

JAPAN

CORN, EDAMAME, & CHERRY TOMATO (MAKES 2)

| INGREDIENTS | QTY | NOTES |
|--|----------|-------------------------------------|
| CORN | 1 PC | COOKED |
| EDAMAME | 150GM | COOKED, DE-SHELLED AND SKIN REMOVED |
| CHERRY TOMATO | 12 PC | WASHED & CUT IN HALF |
| JAPANESE "GOMADARE" DRESSING | 50ML | STORE BOUGHT BUT CONTAINS SESAME |
| | | |
| FOR DRESSING (IF SESAME IS AN ISSUE IN TERMS OF ALLERGY, HERE IS AN ALTERNATIVE RECIPE): | | |
| SHALLOT | 70 GM | PEELED & CHOPPED |
| SOY SAUCE | 3 TBSF | |
| RICE VINEGAR | 2 TBSF | |
| SUGAR | ½ TSP | |
| MUSTARD | ¼ TSP | |
| GRAPESEED OIL | 2 TBSF | |
| SALT & PEPPER | TO TASTE | |

METHOD:

- REMOVE CORN KERNEL FROM CORN
- TOSS ALL INGREDIENTS TOGETHER
- OPTION TO ADD SMOKED SALMON IN THIS SALAD.

FOR ALTERNATIVE DRESSING:

- COMBINE ALL INGREDIENTS AND WHISK.
- IF TOO THICK, DEPENDING ON BRAND OF MUSTARD, DILUTE WITH 1 OR 2 TBSF WATER.

SIMPLE SUSHI (MAKES 12 ROLLS)

| INGREDIENTS | QTY | NOTES |
|----------------------|-----------|--|
| SUSHI RICE | 3 CUPS | WASHED |
| WATER | 3¼ CUPS | ALKALINE MINERAL WATER (VOLVIC FOR EXAMPLE) |
| RICE SEASONING | ½ CUP | STORE BOUGHT |
| | | |
| NORI | 12 SHEETS | |
| AVOCADO | 1 NOS | PEEL & SLICED |
| TINNED TUNA IN WATER | 1 TIN | WATER DRAINED |
| JAPANESE MAYONNAISE | 2 TBSF | |
| JAPANESE CUCUMBER | 2 NOS | CUT IN LONG STRIPS |

METHOD:

FOR RICE:

- PLACE RICE AND WATER IN RICE COOKER. ONCE COOKED, KEEP ON WARM FOR 10 MINUTES WITHOUT OPENING THE LID.
- TRANSFER RICE IN GLASS OR PLASTIC CONTAINER & SLOWLY TOSS IN THE RICE SEASONING.

FOR SUSHI ROLLS:

- COMBINE TUNA & MAYONNAISE TOGETHER
- PLACE A PIECE OF CLING FILM ON FLAT SURFACE. PLACE 1 PIECE OF NORI ON TOP.
- SPREAD A THIN LAYER OF RICE ON THE NORI.
- PLACE 1 TBSP OF TUNA MIX ON THE RICE & SPREAD.
- TOP WITH A FEW SLICES OF AVOCADO & CUCUMBER.
- ROLL THE CLING FILM TO FORM THE SUSHI. ROLL THE EDGE OF THE SUSHI TIGHT.
- REMOVE CLING FILM.

PEAR JELLY (MAKES 10)

| INGREDIENTS | QTY | NOTES |
|---------------------|--------|---|
| JAPANESE PEAR JUICE | 1000ML | STORE BOUGHT |
| AGAR AGAR | 1 PKT | |
| PEAR | 1 NOS | PEELED, SEEDED & DICED INTO SMALL CUBES |

METHOD:

- PREPARE 10 SMALL CONTAINERS (PLASTIC CUPS, DISPOSABLE CONTAINERS, ETC)
- PLACED DICED PEARS IN THE BOTTOM.
- BRING PEAR JUICE TO A BOIL WITH AGAR AGAR WHILE WHISKING. ONCE BOILING, POUR IN THE SMALL CONTAINERS.
- ALLOW COOLING COMPLETELY BEFORE REMOVING FROM MOULD.