



Culinary Institute
of America

Japanese Cuisine



Learning Objectives

- Understand Japanese cooking and preparation techniques.
- Recognize common Japanese kitchen equipment.
- Identify the key ingredients of Japanese cuisine.
- Compare sushi and sashimi.
- Describe the procedure for making sushi rice, sashimi, and tempura.
- Prepare a variety of Japanese dishes following standardized recipes.

Japan: Geography



Population:

- 125 million (2021)

Capital:

- Tokyo, Japan

Major islands:

- Hokkaido
- Honshu
- Shikoku
- Kyushu

Preparation Techniques

- Basic stock (*dashi*)
- Making soups (*suimono/ shirumono*)
- Slicing, serving (*sashimi*)
- Salads (*sunomono/ aemono*)
- Rice (*gohanmono*)
- Seasoned rice (*sushi*)
- Noodles (*menrui*)
- Pickled vegetables (*tsukemono*)
- Sweets/ confections (*okashi*)



Cooking Techniques



- Grilling (*yakimono*): used for beef, fish, chicken, vinegar-soaked vegetables
- Steaming (*mushimono*): used for egg custards, meats, vegetables
- Simmering (*nimono*): used for stews
- Deep-frying (*agemono*): used for tempura, croquettes
- One-pot Cooking (*nabemono*): also known as Japanese hotpot

Kitchen Equipment

- **Bamboo mat** used to form and press
- **Lacquered chopsticks** for cooking and eating
- **Graters** for ginger, wasabi, daikon
- **Textured mortar and pestle** used to crush sesame seeds
- **Stainless steel/bamboo skewers**
- **Metal or bamboo steamers**
- **Wooden drop-lid** holds simmering foods down, encourages even cooking



Dashi



- Basic soup stock
- Ingredients:
 - 1 qt. cold water
 - 1 oz. dried kelp (*konbu*)
 - 1oz. dried skipjack tuna (*katsuobushi*)
- Used for soups, sauces, simmered dishes
- Has a rich, savory flavor

Miso

- Fermented (up to 3 years) soybean paste
- Used in soups, dressings, sauces, marinades
- Ingredients, colors, flavors differ by region
- Add to soups/ stews at the end; boiling destroys beneficial bacteria and causes curdling



Miso Varieties

- ***Ama-kuchi***: Sweet, mellow flavor
- ***Kara-kuchi***: Salty flavor
- ***Shiro***: Light color
- ***Aka***: Deep red color
- ***Mame miso***: made from soybeans
- ***Kome miso***: made from soybeans, rice
- ***Mugi miso***: made from soybeans, barley



Noodles (*Menrui*)



- **Soba:** thin, long buckwheat-based noodles
- **Udon:** thick noodles, made from wheat flour
- **Somen:** very thin wheat-based noodles
- **Ramen:** thin, yellow wheat-based noodles

Seaweed

- **Hijiki:** Dark brown color; often simmered with vegetables
- **Kombu:** sold in dried bunches; used in dashi stock or sauces
- **Nori:** sold in dry, flat sheets; used in sushi, onigiri, or as garnish
- **Wakame:** Dark green color; used in miso soup



Herbs

Perilla leaf (*Shiso*)

- Can be red or green
- Used as garnish or for pickling fruits

Sichuan pepper (*Sansho*)

- Dried flower buds
- Used as garnish

Parsley (*Mistuba*)

- Used for soups, salads



Roots



- **Stuffed Lotus Root:** often simmered; unique shape, remains firm after cooking
- **Pickled/ Grated White Radish (*daikon*):** used as garnish or in sauces
- **Simmered Burdock Root (*gobo*):** usually served chilled, earthy and sweet flavor

Soybean Products

- Soybeans (*edamame*)
- Soy sauce (*shoyu*)
- Soft/ firm tofu
- Deep-fried tofu pouch (*aburaage*) used for soup and sushi
- Sweetened soy milk
- Soymilk skin (*yuba*) used in soups



Miso Soup



Ingredients:

- *Dashi* stock
- *Miso* paste
- Tofu
- Kelp (*wakame*)
- Scallion as garnish
- Mushrooms: *shiitake* or *matsuake*

Basic formula:

1 gal. *dashi* stock
8 oz. *miso*

Sushi

- Seasoned rice: 1 ¼ part water (by volume), rice vinegar, salt
- *Maki*: rolled
- *Nigiri*: finger
- *Battera*: pressed
- *Chirashi*: scattered



Sashimi



- Sliced, raw seafood
- Modern interpretations use cooked items or meat
- Slicing styles:
 - **Hira-zukuri:** rectangle slices
 - **Usu-zukuri:** paper-thin strips
 - **Kaku-zukuri:** square pieces
 - **Sogi-sukuri:** triangle slices

Tempura

- Portuguese/ Spanish origin
- Deep-fried seafood/ vegetable with a thin, crispy crust
- Shrimp, sweet potato
- Tips for success:
 - Mix batter last
 - Dredge item lightly in flour
 - Serve immediately after frying





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Korean Cuisine



Learning Objectives

- Identify the characteristics of Korean cuisine.
- List the key ingredients used in Korean cuisine.
- Recognize common condiments and side dishes used in Korean cuisine.
- Describe the most popular Korean dishes.
- Prepare a variety of Korean dishes following standardized recipes.

Key Ingredients



- Ginkgo nuts (*eunhaeng*)
 - Slightly bitter pine nut flavor
 - Steamed, roasted, or sautéed
- Red Chili Powder (*gochugaru*)
 - Dried Korean chiles
 - Subtle heat, smoky flavor
- Ginger
- Garlic
- Scallions
- Sesame seeds
- Cabbage
- Radishes

Condiments

- Soy sauce (*ganjang*)
- Fermented red pepper paste (*gochujang*)
- Fermented soybean paste (*doenjang*)
- Fermented fish paste (*jeot*)
- Rice wine (*mirin*)
- Sesame oil



Side Dishes (*Banchan*)



Kimchi pancake



Chile-soy dressed
cabbage



Stuffed
cucumber *kimchi*



Cooked broccoli



Korean root *kimchi*



Juicy *kimchi*



Shiitake mushrooms,
red peppers, onions

Fermented Vegetables (*Kimchi*)

- Salted, fermented vegetables
- Can be sweet, sour, or spicy
- Hundreds of different types
- Many different vegetables (napa cabbage, radish, cucumber, ...)
- Seasonings: red chili powder (*gochugaru*), fish paste, salt, ginger, garlic
- Served with every meal as a condiment, ingredient, side dish



Seasoned Spinach (*Sigeumchi-Namul*)



- Blanched, seasoned spinach
- Served as a side dish or on Korean mixed rice (*bibimbap*)
- **Ingredients:**
 - Spinach
 - Soy sauce
 - Minced garlic
 - Sesame oil
 - Sesame seeds

Stir-fried Glass Noodles (Jap Chae)

- Sweet potato-based, glass noodles
- Savory, slightly sweet
- **Protein:** marinated beef, fried eggs
- **Vegetables:** mushrooms, spinach, carrots, onions, bell pepper, beansprouts
- Season with soy sauce, sesame oil



Grilled Beef (*Bulgogi*)



- Thin-sliced sirloin or other prime cuts of beef
- Marinade: soy sauce, sugar, sesame oil, garlic, pepper
- Other ingredients vary by region
- Grilled or pan-cooked
- Serve with lettuce, rice, side dishes (*banchan*)

Mixed Rice (*Bi Bim Bap*)

- Rice topped with vegetables, meat, *gochujang* sauce
- **Protein:** beef, pork, seafood, fried egg
- **Vegetables:** beansprouts, seasoned spinach, cucumbers, mushrooms, carrots
- **Sauce:** Red chili paste (*Gochujang*) mixed with sugar, sesame oil for texture and flavor
- Diners toss to combine before eating



Short Ribs (*Kalbi*)



- Grilled beef short-ribs
- Smoky, sweet taste
- Marinade: Korean soy sauce (*ganjang*), garlic, sugar
- Often served raw— diners grill at table
- Serve with lettuce, perilla leaves, soybean paste (*doenjang*), rice, side dishes (*banchan*)



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Any Questions?