND PANTRY / RECIPE 72

Spicy Miso Paste

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons rice vinegar
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the rice vinegar and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PICKLES AND PANTRY / RECIPE 73

Ponzu Sauce

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons soy sauce
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the soy sauce and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

PICKLES AND PANTRY / RECIPE 74

Goma Dare Sesame Sauce

SERVES 5

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons miso
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the miso and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

PICKLES AND PANTRY / RECIPE 75

Japanese Mayonnaise

SERVES 6

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons kombu
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the kombu and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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PICKLES AND PANTRY / RECIPE 76

Crispy Garlic Chili Oil

SERVES 4

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons nori
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the nori and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

PICKLES AND PANTRY / RECIPE 77

Scallion Ginger Relish

SERVES 5

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons sesame oil
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the sesame oil and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 78

Matcha Rice Pudding

SERVES 6

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons mirin
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the mirin and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

SWEETS AND TEA / RECIPE 79

Black Sesame Cookies

SERVES 4

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons sake
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the sake and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 80

Mochi with Red Bean

SERVES 5

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons bonito flakes
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the bonito flakes and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

SWEETS AND TEA / RECIPE 81

Dorayaki Pancakes

SERVES 6

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons Japanese short-grain rice
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the Japanese short-grain rice and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Keep your heat honest. If it is smoking too hard, it is telling you something.*

SWEETS AND TEA / RECIPE 82

Green Tea Ice Cream

SERVES 4

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons rice vinegar
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the rice vinegar and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*The first taste is information, not a verdict. Adjust and taste again.*

SWEETS AND TEA / RECIPE 83

Yuzu Honey Soda

SERVES 5

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds chicken
- 2 tablespoons soy sauce
- 1 tablespoon daikon
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the chicken with the soy sauce and half the daikon. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining daikon a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 84

Roasted Barley Tea

SERVES 6

TIME 55 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds eggs
- 2 tablespoons miso
- 1 tablespoon wasabi
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the eggs with the miso and half the wasabi. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining wasabi a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says

Use what is on hand, but do not skip the thing that gives the dish its character.

SWEETS AND TEA / RECIPE 85

Iced Matcha Latte

SERVES 4

TIME 65 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds salmon
- 2 tablespoons kombu
- 1 tablespoon scallion
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the salmon with the kombu and half the scallion. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining scallion a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 86

Japanese Cheesecake

SERVES 5

TIME 25 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tuna
- 2 tablespoons nori
- 1 tablespoon ginger
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tuna with the nori and half the ginger. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining ginger a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 87

Kinako Toast

SERVES 6

TIME 35 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds tofu
- 2 tablespoons sesame oil
- 1 tablespoon sesame
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the tofu with the sesame oil and half the sesame. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining sesame a little at a time until the flavor feels finished.

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SWEETS AND TEA / RECIPE 88

Sweet Red Bean Soup

SERVES 4

TIME 45 MINUTES

HOME KITCHEN

INGREDIENTS

- 1 1/2 pounds shrimp
- 2 tablespoons mirin
- 1 tablespoon shiso
- 1 medium onion or shallot, finely chopped
- 2 tablespoons cooking oil or butter
- Salt and pepper, to taste

METHOD

1. Set out every ingredient before the heat goes on. Season the shrimp with the mirin and half the shiso. 2. Warm a heavy pan or cooker over medium heat. Add the oil, then cook the onion until it softens and smells sweet. 3. Add the main ingredient and cook without crowding the pan. Turn only when the first side has taken on color. 4. Add a splash of water if the pan needs loosening, cover if tenderness is needed, and cook until the center is done. 5. Taste before serving. Add salt, pepper, and the remaining shiso a little at a time until the flavor feels finished.

Chef Hiroshi Tanaka says*Use what is on hand, but do not skip the thing that gives the dish its character.*

Master Notes and Make Ahead Plans

Cook one useful thing ahead: a sauce, a pot of beans, a loaf of bread, or a pan of roasted vegetables. The next meal starts easier when yesterday's kitchen left you something good.

“Good sushi is not complicated. It is careful.”

A Week of Good Suppers

Choose one recipe from the first four chapters, one vegetable or side, and one make-ahead item. Repeat ingredients across the week so the shopping stays sensible and the cooking gets easier.

“Good sushi is not complicated. It is careful.”

Seasonal Cooking Notes

Cook close to the season when you can. Freshness makes a simple recipe generous, and preserving or freezing a little extra keeps that flavor around longer.

“Good sushi is not complicated. It is careful.”

Kitchen Measures and Thank You

One cup is 240 ml. One tablespoon is 15 ml. One teaspoon is 5 ml. Most importantly, use the measure that matters after all the others: taste. Thank you for bringing this kitchen to your table.

“Good sushi is not complicated. It is careful.”