

DONABE RECIPES

JAPANESE ONE-POT COOKING

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TARAKIHI, CLAMS AND PRAWNS SERVED WITH RICE AND ASIAN GREENS - SERVES 2

With this dish we wanted to showcase the traditional Japanese donabe cooking with rice and seafood all in one pot. This style of cooking is incredibly simple and perfect for everyday. This dish is light and clean with delicious flavours of umami and an ocean freshness from the seafood. Cooking the rice in the same pot allows it to take on all the amazing flavours from the other ingredients, while still cooking it perfectly.

10ml Canola Oil

15g Ginger, peeled & finely sliced

100g Medium Grain Rice

250ml Dashi Stock*

10g Caster Sugar

15ml Lemon Juice

25ml Mirin

5g Salt

200g Tarakihi, skin on, scaled**

2 Clams

**2 Tiger Prawns, thawed &
deveined**

100g Baby Bok Choy, cubed

5ml Sesame Oil

5g AFR Nori Salt

Grease the bottom of the Donabe with canola oil and add ginger.

Thoroughly rinse the rice, leave to soak in water for 20 minutes. After soaking drain the rice and add to the Donabe, along with the dashi, sugar, lemon juice, mirin and salt.

Place the fillet of fish in the centre, cover with the lid and place onto a medium heat for 10 minutes.

Turn down to a low heat for a further 10 minutes then add the clams and prawns to the bottom section.

Place the bok choy on the top section of the Donabe and drizzle with sesame oil.

Continue to cook on the lowest heat for a further 8 minutes.

Take off the heat, then rest for 10 minutes.

Sprinkle with nori salt on serving.

*** Fish or Vegetable stock work
well too**

**** Or any White fish you prefer**

CHICKEN WITH EXOTIC MUSHROOMS, PICKLED BAMBOO AND NOODLES - SERVES 2

Traditionally in Japan people practise the concept of 'Washoku' - the harmony of food. They are the principles that underlie the preparation and consumption of Japanese food, making sure the meal is perfectly balanced. We have embraced this concept within this recipe to find the perfect balance, using the rule of 5 flavours - salty, sweet, sour, bitter and spicy.

50ml AFR Ginger Sauce
250g Chicken Breast, skin on
10ml Canola Oil
400ml Chicken Stock
50ml Mirin
25ml Shao Xing Wine
10g Salt
5g Bonito Flakes
35g Shiitake Mushrooms*
10g Garlic, peeled & finely sliced
50g Broccolini
15g White Needle Mushrooms*
90g Dried Udon Noodles
30g Oyster Mushroom*
40g Pickled Bamboo Shoots
(see recipe)
5g AFR Korean Spice (optional)

***Mushrooms can be replaced with any variety of your choice. A great alternative to asian mushrooms are brown button mushrooms.**

Place chicken breast in a bowl with AFR ginger sauce. Cover and leave to marinate for 1-3 hours in the fridge, but no longer than 3 hours.

Remove the chicken from the marinade and heat the oil in the Donabe on a high heat. Place the chicken skin side down and fry until golden brown, turn the chicken breast over and repeat on the other side until golden.

Add the chicken stock to deglaze, followed by the mirin, shao xing wine, salt and bonito flakes.

Cook on a medium heat until hot.

Slice the shiitake mushrooms in half and add to the stock along with the garlic. Place the steamer section of the Donabe back inside with the broccolini laid on top and cover with the lid.

Cook on a medium / low heat for 10 minutes.

After 10 minutes reduce to a low heat and add the needle mushrooms and udon noodles to the lower part of the Donabe, ensuring the noodles are fully submerged.

In the upper steamer section, add the bamboo shoots and oyster mushrooms.

Cook for a further 10 minutes on a low heat.

Remove the Donabe from the heat and leave everything to rest for a further 10 minutes before serving.

Ensure the chicken breast is cooked through, the internal temperature should be 75 degrees. Garnish with Korean Spice if desired.

MENMA (JAPANESE PICKLED BAMBOO SHOOTS)

MAKES 300g

Menma is a delicious Japanese condiment, with a subtle sweetness it is one of the common toppings for noodle soups like ramen. It also makes a delicious side dish to go with rice.

300g Tinned Bamboo Shoots

3g Bonito Flakes

75ml Dark Soy Sauce

45g Caster Sugar

20ml Rice Vinegar

75ml Mirin

Strain the bamboo shoots and soak in running water for 5 minutes.

Add all the other ingredients into a pot, and bring to the boil.

Drain the bamboo shoots and add to the pot. Reduce the heat down and simmer for 20 minutes.

Pour everything into an airtight container and store in the fridge for up to 2 weeks.

EGGPLANT AND GOLDEN KUMARA CURRY

SERVES 2

Curry was introduced to Japan back in the late 1800s by the british, it began as a western style stew mixed with curry powder, however the Japanese soon adapted and created their own take on curry. Unlike an Indian style curry, the golden curry is much thicker and on the sweeter side from the caramalised onions, grated apple and carrots, with delicious aromatic spices and flavour but without the heat of chilli.

50ml Canola Oil
70g Eggplant, cut into cubes
50g Onion, chopped into large chunks
60g Tinned Crushed Tomatoes
60ml Red Wine Vinegar
20g All Purpose Flour
100g Golden Kumara peeled, chopped into 2cm cubes
100g Red Apple, grated
50g Carrot, peeled and sliced into rounds
5g Garlic Clove, minced
10g Fresh Ginger, minced
5g Garam Masala
10g Curry Powder
5g Celery Seed
50ml Light Soy Sauce
200ml Filtered Water
50g Broccolini
Spring Onions finely chopped*
15g AFR Cinnamon Chilli Peanuts*
***(optional garnish)**

Heat half the canola oil in the bottom of the Donabe on a high heat and fry the eggplant and onion until golden. Add the crushed tomatoes and reduce until it starts to stick to the bottom of the Donabe. Then drop to a low heat and add the red vinegar, the remaining oil and flour giving everything a stir to ensure the flour is mixed in. Try not to break up the eggplant. Cook for 5 minutes, stirring occasionally. Then add the kumara, apple, carrot, garlic, ginger and spices and cook for a further 5 minutes. Add the water and soy sauce to the mixture. Place the Donabe steamer section on top, laying the broccolini onto this. Cover with then lid. and cook on the lowest possible heat for 30 minutes. The curry will thicken up during this time. Remove from the heat and rest for 10 minutes. Garnish with chopped AFR peanuts and spring onions. Serve with medium grain steamed rice.

STEAMED RICE

SERVES 3

Rice is so important in Japanese society that it has been called the essence of the culture. It is a staple in every Japanese household and will be served with every meal - the word 'gohan' means 'cooked rice' as well as 'meal'. It is an essential part of Japanese culture, to perfect the art of cooking rice.

200g Medium Grain Rice

400ml Filtered Water

Optional Additions - Fresh sliced ginger gives a delicious flavour to the rice, add at the start of cooking.

Rinse the rice thoroughly, then soak in water for 20 minutes. Strain off the water and place rice in the bottom of the Donabe, along with the filtered water. Cover the Donabe with the lid and bring everything to the boil. Reduce to the lowest heat and cook for 10 minutes. Turn off the heat and leave to rest for 20 minutes.