

# RECIPE

FOR: CHAWANMUSHI  
FROM: THE NAKATO KITCHEN



## ingredients

“Dashi” stock	280g	(9.46oz)
Egg	100g	(2 eggs)
Light soy sauce	14 g	(0.493 oz)
Mirin	14 g	(0.493 oz)
Pinch of Salt		

Chawanmushi ingredients of choice:

chicken • ginko nuts • edamame • shrimp • kanikama  
crabstick • shiitake mushroom (yuzu • mitsuba leaf as topping)

## directions

Start by beating the eggs in a bowl gently in a medium bowl.

Try not to aerate the eggs too much.

Add “dashi” stock, light soy sauce, mirin, and pinch of salt.

Use a strainer and strain the egg mixture to achieve silky soft texture which is one of the finer points of a chawanmushi dish.

Grab 3-4 ramekins with a lid and fill the ramekins up 1/4 of the height with your ingredients of choice. If you do not have a ramekin, small mug cups or small bowl with a thicker wall would work better. For this session, we are using shrimp, shiitake mushroom, kanikama, and edamame.

Once it is 1/4 of the way full with the ingredients slowly add the egg mixture to cover 3/4 of the cup not to create any air bubbles. If air bubbles appear, try popping them with a toothpick or gently scoop out with a small spoon.

Cover the bowl or mug with a lid or aluminum foil and put in a steamer to steam at high heat. We recommend about an inch and a half of water.

Steam for 10-15 minutes. Check for readiness by poking the egg mixture. If clear broth seeps through, it is ready.

# RECIPE

## FOR: DASHI STOCK FROM: THE NAKATO KITCHEN



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## ingredients

2 cups of water

2 inch piece “kombu” dried kelp

1/2 cup loosely packed “katsuobushi” dried bonito flakes

## directions

Clean your kombu kelp by gently wiping it down with a damp cloth

Warm the water and kombu over medium heat

Remove the kombu right before the water comes to a full boil. This is to prevent the broth from becoming bitter or slimy.

Remove the pan from heat and let the bonito steep in the broth for an additional 5 minutes.

Strain the bonito flakes from the both. Add additional water, pouring through the strained bonito, if needed to make 2 cups.

Use or store the broth: The broth can be used immediately, refrigerated for up to a week, or frozen for up to 3 months.

## ingredients

### Steamed Rice

1 sheet about 5x5 inches “dashi” kobu dried kelp  
3 cups of Japanese short grain rice  
3 cups water with 6 tablespoons (3/8 cups) of water

### Sushi Rice Vinegar

4 tablespoons rice vinegar  
1 teaspoon of salt  
1 tablespoon of sugar

### Sushi Toppings Examples

tuna • avocado • smoked salmon • shrimp • cucumber • sweet  
omelet • caviar • okra • sesame • shiso leaf • cream cheese • lemon

## directions

Wash the short grain rice until water runs clear.

Dry in colander for 15 minutes.

Once the rice is dried, soak the rice in 3 3/8 cups water and one sheet of “kobu” kelp. After 2 hours, pull the “kobu” kelp and discard.

Turn the rice cooker on.

Stove top directions.

Bring water and rice to a rapid boil. Turn to low heat and let it slow boil until the water is soaked up by the rice. Make sure to use a glass top sauce pan so you can check the water level while steaming the rice.

# RECIPE

FOR: TEMARI SUSHI  
FROM: THE NAKATO KITCHEN



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While rice is cooking, prep sushi rice vinegar by combining rice vinegar, salt, and sugar together. Stir well until dissolved.

Once the rice is steamed, put into a bowl and “cut” the steamed rice while circulating the sushi vinegar. “Cutting” the sushi rice prevents the rice kernels from being mashed or crushed. Make sure the vinegar is evenly distributed and the rice kernels have a glossy shimmer. Once the rice is mixed, keep it covered with a wet cheese cloth to prevent drying out.



# Where to find ingredients....

**Buford Highway Farmers Market**  
5600 Buford Hwy NE, Atlanta, GA 30340

directions

**Coming from the South on I-85**

Take I-285 North. Get off when you see the first Exit, which is Buford Hwy and Doraville, and make a right, then you'll see our signage on your left (entrance at the PepBoys or off Longmire Way).

Isle 24 is your new best friend.

You will find most of the ingredients that we went over in class in this isle.



24 JAPANESE		
INSTANT SOUP	BUFORD HIGHWAY FARMERS MARKET	SAUCES / MARINADES
CANNED FOOD		VINEGAR
WASABI		SOY SAUCE
SUSHI RICE		RICE
DRY LAVER / NOODLE		ROASTED SEAWEED

25 KOREAN / JAPANESE		
RICE CAKES	BUFORD HIGHWAY FARMERS MARKET	COOKIES
CANDY		BISCUITS
DRINKS		BISCUITS / CRACKERS
COFFEE		CANDY
TEA		OCHA



## Dashi Broth: “Shiro Dashi” White Broth

If you use this dashi broth to make chawaanmushi, follow direction to make dashi and no soy sauce needed.



Usukuchi Shoyu( light soy sauce)  
It is lighter in color than other soy sauce, but not lighter in taste.  
Lighter color to preserve the color the dish.



Rice Vinegar:  
To make the sushi rice vinegar from scratch.



Mirin: Mirin is similar to sake, but has more sugar and a lower alcohol content





Dried “KOMBU” Kelp  
dried kelp that is  
used extensively in  
Japanese cuisine



“Hana Katsuo”  
bonito flakes  
To make dashi, the  
second most favored  
type of dashi in  
Japanese cuisine



Sushi Rice Vinegar  
Already premixed  
and made for  
convenience.