

Bauman College Presents:

- **Cooking For Health** -

Ethnic Cuisine: Japanese

JAPANESE FORMULA

For stir-fries, soups and dressings.

1 tablespoon *Garlic-Ginger Paste*
2 tablespoons tamari
1 tablespoon fish sauce (optional)
2 tablespoons mirin (rice wine)
1 teaspoon toasted sesame oil
2 teaspoons agave nectar
1 tablespoon arrowroot powder

CHICKEN OR TEMPEH WITH BOK CHOY

Serves 4

2 recipes *Japanese Formula*
2 pounds skinless chicken thighs (bone in) or 1 pound tempeh
1 tablespoon coconut oil
1 pound baby bok choy (about 6) trimmed and halved lengthwise
2 scallions, thinly sliced
8 shiitake mushrooms, thinly sliced
3 tablespoons minced cilantro
1 tablespoon arrowroot powder
sesame seeds, for garnish

Mix the ingredients from the *Japanese Formula* in a large bowl or zip-lock bag.

Using a cleaver, hack each chicken thigh crosswise through the bone into thirds. If using tempeh, cube or slice the tempeh into 1-inch pieces and steam for 15 minutes.

Place the chicken or the steamed tempeh into the bowl or bag with the *Japanese Formula* and marinate 30 minutes (up to 12 hours), stirring occasionally.

Heat the oil in a large wok or saute pan over medium heat. Saute the bok choy, scallions and shiitakes for 2 minutes, until just slightly tender. Remove to a plate.

Strain the chicken or tempeh pieces from the marinade, saving the liquid. Saute the pieces about 3 minutes, until cooked through.

Pour the sauce into the pan and cook another 2-3 minutes, until the sauce has thickened slightly. Remove from the heat and stir in the chicken or tempeh and vegetables. Garnish.

JAPANESE “NOODLE” SOUP

Serves 4-6

2 recipes *Japanese Formula*

8 ounces chicken breast meat, shredded, or cubed tofu

1 tablespoon coconut oil

1/2 yellow onion, medium diced

4 ounces canned bamboo shoots, drained

8 shiitake mushrooms, thinly sliced

4 cups chicken or vegetable stock

1-2 cups zucchini “noodles” (use a spiralizer) or cooked rice noodles

4 ounces Napa cabbage or spinach

Sliced scallions and sesame seeds, for garnish

Mix the ingredients from the *Japanese Formula* in a large bowl. Mix the chicken into the sauce.

Heat the oil over medium heat in a large stockpot. Add the onion, bamboo shoots and shiitakes; cook until just tender, about 3 minutes. Add in the chicken with sauce; cook about three minutes.

Pour in the stock and bring to a boil. Reduce the heat and simmer for just a few more minutes.

Add the noodles and Napa cabbage just before serving. Garnish with the scallions and sesame seeds.

ASIAN ALMOND-GINGER DRESSING

Makes about 3/4 cup

1 recipe *Japanese Formula*

1/2 cup creamy, raw almond butter

1/4-1/2 cup water, depending upon thickness of almond butter

Blend all the ingredients in a food processor or blender.

ASIAN VINAGRETTE

Makes about 3/4 cup

1 recipe *Japanese Formula*

1 tablespoon rice vinegar

2 tablespoons sesame oil

Whisk all ingredients in a small dish.

GARLIC-GINGER PASTE

This is a simple handy seasoning for a variety of Eastern dishes. Double (even triple) the recipe for freezing: measure tablespoonfuls into little zip-lock bags or pour the paste into ice cube holders for easy "grab and go" use.

10 cloves garlic

1-inch piece ginger

1-2 teaspoons water

Touch of lemon juice (to keep from coloring)

Blend the garlic and ginger in a food processor or blender until pureed, adding a little water to help it blend. Squeeze in the lemon juice. Store in the refrigerator for several days, or freeze for several months.