ingredients

“Dashi” stock  280g  (9.46oz)
Egg  100g  (2 eggs)
Light soy sauce  14 g  (0.493 oz)
Mirin  14 g  (0.493 oz)
Pinch of Salt

Chawanmushi ingredients of choice:
chicken • ginko nuts • edamame • shrimp • kanikama
crabstick • shiitake mushroom (yuzu • mitsuba leaf as topping)

directions

Start by beating the eggs in a bowl gently in a medium bowl.
Try not to aerate the eggs too much.
Add “dashi” stock, light soy sauce, mirin, and pinch of salt.
Use a strainer and strain the egg mixture to achieve silky soft texture which is one of the finer points of a chawanmushi dish.
Grab 3-4 ramekins with a lid and fill the ramekins up 1/4 of the height with your ingredients of choice. If you do not have a ramekin, small mug cups or small bowl with a thicker wall would work better. For this session, we are using shrimp, shiitake mushroom, kanikama, and edamame.
Once it is 1/4 of the way full with the ingredients slowly add the egg mixture to cover 3/4 of the cup not to create any air bubbles. If air bubbles appear, try popping them with a toothpick or gently scoop out with a small spoon.
Cover the bowl or mug with a lid or aluminum foil and put in a steamer to steam at high heat. We recommend about an inch and a half of water.
Steam for 10-15 minutes. Check for readiness by poking the egg mixture. If clear broth seeps through, it is ready.
ingredients

2 cups of water
2 inch piece “kombu” dried kelp
1/2 cup loosely packed “katsuobushi” dried bonito flakes

directions

Clean your kombu kelp by gently wiping it down with a damp cloth
Warm the water and kombu over medium heat
Remove the kombu right before the water comes to a full boil. This is to prevent the broth from becoming bitter or slimy.
Remove the pan from heat and let the bonito steep in the broth for an additional 5 minutes.
Strain the bonito flakes from the both. Add additional water, pouring through the strained bonito, if needed to make 2 cups.
Use or store the broth: The broth can be used immediately, refrigerated for up to a week, or frozen for up to 3 months.
ingredients

Steamed Rice
1 sheet about 5x5 inches “dashi” kobu dried kelp
3 cups of Japanese short grain rice
3 cups water with 6 tablespoons (3/8 cups) of water

Sushi Rice Vinegar
4 tablespoons rice vinegar
1 teaspoon of salt
1 tablespoon of sugar

Sushi Toppings Examples
tuna • avocado • smoked salmon • shrimp • cucumber • sweet omelet • caviar • okra • sesame • shiso leaf • cream cheese • lemon

directions

Wash the short grain rice until water runs clear.
Dry in colander for 15 minutes.
Once the rice is dried, soak the rice in 3 3/8 cups water and one sheet of “kobu” kelp. After 2 hours, pull the “kobu” kelp and discard.
Turn the rice cooker on.
Stove top directions.

Bring water and rice to a rapid boil. Turn to low heat and let it slow boil until the water is soaked up by the rice. Make sure to use a glass top sauce pan so you can check the water level while steaming the rice.
While rice is cooking, prep sushi rice vinegar by combining rice vinegar, salt, and sugar together. Stir well until dissolved.

Once the rice is steamed, put into a bowl and “cut” the steamed rice while circulating the sushi vinegar. “Cutting” the sushi rice prevents the rice kernels from being mashed or crushed. Make sure the vinegar is evenly distributed and the rice kernels have a glossy shimmer. Once the rice is mixed, keep it covered with a wet cheese cloth to prevent drying out.
Where to find ingredients....

Buford Highway Farmers Market
5600 Buford Hwy NE, Atlanta, GA 30340

directions

**Coming from the South on I-85**
Take I-285 North. Get off when you see the first Exit, which is Buford Hwy and Doraville, and make a right, then you’ll see our signage on your left (entrance at the PepBoys or off Longmire Way).

Isle 24 is your new best friend. You will find most of the ingredients that we went over in class in this isle.
Dashi Broth: “Shiro Dashi” White Broth

If you use this dashi broth to make chawaanmushi, follow direction to make dashi and no soy sauce needed.

Usukuchi Shoyu (light soy sauce)
It is lighter in color than other soy sauce, but not lighter in taste. Lighter color to preserve the color the dish.

Rice Vinegar:
To make the sushi rice vinegar from scratch.

Mirin: Mirin is similar to sake, but has more sugar and a lower alcohol content.
Dried “KOMBU” Kelp
dried kelp that is used extensively in Japanese cuisine

“Hana Katsuo"onito flakes
To make dashi, the second most favored type of dashi in Japanese cuisine

Sushi Rice Vinegar
Already premixed and made for convenience.