

Japanas

vol.4

A handful of ideas for Japanese Tapas by **kikkoman** 



In Japan it isn't unusual to serve several small dishes at the same time rather than one after another, and combinations of different, separately prepared foods are traditionally served both as meals and snacks. The Kikkoman Japas recipe collection introduces this tapas-style Japanese dining tradition into the western world.

In Japan people focus on the sensory pleasures of dining, rather than simply eating to satisfy their hunger. That's why Kikkoman Japas dishes aren't strongly seasoned, lavish or prepared with a lot of fat. Minimum processing and light preparation ensure that the foods retain their authentic flavour and can be experienced more intensely.

Apart from rice, fish is a staple food in Japanese cooking. The new Kikkoman Japas recipe collection includes lots of fish recipes, as well as vegetable and poultry dishes. For a genuine Japanese cuisine experience, season your foods with Kikkoman Naturally Brewed Soy Sauce. It has been brewed since the 17th century and combines all the five tastes – sweet, sour, salty, bitter and umami – to enhance the natural flavour of foods.

Umami is the most recently discovered taste. It was identified by a Japanese chemist in 1908, who also named it. The Umami taste is especially strong in protein-rich foods such as tomatoes, mushrooms and cheese, as well as in Kikkoman Naturally Brewed Soy Sauce. Umami is what gives many dishes their unique full-bodied flavour.

Bring Japanese flair into your kitchen with Kikkoman Japas. Enjoy these authentic dishes and treat your family and friends to delicious Japas recipes.


kikkoman
seasoning your life

HOW TO USE THIS BOOKLET

The recipes are marked with icons for easy categorization in terms of the type of starter (cold or warm), ingredients used (light & healthy, vegan, vegetarian, gluten-free) and the character of the dish, which might be helpful when considering certain ideas for your own menu. To some recipes, we have added hints and additional suggestions. Information about allergens are declared under each recipe.

ICON LEGEND:



Cold dish



Warm dish



Light & healthy



Vegetarian



Vegan



Gluten-free



Ideal for restaurants



Ideal for canteens



Ideal for pubs

OYSTERS AU GRATIN

INGREDIENTS

120 g baby spinach
10 datterini tomatoes
20 oysters
25 ml vegetable oil
Salt and freshly ground pepper
1 tbsp. flour
100 g mozzarella
100 ml mineral water
50 ml Kikkoman Naturally Brewed Soy Sauce
Also: Oyster knife



METHOD

1. Wash the spinach and tomatoes and cut the tomatoes into cubes. Open the oysters with the oyster knife, remove them from the shell and dab dry. Dry the shells in a preheated oven at 220 °C (convection: 200 °C) for approx. 2 minutes.
2. Heat 1 tsp. oil in a frying pan. Fry the spinach briefly and season with salt and pepper and remove from the pan. Add another tsp. of oil to the pan and fry the tomatoes with salt and pepper seasoning. Remove from the pan. Coat both sides of the oysters with flour, add the remaining oil to the pan and sauté briefly on both sides.
3. Cut the mozzarella into 20 pieces. Divide the spinach between the oyster shells, followed by the tomatoes and oyster and top with cheese. Bake for approx. 1 minute in the oven. Dab the pan dry. Add the mineral water and bring to the boil briefly. Add the soy sauce and continue cooking until the sauce is creamy. Drizzle the sauce over the oysters and serve.



10 portions



Preparation time: approx. 60 minutes
Active cooking time: approx. 60 minutes



Nutrition values (per portion):
kJ/kcal: 275/66
Protein: 3.6 g
Fat: 4.6 g
Carbohydrate: 2.5 g
Bread units: 0



Allergens:
molluscs, wheat, soybeans

TEMPURA PRAWNS WITH PASSION FRUIT SAUCE



INGREDIENTS

300 ml passion fruit juice
25 ml Kikkoman Naturally Brewed Soy Sauce
50 g plain yoghurt
5 fresh passion fruits
350 g ready-to-cook prawns
150 g tempura flour
Oil for frying

METHOD

1. To make the sauce bring the passion fruit juice to the boil and reduce to 150 ml. Leave it to cool, then combine with the soy sauce and yoghurt. Halve the passion fruits. Scrape out the pulp with a teaspoon. Fill the sauce into the passion fruit shell and garnish with the pulp.
2. Dab the prawns dry. Mix the tempura flour with water according to the pack instructions and stir until smooth. Cover the prawns with the batter and fry in hot oil. Serve the tempura prawns with the passion fruit sauce.



10 portions



Preparation time: approx. 40 minutes
Active cooking time: approx. 35 minutes



Nutrition values (per portion):
kJ/kcal: 685/164
Protein: 6.1 g
Fat: 0.7 g
Carbohydrate: 31.5 g
Bread units: 2.5



Allergens:
soybeans, milk, crustaceans,
wheat

ROASTED QUAIL WITH THYME SAUCE







INGREDIENTS

- 5 quails
- 3 tbsp. vegetable oil
- 4 different coloured carrots
- Salt
- 4 tbsp. olive oil
- 2-3 sprigs of thyme
- 3 tbsp. brown sugar
- 30 ml sweet port
- 30 ml Kikkoman Naturally Brewed Soy Sauce
- Freshly ground pepper
- 10 quail eggs



METHOD

1. Dab the quails dry. Remove the breast and legs, place aside, and cut the carcasses into 3-4 pieces. Put the carcass pieces on a baking tray, drizzle with vegetable oil and bake in a pre-heated oven at 180 °C (convection: 160 °C) for approx. 30-40 minutes. Remove from the oven and place the carcass pieces and the roasting juices in a pan. Add water until the carcass pieces are covered and simmer for approx. 30 minutes. Pour through a fine sieve to create a stock and place aside.
2. Peel the carrots, remove the tops and slice lengthways. Blanch in hot water. Fry the quail breasts and legs on all sides in 2 tbsp. hot olive oil with the thyme sprigs, remove from the pan and keep warm. Add the sugar and port to the frying juices and bring to the boil. Add 150 ml of the stock and the soy sauce. Bring to the boil and simmer until the sauce thickens. Return the meat to the pan and glaze with the sauce.
3. Sauté the carrots in 1 tbsp. hot olive oil and season with salt and pepper. Fry the quail eggs in the remaining oil. Arrange the carrots on plates with the meat and remaining sauce on top. Garnish with quail eggs and, if you like, you can also sprinkle on a little chervil and chilli.

-  10 portions
-  Preparation time: approx. 2 hours
Active cooking time: approx. 70 minutes
-  Nutrition values (per portion):
kJ/kcal: 655/157
Protein: 103 g
Fat: 9.1 g
Carbohydrate: 7.4 g
Bread units: 0.5
-  Allergens:
soybeans, wheat, eggs,
sulphur dioxide

VEGETABLE JELLY WITH PEANUT CRÈME

INGREDIENTS

For the vegetable broth

5 dried tomatoes
2-3 dried shiitake mushrooms
1 sheet of dried kombu (10 x 10 cm)
1 small piece of ginger
120 g mushrooms
100 g onions
40 g leeks
20 g celery

For the jelly

3-4 baby corns
3-4 okras
Salt
1/2 yellow bell pepper
2 tomatoes
10 g instant gelatine powder
1 tsp. sugar
1-2 tbsp. Kikkoman Naturally Brewed Soy Sauce

For the peanut crème

4 tsp. peanut butter
2 tsp. peanut paste (or peanut butter)
1 tsp. dairy cream


METHOD


1. To make the vegetable broth place the tomatoes, shiitake mushrooms and kombu in 1.2 litres of water and leave to steep for approx. 2-3 hours. Trim the mushrooms. Peel the ginger, onions, leek and celery and cut into thin slices. Bring the broth to the boil and skim off any foam. Add the vegetables and continue simmering at low heat for another 45 minutes or so. Pour the broth through a fine sieve and place aside. Wash the shiitake mushrooms. Squeeze the excess liquid out of the mushrooms and the dried tomatoes. Then dice finely.


2. To make the vegetable jelly blanch the baby corns and the okra in salted water separately. Dab dry and cut into 5 mm thick slices. Cut crosses into the tomatoes, pour boiling water over them. When the skins start to come away, peel and halve the tomatoes, remove the tops and seeds, and dice the flesh finely. Place the pepper, skin side up, on a baking tray lined with baking paper. Grill for approx. 4-6 minutes in the oven, then plunge into iced water, peel off the skin and dice. Set 350 ml of the broth aside. Put the mushrooms, corn, okra, pepper, dried and fresh tomatoes in the remaining cooled broth and marinate in the fridge for approx. 30-40 minutes.


3. Bring 300 ml of the broth you have set aside to the boil, stir in the gelatine and season with sugar and soy sauce. Drain the marinated vegetables, dab dry and arrange in 10 small glasses or jars. Pour the jelly mix over them and chill for approx. 2 hours.

4. To make the peanut crème, combine the peanut butter, peanut paste, dairy cream and the final 50 ml of the broth. Serve the vegetable jellies with the peanut crème and garnish with chervil if you like.

 10 portions

 Preparation time: approx. 6-7 hours
Active cooking time: approx. 60 minutes

 Nutrition values (per portion):
kJ/kcal: 316/76
Protein: 3.9 g
Fat: 3.7 g
Carbohydrate: 5.5 g
Bread units: 0.5

 Allergens:
soybeans, wheat, peanuts,
milk, celery



JAPANESE GAZPACHO



INGREDIENTS

For the gazpacho

300 g ripe tomatoes
200 g datterini tomatoes
40 g red bell pepper
20 g celery
40 g cucumber (cored)
20 g onions, peeled
1 slice of baguette without crust
1 garlic clove
100 ml mineral water
40 ml olive oil
30 ml brandy vinegar
40 ml Kikkoman Naturally Brewed Soy Sauce
1/2 tsp. salt
1 tsp. sugar
Ground caraway seeds

For the topping

20 g red bell pepper
20 g yellow bell pepper
20 g celery
20 g cucumber

METHOD

1. To make the gazpacho peel the cucumber and onion, trim the celery, remove the tops and seeds from the tomatoes and remove the core, pith and seeds of the pepper. Then chop all these ingredients and the baguette into large pieces. Peel and chop the garlic clove.
2. Place half of the chopped ingredients into a blender with the mineral water, oil and vinegar and blend. Add the remaining vegetables, blend again and season the gazpacho with soy sauce, salt, sugar and caraway seeds. (If the gazpacho is too thick, add a little more water).
3. To make the topping finely chop the peppers, celery and cucumber. Fill the gazpacho into glasses or jars, add the topping and serve with toasted bread.



10 portions



Preparation time: approx. 25 minutes
Active cooking time: approx. 25 minutes



Nutrition values (per portion):
kJ/kcal: 268/64
Protein: 1.4 g
Fat: 4.2 g
Carbohydrate: 4.4 g
Bread units: 0.5



Allergens:
soybeans, wheat, celery

LIVER PÂTÉ





INGREDIENTS

600 g chicken livers
Salt
100 ml Kikkoman Naturally Brewed Soy Sauce
100 ml sake (or white wine)
50 g sugar
1 small piece of ginger
20 ml of peanut oil
20 g green bell pepper, coarsely chopped
100 g baby rocket leaves
3 figs
1 thin baguette
Approx. 30 g grated Parmesan

METHOD

1. Chop up the livers, rub them with salt, wash them under running water and drain well. Bring the soy sauce, sake, sugar and 160 ml water to the boil. Peel the ginger, cut it into small pieces, add to the pan with the liver and cook for approx. 10-15 minutes at a medium heat.
2. Allow the liver to cool slightly before blending it with 3 tbsp. of the cooking water and oil. Season with pepper. Wash the rocket leaves and figs thoroughly. Cut the figs into wedges.
3. Bake the baguette if necessary, cut it into slices and spread them with pate. Serve with a rocket leaf topping, a fig wedge and sprinkling of Parmesan.



-  10 portions
-  Preparation time: approx. 40 minutes
Active cooking time: approx. 25 minutes
-  Nutrition values (per piece):
kJ/kcal: 1047/249
Protein: 18.2 g
Fat: 6.4 g
Carbohydrate: 25 g
Bread units: 2
-  Allergens:
soybeans, wheat, sulphur dioxide,
milk, peanuts



FRIED LEEK WITH JAPANESE MUSHROOM SAUCE







INGREDIENTS

100 g shiitake mushrooms
100 g king oyster mushrooms
100 g button mushrooms
3 tbsp. vegetable oil
50 ml Kikkoman Naturally Brewed Soy Sauce
100 ml sweet white wine
3 tsp. sugar
1 tsp. potato starch
1 tsp. sesame oil
3 leeks
Salt
1 apple
Sansho pepper (or black pepper)
Chopped chives



METHOD

1. Trim the mushrooms and chop finely. Heat up 1 tbsp. vegetable oil in a pan and sauté the mushrooms. Add the soy sauce, wine and sugar and simmer until the liquid reduces slightly. Stir a little water into the starch and add it to the liquid with the sesame oil to bind the sauce.
2. Wash, trim and slice the leeks into wide diagonal slices. Heat up the remaining vegetable oil in a pan, fry the leeks on both sides and season with salt. Wash, halve and de-core the apple, then cut it into very fine strips.
3. Plate up the leek with the Japanese mushroom sauce, sprinkle with pepper and garnish with apple strips and chopped chives.

-  10 portions
-  Preparation time: approx. 35 minutes
Active cooking time: approx. 35 minutes
-  Nutrition values (per portion):
kJ/kcal: 365/87
Protein: 2.3 g
Fat: 3.9 g
Carbohydrate: 8.4 g
Bread units: 1
-  Allergens:
soybeans, wheat, sulphur dioxide,
sesame

PRAWN TOAST WITH BELL PEPPER SAUCE







INGREDIENTS:

400 g ready-to-cook prawns
100 g mayonnaise
30 ml Kikkoman Naturally Brewed Soy Sauce
80 g onions
3-4 tbsp. potato starch
1 white loaf (sandwich loaf, unsliced)
Oil for frying
1 garlic clove
200 g grilled bell pepper (jar)
Green Tabasco sauce

METHOD

1. Blend together the prawns, mayonnaise and 1 tsp. soy sauce. Peel the onions, chop them finely, sprinkle them with 1 tsp. starch and stir them into the prawn mixture.
2. Cut the bread into 20 approx. 1 cm thick slices and remove the crusts. Sprinkle a little starch on one side of the slices. Spread the prawn mix onto the starch side of half of the slices. Cover with the remaining slices, starch side down, and cut into three strips. Fry the toast in hot oil until golden brown.
3. To make the sauce, peel the garlic and blend it with the pepper, 4 tbsp. juice from the pepper jar, the remaining soy sauce and a dash of Tabasco. Serve the prawn toast with the sauce and an optional parsley garnish.

-  10 portions
-  Preparation time: approx. 40 minutes
Active cooking time: approx. 30 minutes
-  Nutrition values (per portion):
kJ/kcal: 1293/309
Protein: 10.5 g
Fat: 20.0 g
Carbohydrate: 20.7 g
Bread units: 1.5
-  Allergens:
crustaceans, eggs, soybeans,
wheat

SARDINE CRISPS WITH CARAMELISED SOY SAUCE



INGREDIENTS

5 cherry tomatoes
A handful of rocket leaves
30 fresh sardines
3-4 tbsp. wheat flour
2 tbsp. vegetable oil
20 ml Kikkoman Naturally Brewed Soy Sauce
20 ml sake
40 ml mirin
30 tortilla crisps
90 g yoghurt
Freshly ground pepper



METHOD

1. Wash and halve the cherry tomatoes (or quarter them if they are large in size). Wash the rocket, dab the sardines dry and fillet them.
2. Coat the sardine fillets in flour and shallow-fry them in hot oil. Add the soy sauce, sake and mirin and cook until caramelised.
3. Top the tortilla crisps with rocket, sardines and tomatoes, top with yoghurt, season with pepper and serve.



10 portions



Preparation time: approx. 45 minutes
Active cooking time: approx. 45 minutes



Nutrition values (per portion):
kJ/kcal: 636/152
Protein: 10.4 g
Fat: 7.2 g
Carbohydrate: 9.7 g
Bread units: 1



Allergens:
fish, wheat, soybeans, milk,
sulphur dioxide

LOBSTER ON LENTIL SALAD WITH SOY SAUCE FOAM



INGREDIENTS

1 sheet of dried kombu (10 x 10 cm)
1/2 tsp. sugar
3 tsp. instant gelatine powder
30 ml Kikkoman Naturally Brewed Soy Sauce
6 fresh king prawns or scampi
Salt
120 g Beluga lentils
1 shallot
1/4 mango
40 ml mango juice
20 ml of vinegar
1/2 tsp. mustard
20 ml of peanut oil
Freshly ground pepper
A few cauliflower florets



METHOD

1. To make the soy sauce foam, place the kombu in 1.2 litres of water and leave to steep for approx. 2-3 hours. Heat up the water and kombu, removing the kombu just before it reaches boiling point. Combine 100 ml of the broth with sugar and gelatine, season with soy sauce and leave to cool. As soon as the sauce starts to thicken, puree it with a stick blender. Continue until you have a foamy result.
2. Cook the prawns or scampi in salted water. Leave to cool. Remove the flesh from the shell and cut into thin slices. Cook the lentils according to the pack instructions. Peel the shallot and dice it finely. Peel the mango and cut it into cubes.
3. Bring the mango juice to the boil and reduce by half. Stir in the vinegar, mustard and oil. Season the dressing with salt and pepper and combine it with the lentils, shallot and mango cubes. Wash the cauliflower florets and grate them finely. Arrange the prawns on the lentil salad with the soy sauce foam and sprinkle with cauliflower. Use chervil as a garnish if you like.



10 portions



Preparation time: approx. 4 hours
Active cooking time: approx. 45 minutes



Nutrition values (per portion):
kJ/kcal: 317/76
Protein: 6.1 g
Fat: 2.3 g
Carbohydrate: 6.8 g
Bread units: 0.5



Allergens:
soybeans, wheat, crustaceans,
mustard, peanuts

BRAISED PORK SHOULDER






INGREDIENTS

900 g pork shoulder (or pork belly)
2 spring onions
20 g fresh ginger root
2 tbsp. vegetable oil
1 litre meat stock
90 ml Kikkoman Teriyaki Marinade
100 g mustard
Also: kitchen twine



METHOD

1. Dab the pork dry and secure it in shape for roasting with kitchen twine. Wash and trim the spring onions, peel the ginger and cut them both into pieces. Heat up the oil in a roasting pan. Sear the meat on all sides, add the spring onions, ginger and stock, cover and braise at a low heat for approx. 90 minutes.
2. Put the braised meat and Teriyaki Marinade in a freezer bag, seal it so that it is airtight and place in the fridge to marinate overnight.
3. Drain the meat, slice it thinly and serve with mustard. Add a garnish of leek strips if you like.

-  10 portions
-  Preparation time: approx. 12 hours
Active cooking time: approx. 30 minutes
-  Nutrition values (per portion):
kJ/kcal: 965/232
Protein: 17.6 g
Fat: 17.1 g
Carbohydrate: 1.9 g
Bread units: 0
-  Allergens:
soybeans, wheat, mustard

Tip! You can also serve the meat hot. Simply immerse the closed freezer bag containing the meat in a 65°C water bath for approx. 30 minutes. Drain the meat, use a blowtorch to brown the surface and cut it into slices.

SESAME CHICKEN WITH ORANGE & MUSTARD SAUCE







INGREDIENTS

600 g chicken breast fillet
60 ml Kikkoman Teriyaki Marinade
100 g baby rocket leaves
10 yellow and 4 red cherry tomatoes
2 egg whites
3 tbsp. potato starch
50 g black sesame seeds
50 g white sesame seeds
Oil for frying
50 ml orange juice
1 tbsp. mustard



METHOD

1. Dab the chicken breast dry, cut it into strips and place in a freezer bag with the Teriyaki Marinade. Seal the bag so it is airtight, massage it gently, then place in the fridge for 15-20 minutes so that the chicken can marinate.
2. Wash the rocket and tomatoes thoroughly. To make a batter combine egg white, starch and 2 tbsp. water. Drain the chicken, dab it dry and coat it with batter. Sprinkle with sesame seeds and fry in hot oil.
3. Stir together the orange juice and mustard. Serve the sesame chicken with rocket, tomatoes and orange and mustard sauce. You can also add a little mascarpone cheese mousse if you like.

-  10 portions
-  Preparation time: approx. 60 minutes
Active cooking time: approx. 30 minutes
-  Nutrition values (per portion):
kJ/kcal: 966/231
Protein: 17.6 g
Fat: 15.0 g
Carbohydrate: 5.8 g
Bread units: 0.5
-  Allergens:
soybeans, wheat, egg, sesame,
mustard

TERIYAKI DUCK PINCHOS WITH MANGO



INGREDIENTS

3 duck breasts with skin
55 ml Kikkoman Teriyaki Marinade
2 tsp. mustard seeds
30 g horseradish
150 g sour cream
Salt and freshly ground pepper
1/2 mango
2 tbsp. vegetable oil
1 baguette
3-4 sprigs of chervil



METHOD

1. Dab the duck breasts dry, trim the fat and score the skin. Place the duck in a freezer bag with 45 ml Teriyaki Marinade. Seal the bag so that it is airtight and leave to marinate in the fridge for approx. 2-3 hours. Stir together the mustard seeds with the remaining Teriyaki Marinade and set aside.
2. Cook in the freezer bag in a water bath at 62 °C for approx. 40 minutes. Combine the horseradish and sour cream. Season with salt and pepper. Peel the mango and cut it into wedges.
3. Drain the duck, dab it dry and sear in hot oil. Cut the baguette into diagonal slices and spread them with the horseradish crème. Slice the duck breasts, wrap the duck slices around the mango wedges and place them on top of the baguette slices. Secure with a skewer if necessary. Garnish the Teriyaki Duck Pinchos with chervil and marinated mustard seeds and serve.



10 portions



Preparation time: approx. 4 hours

Active cooking time: approx. 30 minutes



Nutrition values (per serving):

KJ/kcal: 1692/404

Protein: 26.2 g

Fat: 23.9 g

Carbohydrate: 21.5 g

Bread units: 2



Allergens:

soybeans, wheat, mustard, milk

MARINATED TERIYAKI SALMON WITH AVOCADO CRÈME


INGREDIENTS


300 g salmon (sushi quality)
45 ml Kikkoman Teriyaki Marinade
1 avocado
2 tbsp. mayonnaise
2 tbsp. dairy cream
1/2 mango
20 small, salted shortcrust pastry cases (ready-made)
2-3 sprigs of chervil





METHOD

1. Dab the salmon dry and cut into approx. 7 mm thick slices. Place the salmon in a freezer bag with the Teriyaki Marinade. Seal the bag so that it is airtight and leave to marinate in the fridge for approx. 30-60 minutes.
2. Halve the avocado, remove the stone and skin, and cut the flesh into large pieces. Blend the avocado, mayonnaise and cream. Peel the mango and cut it into very small cubes.
3. Drain the salmon, dab dry and cut into very fine cubes. Divide the salmon and mango cubes between the pastry cases, top with avocado crème and garnish with chervil.


 20 pieces


 Preparation time: approx. 90 minutes
Active cooking time: approx. 30 minutes


 Nutrition values (per piece):
kJ/kcal: 643/154
Protein: 6.8 g
Fat: 10.9 g
Carbohydrate: 6.7 g
Bread units: 0.5


 Allergens:
soybeans, wheat, eggs, milk

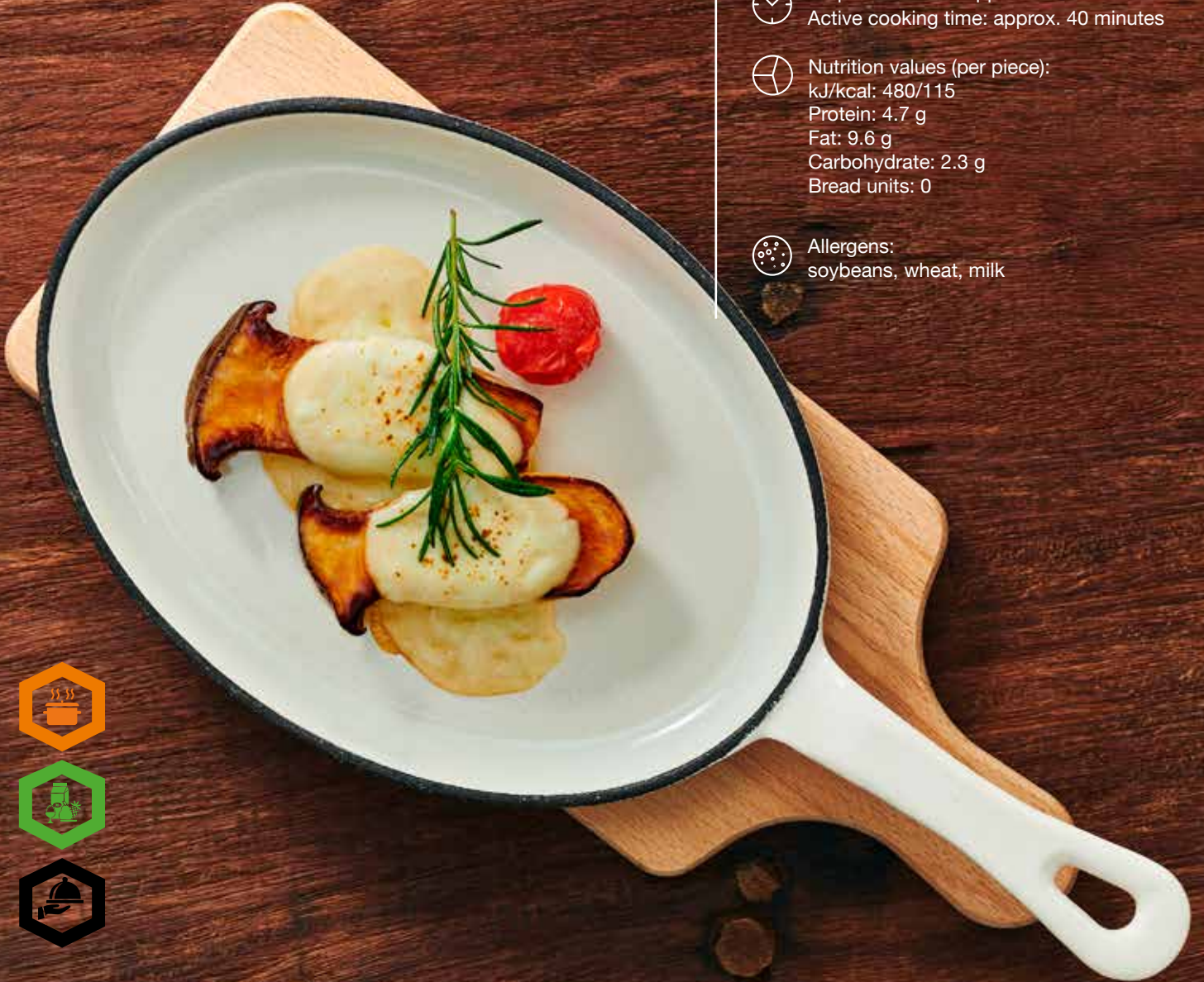
TERIYAKI OYSTER MUSHROOMS AU GRATIN

 10 portions

 Preparation time: approx. 50 minutes
Active cooking time: approx. 40 minutes

 Nutrition values (per piece):
kJ/kcal: 480/115
Protein: 4.7 g
Fat: 9.6 g
Carbohydrate: 2.3 g
Bread units: 0

 Allergens:
soybeans, wheat, milk



INGREDIENTS

5 oyster mushrooms
2-3 tbsp. Kikkoman Teriyaki Marinade
10 cherry tomatoes
1 tbsp. butter
1 tbsp. flour
200 ml of milk
Salt and freshly ground pepper
3 tbsp. olive oil
5 sprigs of rosemary
200 g mozzarella (sliced)

METHOD

1. Trim the mushrooms, slice them in half lengthways and brush Teriyaki Marinade on the cut surfaces. Then leave them to rest for approx. 15 minutes. Wash the tomatoes. To make the béchamel sauce melt the butter in a pan, add the flour and continue cooking briefly, then add the milk and bring to the boil, stirring constantly. Season the sauce with salt and pepper then remove from the heat and set aside.
2. Heat 2 tbsp. oil in a pan. Fry the rosemary, add the mushrooms and fry them briefly, then remove everything from the pan. Add the rest of oil to the pan and fry the tomatoes with salt and pepper seasoning.
3. Place the mushrooms in a oven-proof dish, pour the béchamel sauce over them and top with the mozzarella slices. Bake in a pre-heated oven at 210 °C (convection: 190 °C) for approx. 5-8 minutes until the cheese melts. Garnish with tomatoes and rosemary and serve.

TERIYAKI CHICKEN


INGREDIENTS


- 5 chicken breast fillets
- Approx. 100 ml Kikkoman Teriyaki Marinade (10% of the chicken weight)
- 50 g medium hot mustard
- 4 tbsp. raspberry vinegar
- 4 tbsp. olive oil
- Sugar
- Salt and freshly ground pepper
- 30 different tomatoes (e.g. red, yellow, green and cherry)
- A handful of rocket leaves





METHOD

1. Dab the chicken breast dry. Slice it lengthways, fold it open and use a tenderizer to flatten it. Put the chicken and Teriyaki Marinade in a freezer bag, seal it so that it is airtight and place in the fridge to marinate overnight.
2. Remove the chicken from the marinade. Dab it dry and roll it up. Wrap the chicken in cling film and twist the ends firmly (like a wrapped sweet). Cook in the cling film, in a covered water bath at 75 °C for approx. 60 minutes.
3. Combine the vinegar, oil and 2 tbsp. water. Season with sugar, salt and pepper. Wash the tomatoes. Remove the tops and slice thinly, arrange on plates and drizzle the dressing over them. Thoroughly wash the rocket. Cut the chicken into slices. Place the chicken and rocket on top of the tomatoes, garnish with mustard and serve.

 10 portions

 Preparation time: approx. 14 hours
Active cooking time: approx. 40 minutes

 Nutrition values (per piece):
kJ/kcal: 914/218
Protein: 27.7 g
Fat: 7.9 g
Carbohydrate: 7.5 g
Bread units: 0.5

 Allergens:
soybeans, wheat, mustard

TERIYAKI BAGUETTE WITH A VEGETABLE PURÉE TRIO

INGREDIENTS

Pea purée

50 g onions, peeled
20 g butter
100 g frozen peas
40 ml mineral water
60 g potatoes, boiled
Salt and freshly ground pepper

Carrot purée

100 g carrots
50 g onions, peeled
20 g butter
100 ml orange juice
250 ml mineral water
Salt and freshly ground pepper

Bell pepper purée

1 large red bell pepper
1 garlic clove
1 tbspc. olive oil
Mineral water (as required)
Salt and freshly ground pepper

1 baguette
30 ml Kikkoman Teriyaki Marinade
10 black olives
50 g salad leaves, ready-to-serve
Olive oil
Freshly ground pepper





10 portions



Preparation time: approx. 60 minutes
Active cooking time: approx. 60 minutes



Nutrition values (per piece):
kJ/kcal: 723/173
Protein: 4.5 g
Fat: 6.7 g
Carbohydrate: 21.7 g
Bread units: 2



Allergens:
milk, soybeans, wheat

METHOD

1. To make the pea purée cut the onions into thin slices. Melt the butter in a pan, sauté the onions in the butter, add the peas and mineral water and bring to the boil. Blend into a purée with the cooked potatoes and season with salt and pepper.
2. To make the carrot purée peel the carrots, remove the tops and cut into thick slices. Cut the onions into thin slices. Melt the butter in a pan, sauté the onions and carrots in the butter, add the orange juice and mineral water and cook until the carrots are soft. Drain the carrots and onions and blend into a purée with salt, pepper and a little cooking water if needed.
3. To make the bell pepper purée, halve the pepper, remove the core, pith and seeds and arrange on a baking tray lined with baking paper skin side up. Grill for approx. 4-6 minutes in the oven, then plunge into iced water, peel off the skin and cut into strips. Peel and slice the garlic. Heat up the oil in a pan. Sauté the pepper and garlic, add the mineral water and let the water boil away. Blend the pepper and garlic into a purée and season with salt and pepper.
4. Cut the baguette into diagonal slices. Brush Teriyaki Marinade on the cut surfaces and place on a baking tray lined with baking paper. Bake in a pre-heated oven at 230 °C (convection: 210 °C) for approx. 1-2 minutes. Serve the Teriyaki Baguette and Trio of Vegetable Purées with olives, salad, oil and pepper.

GRILLED TERIYAKI OCTOPUS



INGREDIENTS

- 10 octopus tentacles
- Approx. 200 ml Kikkoman Teriyaki Marinade (10% of the octopus weight)
- 400 g small potatoes
- Salt
- 1 tbsp. olive oil
- Dried oregano
- 1 lemon
- 2-3 sprigs of parsley



METHOD

1. Place the octopus in a freezer bag with the Teriyaki Marinade. Seal the bag so that it is airtight and leave to marinate in the fridge for approx. 30 minutes. Peel and halve the potatoes, then cook them for approx. 20 minutes in salted water.
2. Heat up the oil in a pan. Fry the potatoes in the oil and then set aside. Remove the octopus from the marinade and cook on a griddle or under the grill.
3. Plate up the potatoes and Grilled Teriyaki Octopus, top with a sprinkling of oregano and garnish with lemon and parsley.



10 portions



Preparation time: approx. 50 minutes
Active cooking time: approx. 30 minutes



Nutrition values (per portion):
kJ/kcal: 925/220
Protein: 31.8 g
Fat: 3.1 g
Carbohydrate: 13.5 g
Bread units: 1



Allergens:
octopus, soybeans, wheat

SWEET POTATO TERIYAKI CRISPS

INGREDIENTS

2 sweet potatoes
50 ml Kikkoman Teriyaki Marinade
3-4 tbsp. flour
2 eggs
100 g panko flour
Oil for frying



METHOD

1. Wash the sweet potatoes and cut into thin slices. Brush with Teriyaki Marinade and leave to rest for approx. 30 minutes.
2. Whisk the eggs. Dab the sweet potato slices dry. Dip them in the flour first, then in the egg and lastly in panko flour.
3. Deep fry the sweet potato teriyaki chips until crispy. Serve with a strawberry and edamame garnish if you like.



10 portions



Preparation time: approx. 70 minutes
Active cooking time: approx. 30 minutes



Nutrition values (per portion):
kJ/kcal: 888/211
Protein: 4.4 g
Fat: 11.4 g
Carbohydrate: 22.1 g
Bread units: 2



Allergens:
soybeans, wheat, eggs



FRIED CHICKEN LIVER IN SPICY PEPPER SAUCE

INGREDIENTS


400 g chicken livers
30 ml Kikkoman Teriyaki Marinade
100 g each of red, yellow and green bell pepper
150 g onions
1 dried chilli pod
200 ml dashi (or chicken stock)
150 ml of vinegar
3 tbsp. Kikkoman Naturally Brewed Soy Sauce
3 tbsp. mirin
3 tbsp. sake
40 g sugar
1/2 tsp. salt
2-3 tbsp. wheat flour
Oil for frying


METHOD


1. Dab the livers dry and trim them, cut into bite-sized pieces and season with Teriyaki Marinade. Peel the onions. Slice the peppers and the onions thinly. Soak the chilli pod in water and cut into rings.
2. Bring the stock, soy sauce, mirin, sake, sugar and salt to the boil in a saucepan. Remove from the heat. Add the vegetables and leave to cool. Heat up the oil in a frying pan. Coat the liver with flour and fry it. Then remove from the pan and leave to cool.
3. Add the cool liver to the cool sauce and leave to marinate for 3 hours. Serve the chicken livers in the spicy pepper sauce.






 10 portions

 Preparation time: approx. 4 hours
Active cooking time: approx. 40 minutes

 Nutrition values (per portion):
kJ/kcal: 793/190
Protein: 9.0 g
Fat: 10.9 g
Carbohydrate: 10.7 g
Bread units: 1

 Allergens:
soybeans, wheat, sulphur dioxide

KIKKOMAN PRODUCT VARIETY



Kikkoman Naturally Brewed Soy Sauce 1 L

Available also in 10 ml and 15 ml sachet, 150 ml dispenser, 150 ml, 250 ml, 500 ml, 1.9 L, 5 L, 20 L



Kikkoman Tonkatsu Sauce 975 ml



Kikkoman Teriyaki Marinade 975 ml

Available also in 250 ml, 1.9 L, 4L



Kikkoman Yakisoba Sauce 975 ml



Kikkoman Teriyaki Ginger 975 ml



Kikkoman Sesame Sauce 1 L



Kikkoman Naturally Brewed Less Salt Soy Sauce 1 L

Available also in 10 ml sachet, 150 ml dispenser, 250 ml, 500 ml, 20 L



Kikkoman Teriyaki Glaze 975 ml



Kikkoman Naturally Brewed Organic Soy Sauce 1 L

Available also in 250 ml



Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce 1 L

Available also in 10 ml sachet, 250 ml, 250 ml dispenser, 20 L



Kikkoman Ponzu Citrus Soy Sauce 1 L

Available also Ponzu Lemon (in 10 ml sachet), Ponzu Orange and Ponzu Chili in 250 ml



Kikkoman Yakitori Sauce 975 ml

Available also in 250 ml



Kikkoman Sauce for Rice - Sweet / Sauce Soja Sucrée 975 ml

Available also in 10 ml sachet, 150 ml dispenser, 250 ml, 1.9 L



Kikkoman Unagi Sauce 975 ml

Available in 250 ml as Sushi Sauce



Kikkoman Poke Sauce 975 ml

Available also in 250 ml

BEHIND THE JAPAS SCENE



Mr. Kiyoshi Hayamizu has been cooking for over 30 years - starting as head chef of teppanyaki restaurant Daitokai in Cologne back in the 80s and is the co-author of two cook books about Japanese cuisine. For the last 16 years he has been accompanying us on our travels throughout Europe and supporting Kikkoman in the promotion of culinary exchange, healthy food and delicious cookery with soy sauce.

Kikkoman culinary emergency!

Are you looking for an idea?
Are you changing the menu in your restaurant?
Or maybe you want to know more about Japas?

Contact our local distributor and ask for advice and more input.



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