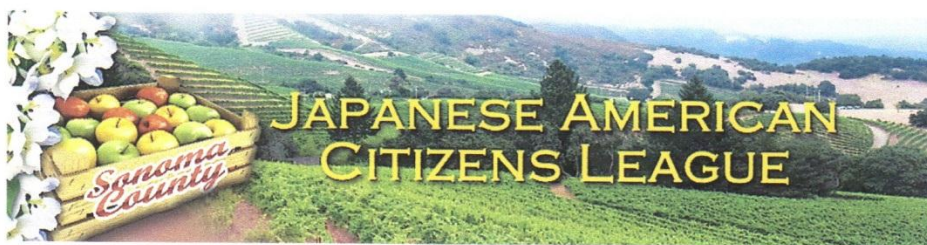


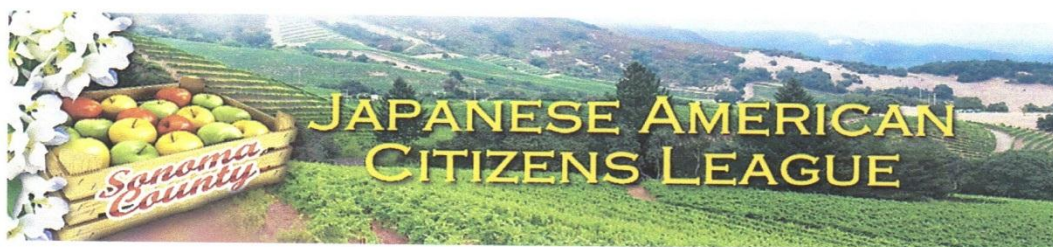
**Friendship**  
**Cookbook**  
**Sonoma Co. JACL**



**JAPANESE AMERICAN  
CITIZENS LEAGUE**



*Dedicated to all the great cooks  
and especially to those who are  
no longer with us*



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# JACL Friendship Cookbook

(Jan 2013)

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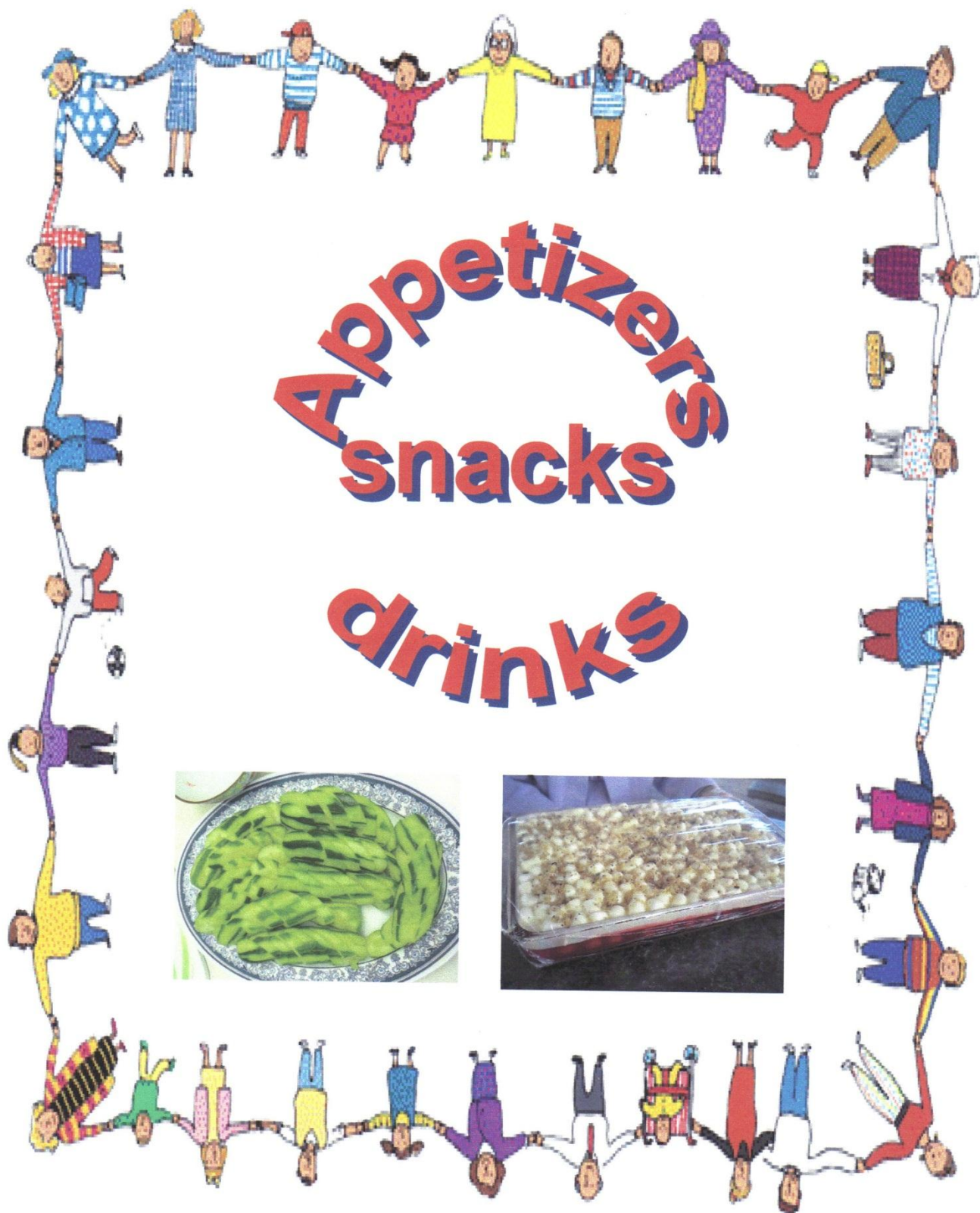
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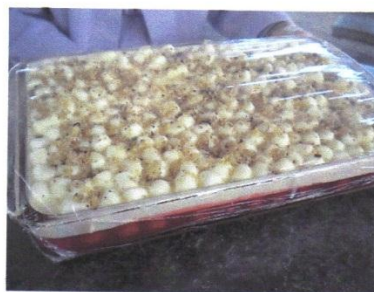
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# Appetizers snacks drinks



## Mom's Cracked Seed

May Yamaoka

Daddy would always buy cracked seed in China Town. Aunty June liked the salty semoi ones, but the rest of us loved the ones with cracked seed. I remember eating them in SF at an event. **When we left, there were mounds of seeds on the floor...whatta mess. Hawaii has the best** cracked seed. I try not to eat the ones from China because of the lead content from the crocks they use. Daddy would get a firm piece of metal and a hammer to crack the prune seeds and Mom would busy herself in the kitchen making the syrup.

4 pounds dried prunes ( seeds cracked )

2 C. Whiskey

2 C. Sugar

Juice of 3 lemons and rind ( dried salted lemons from Hawaii is best, but not that easy to acquire. Our cousin in Hawaii brought us to a crackseed store to buy some

¼ C. salt

2-3 Star Anise

Cook everything but the prunes in a large heavy pot until sugars are dissolved and begins to thicken. Adjust it to taste. Add prunes and stir constantly. As the sauce thickens more , cover **and turn off the heat...let the mixture cool in the pot , stirring occasionally ...then put them in** jars and keep refrigerated. Chop sticks work great in removing the sticky prunes. Mom gave me several versions, this is a combination of what she gave me. As many of the cooks in our **family ( Julene Leach for one), we don't really measure things...except for baking...so best to** taste as you go along.

I tried drying some of our Satsuma Plums in our dehydrator, but they turned out too dry. It is a work in progress.

## Processing Olives

Dorothy Shimizu (submitted by Julene Leach)

Curing for consumption

4 T. Lye in 1 gallon of water

24 hours – (Dissolve lye in a little warm water) prevents blisters

48 hours – 2 T lye in 1 gallon water (check to see if suds are dark, if so rinse and drain.)

24 hours - 2 T salt dissolved in 1 gallon of water, rinse and drain.

24 hours – 4 T salt in 1 gallon of water rinse and drain.

Dissolve 5 T salt in 1 gallon of water and heat. Pour over the olives in jars and process in hot water bath for 15 minutes.



This is my 17 yr old daughter's favorite snack. It is a contemporary version of my grandmother's way of preparing mochi for me as a kid which was the old fashion method of pan frying mochi till it was crispy on the outside and gooey hot on the inside.

## Waffle Mochi

Carol Kawase

Take two rounded pieces of frozen mochi straight out of the freezer and put it in a hot waffle iron.

If the iron is teflon coated then no need to coat with cooking spray. If not, then use non-stick spray such as PAM.

Cook until desired crispy texture. Enjoy!



## Energy Bars

Cynthia Hayashi

2 1/2 Cups Rice Krispies cereal

1 Cup oatmeal

1/2 Cup peanuts

1 Cup raisins

Mix the above, put in oven for 10 minutes @ 250 degrees

1/2 Cup sesame seeds

1/2 cube butter (1/4 cup)

1/2 Cup peanut butter

1 pkg (10 1/2 oz) melted marshmallows

Melt the above then mix with the Rice Krispies, oatmeal, peanuts and raisins

Place in a baking pan, either 9-12 or 8-10 depending on thickness desired. Cut in cubes and enjoy!

## Cinnamon Popped Corn

Julene Leach

This recipe was given to me by Margaret Wallman. She got it from a friend in her Beta Sigma Phi Sorority.

8 quarts popped corn

1 bag of red hots 12-14 oz.

1 cup butter

1/2 cup light corn syrup

Put everything in a saucepan and boil on medium heat for 5 minutes. Pour over popped corn and mix well. Put onto 2 greased cookie sheets. Bake in low oven 250 degrees for 1 hour. Stir every 15 minutes. Remove onto waxed paper or parchment to cool. Break into large hunks and enjoy!!

## Smoked Salmon May Yamaoka

( Adapted from our friend James Faro in Sitka, Alaska...where we caught many pinks on our many trips there.)

This is a good way to use chum, pink or farm raised salmon. Kings are always nice, but a bit oily for good storage.

Fillet fish, leaving on skin, cut into 1 ¼ in slices

BRINE:

**1 ½ C. Salt Morton's Tender Quick works well**

½ C. Brown Sugar

4 T. Black Pepper

¼ C Garlic Powder

**3-4 Quarts Water, enough to cover fish. This brine should allow a raw egg to float...if not add more salt.**

Marinate overnight in the refrigerator stirring once or twice.

Pat fish dry and place onto smoker racks on the counter ,with a fan close by. Dry until the fish takes on a glassey look that is slightly dry to the touch and bits of white forms (pediculum).

Place into your smoker according to your instructions until fish is the stage you desire. Store in air tight bags or vacuum seal. Freeze

## Smoked Salmon Dip May Yamaoka

1 Box 1/3 fat Creamed Cheese – Softened

**4 T. Best Food's Mayonnaise**

2 tsp. Lemon Juice

1 T. horseradish

1 tsp. Liquid Smoke ( optional )

Few drops of orange food color

1/3 C. Flaked Smoked Salmon ( reserve a small amount for top garnish )

Mix together, can add more mayo if it is too stiff. Place in a bowl and garnish top with reserved salmon.

**OR...shape into a ball and roll in toasted and chopped pecans.**

Canned salmon can be used in a pinch but liquid smoke and food color should be used . Finely chopped green onion or parsley can also be used for color.

Serve with crackers.

## **Smoked Tuna**

Davin Tilllman

### **Ingredients**

Wood chunks (Cherry or Hickory)

4 (10-ounce) tuna steaks

2 quarts water

2/3 cup coarse kosher salt

1/2 cup firmly packed brown sugar

5 bay leaves, crumbled

2 tablespoons fresh lemon juice

Vegetable oil

2 tablespoons coarsely ground black peppercorns (can substitute with black pepper)

4 cups dry white wine (optional. I like to use the water the Wood Chips have soaked in.)

### **Preparation**

*Soak wood chunks in water to cover at least 30 minutes.*

Place tuna steaks in a large heavy-duty zip-top plastic bag. Stir together 2 quarts water and next 4 ingredients; pour over steaks. Seal bag; chill 3 hours, turning bag occasionally.

Remove steaks from brine. Wash and pat dry. Place on a rack to air dry 30 minutes. Brush with vegetable oil. Pat pepper on both sides of fillet.

Prepare a small (25 coals on a warm day/up to 55 when cold) charcoal fire in the center of the smoker (a lot of people like to use a can with the bottom cut out); let burn 15 to 20 minutes. Drain wood chunks, and add a mixture of wood chunks and coals to fill the smoker around the can then remove can with tongs. Place water pan in smoker; add wine. Coat rack with cooking spray; place in smoker. Place steaks on upper rack; cover with smoker lid. Cook 3 to 4 hours or until fish flakes easily when tested with a fork. This method is meant to burn at a lower temp for a longer time without the need to replace coals. It is known as the Minion Method.

## **Smoked Tuna Cream Cheese Spread**

Davin Tillman

5oz smoked tuna (see Smoked Tuna recipe)  
1 (8 ounce) package cream cheese, softened slightly  
1 teaspoon Worcestershire sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1 dash pepper sauce (like Tabasco)  
1/2 teaspoon paprika

### **Directions:**

Blend all ingredients together well using a stand mixer or hand mixer. Taste, and adjust seasonings to your liking. Be careful adding more liquid smoke, a little goes a long way! When ready to serve, try adding a light sprinkling of paprika over the top for decoration.



## Deviled Eggs

May Yamaoka (using a recipe from her sister Dorothy Shimizu)

I am not sure where my sister learned how to make these, but they are beautiful. She bought me the special serrated cutter and glass egg dish. Later on I started to use an extra large pastry tip.

Boil 18 room temperature Eggs covered completely in cold water til it reaches a full boil.

Remove from heat and cover for 15-20 minutes. Place eggs in an ice water bath and cool. Put in refrigerator overnight ( this firms up the whites for less breakage )

Remove shells and rinse. Using a serrated cutter ( Asian markets have them, but the one

**Dorothy gave me has deeper grooves...I think it is vintage ) Hold the egg with the pointed side**

down. Place the cutter vertically at the tip and push it up until it hits the yolk , rotate the cutter upwards until it reaches the top. Turn the egg and make two more cuts that will yield three pieces. Remove egg yolks and place into a sieve. Using a wide spoon, press the yolks through. Put the cut egg whites into a large bowl of cold water, rinse gently several times until yolks are off. Drain and place on several paper towels on top of a thick dish towel to dry. Use a paper towel or napkin to dry the insides of the whites ( this keeps the filling from lifting up and also keeps the whites from slipping once you plate them. My niece, Debbie Yamaoka, puts her eggs on a hollowed out cucumber round instead of an egg dish. This works really well, especially for transport.

ADD to the pressed Yolks:

1 C. Mayonnaise- Best Foods

2 T. Sweet Pickle Juice

Few drops of Yellow Food Color

2 t. yellow mustard

¼ t. White Pepper

Salt to taste

Garlic and onion powder ( optional)

**Mix well...adding more** mayonnaise if too stiff to pipe

Fill a large pastry bag, loaded with a very large pastry tip. Place the eggs on the dish and pipe filling into each white. The filled pastry bag can be wrapped and bound off at this point and the whites can be placed on moist paper towels in the frig. I use a vertical motion which makes a flower- like mound. **Sprinkle the tops with paprika ( Emma Shimizu Ito,Martin's sister, taught me how to use the fat end of a toothpick to place the paprika...it makes for a neater sprinkle )** Tiny pieces of parsley or thinly diagonally sliced green onion for the top. Keep your eyes open if you ever go to the Dollar Store or Big Lots, that is where I found my plastic egg dishes ! I also learned on the internet that adding 1 tsp of baking soda to the water helps the shells to come off . I tried this the **last time and didn't think it made much of a difference. I leave my eggs out** for one or two days and put them in at room temperature, I think that helps.



## Shrimp Dip Mold

Margarette Murakami

1 can - cream of mushroom soup  
1 pkg – cream cheese (large)  
1 env. – Knox gelatin (dissolve with 3 T. water)

Heat above ingredients until cheese melts. Remove from stove; add one can shrimp\*; 1 cup mayonnaise; squeeze of lemon; chopped green onions & put into mold.

Note: \*Crab, clam or tuna is also good.

## Shrimp-Devil Eggs

Alan Murakami

Serves 4

¼ lb cooked shrimp, peeled & deveined  
4 boiled eggs, sliced in halves  
2 – 3 T. chopped olives  
1 T. minced onions  
2 T. chopped parsley  
1 t. Worcestershire sauce  
1 t. extra virgin olive oil  
salt & pepper to taste  
2 T. mayo

Mash egg yolks, and mix with olives, onions, parsley, Worcestershire sauce, oil, salt, pepper, & mayo; add chopped shrimp. Stuff into egg halves

## Homemade Salsa

May Yamaoka

3-4 Pounds of diced Tomatoes Romas work best  
½ Bunch chopped Cilantro  
1 Bunch Green Onions sliced  
5-6 large Cloves of Garlic- pressed  
1 Balled onion diced  
Juice of 2 -3 Limes ( this is the secret )  
2 tsp. Salt or to taste  
**2-3 Anaheim Chili's diced with seeds- can add jalepeno's for extra heat or some Siracha**

Mix well, store in refrigerator. I think this mixture can be canned using a pressure cooker.  
Serve with a sturdy tortilla chip

## Chili Con Carne Dip

Amy Tsurumoto

1 can chili con carne with no beans  
1 can sliced olives  
1 can chopped green chili  
½ chopped small cube of velveeta cheese

Heat all ingredients together and serve hot with flavorless tortilla chips

## Hot Corn Dip with Crispy Tortilla Chips

Donna Tajii



### Ingredients

- 2 tablespoons unsalted butter
- 3 1/2 cups corn kernels (from 4 ears fresh white or yellow corn)
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup finely chopped yellow onions
- 1/2 cup finely chopped red bell peppers
- 1/4 cup chopped green onions (green and white parts)
- 1 jalapeno, seeded and minced
- 2 teaspoons minced garlic
- 1/2 to 1 cup mayonnaise
- 4 ounces monterey jack or cheddar, shredded
- 4 ounces sharp cheddar, shredded
- 1/4 teaspoon cayenne
- Tortilla chips, for dipping

### Directions

- Preheat the oven to 350 degrees F.
- Melt 1 tablespoon of the butter in a large heavy skillet over medium-high heat. Add the corn, salt, and pepper. Cook, stirring occasionally, until the kernels turn deep golden brown, about 5 minutes. Transfer to a bowl. Melt the remaining tablespoon of butter in the skillet. Add the onions and bell peppers and cook, stirring often, until the onions are wilted, about 2 minutes. Add the green onions, jalapeno, and garlic and cook, stirring, for 2 minutes, or until the vegetables are softened. Transfer to the bowl with the corn. Add the mayonnaise, 1/2 of the monterey jack and half of the cheddar, and the cayenne and mix well. Pour into an 8-inch square baking dish and sprinkle the remaining cheese on top. Bake until bubbly and golden brown, 10 to 12 minutes. Serve hot with the chips.

## Fresh Fruit Juices

### Vayta Smith

I treat my kids with fresh strawberry juice or fresh lemonade.

#### **Strawberry Juice for 4**

Puree 1-pound strawberries

1 ½ cup water, Lots of Ice

½ cup sugar

2 limes, juiced

Pinch of salt

Dissolved sugar into ½ cup of hot water, add salt, lime juice and 1 cup cold water. Serve over ice.

#### **Lemonade for 4**

1 ½ cup water, Lots of Ice

½ cup sugar

4 lemons, juiced

Pinch of salt

Dissolved sugar into ½ cup of hot water, add salt, lemon juice and 1-cup cold water. Serve over ice.

## Lime Sherbet Punch

### Amy Tsurumoto

1 6 oz can pineapple juice, concentrate

2 28 oz bottles lemon lime soda, chilled

½ gallon sherbet

Turn sherbet into large punch bowl and break into chunks. Dilute pineapple juice according to directions and add to sherbet. Pour chilled carbonated beverage into punch bowl and stir lightly.

Garnish with floating fruit if desired.

Makes 35 cups

## HOMEMADE KAHLUA

Cynthia Hayashi

My Dad, Sam Miyano enjoyed his "Beverage". This is a KAHLUA that kept his 'spirit' during the holiday!

4 cups water

4 cups sugar

1/4 cup instant coffee

1 quart vodka

1 vanilla bean

Combine water and sugar. Boil for 5 minutes. Add coffee and boil 5 more minutes. Remove from heat and add vanilla bean. Allow to cool.

Add vodka. Pour into a jug. Let set for 2-3 weeks in a dark place.

Makes great holiday gifts in bottles/carafes.

# soups salads pickles





I have developed the following recipe for my kids because they love to eat rice and veggies.

## **Sausage, Kale and Rice Soup for 8**

Vayta Smith

1 roll of Italian Pork Sausage

1-tablespoon olive oil

1 yellow onion chopped

4 Carrots chopped

2 tomatoes chopped

1 cup rice

1 bunch Kale chopped

2 large cans of Chicken broth

Black pepper to taste

Sautéed pork sausage in olive oil for 3 minutes and break into little chunks, add onions, carrots, tomatoes. Once sausage is cooked, add rice and chicken broth. Once rice is cooked, add kale for the last 3 minutes of cooking. Add salt and pepper to taste.

## **Split Pea Soup**

Margarette Murakami

1 c. dried split pea

4 c. water

small ham hock

½ c. celery, finely chopped

1 sm. onion, finely chopped

1 carrot, chopped or shredded

salt & pepper to taste

1.) Combine peas & water. Bring to a boil and boil 2 min. Remove from heat. Cover to let set for 1 hour.

2.) Add remaining ingredients. Bring to boiling point. Reduce heat & simmer 2½ - 3 hrs until peas look creamed and ham hock is tender. Remove ham hock. Trim meat from bone and dice. Return meat to soup. Heat thoroughly and serve. Enjoy!

Additional water or milk may be added to soup for a thinner consistency.

## **Aztec Inspired Fall Soup**

Hans Goto

Makes a LOT of soup. This is a bit time consuming and it can be shortened by buying a cooked bbq chicken at the market and starting with that. But, you will need to add broth or water to the soup.

### **The Broth:**

1 2-3 lb. chicken rinsed (whole is OK)

1 onion cut in half

2 carrots roughly chopped

Add enough water to cover the chicken and boil. Add salt and peppercorns to taste.

### **The Soup:**

Cool the chicken outside of the broth. Strip the chicken off of the bone. Chop large pieces into bite size. Put back into the broth. Skim fat from broth.

Add 2 chopped onions to the pot as well as 2 or 3 chopped carrots. Add 1 to 2 lbs. of squash (sweet pumpkin, kabocha, acorn are all good). The squash should be cubed into bite size pieces.

Season with teaspoon (or two) of oregano and mild chile powder (ancho chile powder is good).

You might have to add more chicken broth to the soup if it is too thick.

Heat until squash is cooked.

### **Garnish (all optional):**

Tortillas strips (homemade or bought)

Avocado

Pepitas (toasted pumpkin seeds)

Queso Fresca (ricotta type is fine)

Cilantro chopped

Serve soup with Tortillas and garnish to taste.

## FRESH TOMATO BASIL SOUP

Mark Hayashi

### INGREDIENTS:

4 tablespoons extra virgin olive oil  
1 cup chopped red onion  
1 carrot, peeled and chopped  
4 lbs. fresh tomatoes chopped  
2 teaspoons sugar  
4 cloves of garlic minced  
1/2 cup chopped fresh basil leaves

3 cups chicken broth  
1 celery stock finely chopped  
1 tablespoon salt  
1 teaspoon freshly ground black pepper  
2 tablespoons of tomato paste  
1 Bay leaf (optional)

### Directions:

Heat the olive oil in a large heavy pot over medium heat. Add the onions, carrot and cook until very tender. Add the garlic and cook for 1 minute. Add the tomatoes, sugar, tomato paste, basil, chicken broth, celery, bay leaf, salt and pepper and stir well. Bring to a boil, lower the heat and simmer, uncovered for 40 minutes making sure the tomatoes are very tender. Remove the bay leaf and use a hand held blender to liquefy. Reheat. Serve immediately.

Salad Dressings From Fumi Tajii  
Submitted by Donna Tajii

Miso-Mayonnaise Dressing

2 Tablespoons	Miso
2 Tablespoons	Rice Vinegar
3 Tablespoons	Sugar
½ Cup	Mayonnaise
1 Tablespoon	Sesame seeds, toasted

Mix all ingredients thoroughly. Pour over salad or steamed vegetables.

Mayonnaise-Shoyu Dressing

¼ Cup	Mayonnaise
½ Tablespoon	Soy Sauce
	Sugar to taste

Blend together. Delicious on broccoli, asparagus and other vegetables.

Tofu Dressing

1 ½ Tablespoons	White sesame seeds
½ Tablespoon	Salad oil
3 Tablespoons	Sugar
3 Tablespoons	Soy sauce
1 Tablespoon	Vinegar
2 Tablespoons	Sesame oil
½ teaspoon	Ginger, grated
2	Green onions, chopped

Grind sesame seeds in a surubachi or with a mortar and pestle until most of the sesame seeds are coarsely ground. Add remaining ingredients. Mix well and serve on tofu.

## BLUE CHEESE SOUR CREAM SALAD DRESSING

Cynthia Hayashi

Anyone that enjoys blue cheese will love this recipe. My college roommate, Elaine Ogawa used to make it and shared her recipe. It is a favorite:

1/2 lb blue cheese, crumbled  
1 C sour cream  
1 C mayonnaise  
1/4 tsp accent  
1/3 C pickle vinegar

1/2 tsp garlic powder or 1 clove garlic,  
minced  
1/2 tsp Worcestershire  
salt & pepper to taste

Blend all ingredients in a mixing bowl.  
Store in covered container in refrigerator  
Makes 3 cups

## Cherry Salad Supreme Jello

Isako Yoshimura



3 oz box of raspberry gelatin  
3 oz box of lemon gelatin  
3 oz cream cheese  
1/2 cup whipping cream  
One can (21 oz) cherry pie filling

One can (8.75 oz) crushed pineapple  
2 Tbsp or more chopped walnuts  
1 cup tiny marshmallows  
1/3 cup mayonnaise or salad dressing

Dissolve raspberry gelatin in 1 cup boiling water. Stir in the can of cherry pie filling. Turn into a 9x9x2 baking dish. Refrigerate until set.

Dissolve lemon gelatin in 1 cup of boiling water.

Beat together 1/3 cup mayonnaise and 3 oz cream cheese. Gradually add lemon gelatin mixture. Stir in the crushed pineapple, undrained. Whip 1/2 cup whipping cream and fold into lemon mixture together with the marshmallows. Spread on top of cherry layer. Top with chopped nuts. Refrigerate until set. Makes 12 servings

### 3-Bean Salad

Margarette Murakami

1 can each - Garbanza, Kidney, String beans  
1 red onion (or white), chopped  
1 chopped green (red or yellow) pepper  
2/3 c. sugar  
1/3 c. salad oil  
2/3 c. red wine vinegar  
1 t. salt  
Pinch of pepper

Combine above ingredients and refrigerate.

### Cherry Jello Delight

Marian Ishizu

1 large box cherry jello  
2 cup hot water  
1 can cherry pie filling  
1 small can crushed pineapple, undrained

Dissolve jello in water, add cherry pie filling and pineapple. Stir, let set until firm.

Topping:

8 oz. softened cream cheese,  
Add 1/2 cup milk and blend thoroughly.  
Add 1 pkg dream whip (dry). Beat together, and spread on jello.  
Sprinkle nuts on top.

Serves 8



## Gelatin Salad

Kayoko Weisheitinger

2 large pkgs. Jello (strawberry, orange or cherry)  
3 water  
1 cup crushed pineapple with juice  
1 cup mandarin orange sections (no juice)  
2 cups low fat cottage cheese  
2 8 oz. Philadelphia cream cheese  
2 cups cool whip – thawed  
1 cup chopped walnuts  
1/3 cup maraschino cherries cut into eighths



Stir boiling water into gelatin until dissolved. Add pineapple and orange segments and chill one hour. In a separate bowl, mix cottage cheese and cream cheese until blended. Stir in cool whip. Beat jello mixture with whisk and add cherries and walnuts. Chill 4 hours.  
cups boiling

## Ribbon Salad

Dorothy Shimizu (submitted by Julene Leach)

Every Thanksgiving and Christmas Meal, Mom used to make this dish. My Dad Martin really enjoys this Jello recipe.

1 -3 oz pkg each (lemon, lime & cherry) Jello	2 -3 ounce cream cheese
3 cups boiling water	½ cup mayo
1 cup mini marshmallows	1 cup stiffly beaten whipped cream
1 ½ cup cold water	1 can 1lb. 4 ½ oz crushed pineapple

Dissolve the Jello flavors separately using 1 cup boiling water each. Stir in marshmallows into the lemon Jello, set aside. Add ¾ cup cold water to the lime. Pour into 13x9 inch pan sprayed lightly with Pam for easier removal. Add ¾ cup cold water to cherry Jello, set aside at room temp.

Add cream cheese to the lemon mixture beat until well blended. Chill until slightly firm. Blend in the mayo, whipped cream and pineapple. Chill until thick. Spoon over thickened lime Jello. Chill til set.

Put cherry on top once the lemon mixture is set.  
Cut into squares and serve on platter.

This is one of our holiday favorites!

## **Blood Orange and Red Onion Salad**

Linda Smith

★★★★★

**Cook Time:** 35 MIN | **Makes:** 4

### **Ingredients:**

- 1/4 small red onion, very thinly sliced
- 1/4 cup rice wine vinegar
- Maldon salt and freshly ground white pepper
- 4 blood oranges
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons torn basil leaves

### **Directions:**

1. In a bowl, toss the red onion with the vinegar and season with Maldon salt and white pepper. Let stand at room temperature until softened, 15 minutes. Drain.
2. Meanwhile, using a sharp knife, peel the oranges, removing all of the bitter white pith. Thinly slice the oranges crosswise, removing any pits. Arrange the oranges on a platter and scatter the red onion on top. Drizzle with the olive oil and season with Maldon salt and white pepper. Garnish with the basil and serve.

**Source:** <http://www.foodandwine.com/recipes/blood-orange-and-red-onion-salad>



# Waldorf Salad

## Amy Tsurumoto

4 cups diced unpared apples  
1 cup diced celery  
1 cup seedless grapes, cut in half  
1 banana halved lengthwise and thinly sliced (optional)  
1 cup miniature marshmallows (optional)  
½ cup chopped walnuts  
1 Tbsp lemon juice  
1 cup mayonnaise or more  
1 Tbsp sugar  
2 Tbsp cream or 2 Tbsp half n half

1. Combine first six ingredients. Sprinkle lemon juice on top
2. Combine gently. Best to use your hands to mix.
3. Mix mayonnaise with sugar and cream until sugar is dissolved.
4. Add mayonnaise dressing to apples.
5. Line a serving bowl with lettuce leaves and pile apple mixture in center. If you want to you can garnish this using a red skin apple and slicing it thinly and lay apple slices on top in a circle. If you use a red apple, dip the slices in lemon juice to prevent from discoloring. Refrigerate at least an hour before serving.

Other options:

You can use different nuts as pecans and hazelnut instead of walnuts or mix.

The same goes for grapes. You can use raisins or cranberries.

The dressing can be made with a 50/50 mix of any of these: sour cream, yogurt, and mayonnaise.

I love to make this in summer, when all the veggies are fresh and from my garden. YUM!  
A good picnic or potluck dish.

## Green Bean, Corn & Tomato Salad

Jodi Hottel

6 oz. green beans, cut to 1 in. lengths  
3 ears white corn, kernels removed  
½ c. seasoned rice vinegar (sweetened)  
2 T. vegetable or olive oil  
3 large tomatoes, chopped  
½ c. chopped red onion  
1/3 c. chopped fresh parsley

Cook the beans in boiling water for 2 min. Add the corn kernels and cook until vegetables are crisp-tender, about 2 more min. Drain well. Add both oil and vinegar in large bowl to blend. Season with salt and pepper. Add tomatoes, onion and parsley, toss to coat. Cover and chill for at least 2 hours or overnight. Best fresh and eaten with 1-2 days.



## Chinese Cabbage Salad

Michiyo Schmidt-Petersen

1 head cabbage, shredded  
6 whole green onions – tops too  
1 package (2¼ oz) sliced almonds  
1/2 cup sesame seeds  
1 package chicken Top Ramen  
1/4 cup margarine

1/2 cup vegetable oil  
1 tablespoon soy sauce  
1/4 cup vinegar  
1/3 cup sugar  
Salt and pepper to taste

1. In large frying pan, melt margarine. Smash Top Ramen and add to margarine along with sesame seeds and almonds. Brown slightly. Add the flavor mix and mix well. Cool.
2. Shred Cabbage and add chopped onions. Mix well. Just before serving, add the above mixture and top with dressing made from oil, soy sauce, vinegar and sugar.

Serves 12-16

## **Leek and Wakame Nuta**

Reiko Long

Serves 3 to 4

Nuta is such a popular type of aemono that many Japanese actually use the two words interchangeably. Wakame and leeks (preferably the tender young variety known as wakegi) are used in most versions. Other popular ingredients include short-necked clams, sardines, squid, yellow tailed tuna and a number of wild mountain vegetables such as udo and bracken ferns. This is moist, cool and refreshing. Nuta is generally prepared with a miso vinegar dressing or occasionally with a sweet simmered miso.

2 to 3 leeks or 10 scallions cut into ½” to 1” lengths

½ cup dried cut wakame

2 or 3 deep fried tofu (age) lightly broiled if desired and thinly sliced

sweet white vinegar miso dressing:

2 Tbsp. sweet white miso

2 tsp. sugar

1 ½ Tbsp. vinegar or lemon juice

Combine all ingredients mixing well. Set aside. Prepare the cut dried wakame according to the package.

Cut leek pieces lengthwise in half and parboil very briefly. Drain well and drain wakame well. Mix together wakame, leek, age with sweet white vinegar miso dressing.



## **Konnyaku and Carrot Salad with Tofu Miso Dressing**

Reiko Long

1 piece of konnyaku cut into small rectangles and parboiled  
1 carrot cut into small rectangles  
½ cup dashi stock or water  
3 Tbsp. sugar  
½ tsp. salt  
½ tsp. soy sauce  
1/3 cup sesame seeds roasted and ground to a paste  
6 oz. tofu pressed or 4 oz. firm tofu  
2 Tbsp. sweet white or 4 tsp. mellow white miso  
4 sprigs kinome or green chiso no ha

Combine konnyaku, carrot, dashi, Tbsp. sugar, salt and soy sauce in small saucepan. Simmer until all liquid has been absorbed. Allow to cool to room temperature. To the ground sesame seed (in a suribachi) add tofu, miso and the remaining 2 Tbsp. sugar. Mix together (with wooden pestle). Stir in the vegetables and serve each portion. Garnish with sprig of kinome.

Preparing the tofu

Squeezing method using with cotton dish towel or use a tofu pressing

This process results in a mashed tofu that is slightly cohesive and a texture resembling that of cottage cheese.

Place drained parboiled tofu at the center of a large dry dish towel and gather the front four corners to form a sack. Twist sack closed then squeeze tofu firmly. Kneading it for 2 to 3 minutes to expel as much water as possible. Squeeze lightly enough so that no tofu penetrates the sack. Empty the squeezed tofu in a bowl and set aside.

Preparing the sesame seed:

Use suribachi and surikogi. (grinding bowl with pestle) Put the roasted sesame seeds in suribachi and ground it with the surikogi. Mix with tofu and grounded them together.

## **Roberta's Chicken Salad Winner**

Roberta Lew



Poached chicken breast  
pecans  
mayonnaise  
sour cream  
bacon  
green onions  
golden raisins  
savory pastry shells/endive leaves

Place cold boneless chicken breast in pot of cold water, chicken should be covered with water. Turn flame on high, as soon as the water begins to boil turn heat off and cover.

Chicken will be cooked in 45 minutes, remove from water and rinse with cold water. Cool and refrigerate until ready to mix salad.

Cook minced bacon, cool and drain, mince green onions, chop pecans, diced chicken, mix with equal amounts of mayonnaise and sour cream, stir in raisins, pecans and green onions, salt and pepper to taste.

Refrigerate until serving. Serve in endive leaves, on crackers or fill pastry cups

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# Oi Muchim

Brenda Strech

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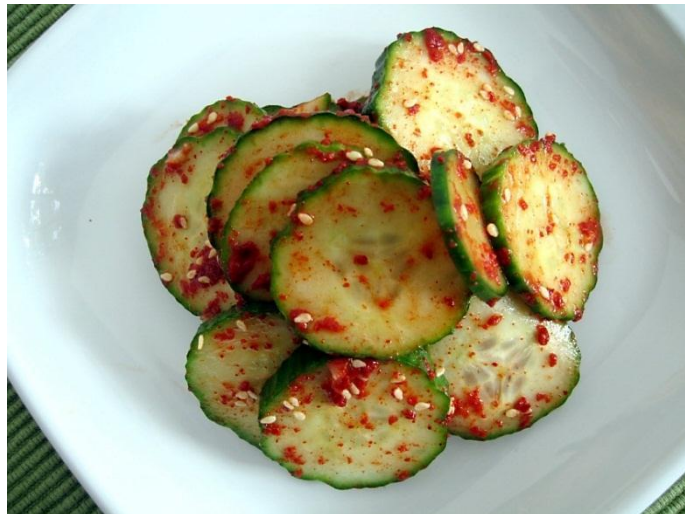
*Korean Cucumber Salad/Side Dish*

## Ingredients:

- 1 English Cucumber (thinly sliced)
- 1 Clove Garlic (finely minced)
- 1 Green Onion (minced)
- 1 tsp Roasted Sesame Seeds
- 1 tsp Crushed Red Pepper (Korean Style is preferred)
- ½ tsp Salt
- ½ tsp Vinegar (Rice Wine Vinegar is preferred)
- 1 tsp Sesame Oil
- 2 tsp Sugar

## Directions:

1. Combine cucumber, garlic and green onion in a bowl.
2. Next add sesame seeds, crushed red pepper, and salt. Mix to coat.
3. Add vinegar, sesame oil and sugar. Mix well.
4. Let sit in refrigerator ½ hour to 3 hours before serving.



## Nasu Karashi (Pickled Eggplant)

Margarette Murakami

4 lb sliced Japanese Eggplant  
¼ c. salt

Slice eggplant and mix with salt and set overnight. Wash and squeeze out water well. Sprinkle ½ c. dry mustard on eggplant; set aside.

Sauce:

½ c. each: miso and mirin  
1 c. shoyu  
1½ c. sugar

Mix miso until smooth; add mirin; stir well. Add shoyu and sugar. Mix well, add eggplant and mix again.

Put in sterilized jars and freeze. Let set for about month and enjoy!

## Pickled Turnips, Kyoto Style

Sachiko Knappman

Turnips, washed, peeled and sliced very thin, approx. 3 lbs.

Salt solution for 1st process, water 300 cc, salt, 1 Tablespoon, mixed well.

Mirin sauce, mirin, 300 cc, salt, 2 teaspoons, sugar, 1 teaspoon, 1 crushed/chopped dried chill pepper. Cook them together until boiling, and add several kombu strips. Let the sauce cool before adding to the turnips.

1. Prepare turnips as mentioned, and layer in a container.
2. Pour salt solution over the turnips. Add weights that is approx. twice the turnips' weight.
3. Let them soak for overnight.
4. Drain the turnips using a strainer.
5. Place the turnips back in the container. Layer turnips and add kombu strips from time to time in-between the layers. Pour mirin sauce.
6. Place enough weights to keep turnips from floating. Keep them in a cool dark place (possibly in a refrigerator) for 2 days before serving.
7. They are good for approx. 2 weeks in a refrigerator.

My mom would make this sweet-vinegar cucumber pickle favorite for many potlucks, and the recipe was demonstrated at a popular hands-on *tsukemono* workshop in February 2011. Here is that recipe.

### Cucumber Tsukemono (cucumber pickle)

Fumi Tajii (submitted by Phyllis Tajii)

3 English cucumbers (long seedless) about 3 lbs

1/4 cup salt

4 cups water

1/2 cup white vinegar

2/3 cup brown sugar

2 cloves garlic

1 dried red chili pepper, broken into pieces

Hidaka kiri kombu (dried seaweed strips) - optional

Chop cucumbers into bite-sized chunks. Place pieces in a large bowl. Add salt and water. Mix together. Set aside for 1 hour. Drain and briefly rinse. Add remaining ingredients and mix well. Let set for 3 hours or more. Ready to eat or place in container and refrigerate.



Dorothy always made this favorite sweet-vinegar Hawaiian-style daikon radish pickle for potlucks, and she demonstrated the following recipe at a popular hands-on *tsukemono* workshop in February 2011.

## Takuan (Takuwan) Daikon Radish Pickle

Dorothy Shimizu

(submitted by Phyllis Tajii)

1/3 cup Hawaiian salt or non-iodized table (pickling) salt -(iodized salt will cause discoloration of the pickle)

1/2 cup Heinz White vinegar

2 1/4 cup sugar (or to taste)

Yellow food coloring (add by drops until desired color is reached, about 15-20 drops)

**1 gallon daikon, cut into 2" x 1/2" lengths or small rounds**

1-3 Dried red chili pepper

Mix all ingredients in a large bowl and let stand for 1 hour. Daikon mixture will become very watery. Pack daikon and all of the liquid into a jar. Add dried red chili pepper at this time (to taste). Refrigerate at least 3 days for flavor to soak into daikon.



Radish top or Mustard Green Takana  
Elaine Otani (submitted by May Yamaoka)

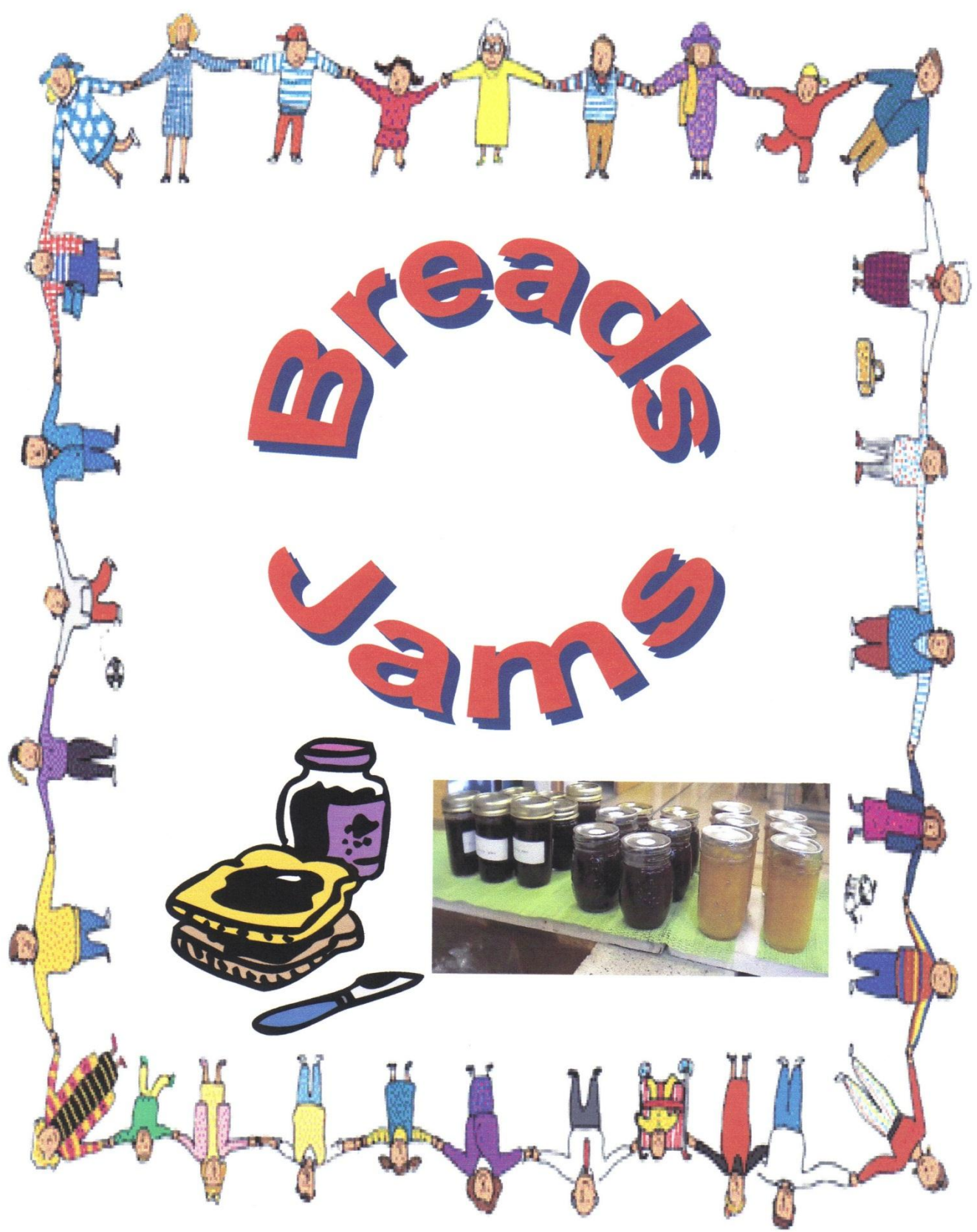
When Mom ran the boarding house on the Rohnert Park Seed Ranch, she would take my brothers and sisters and glean the fields of vegetables and pick wild mustard greens to feed the workers.

Wash greens and par boil until just tender.

Drain and douse into ice water.

Add Salt to taste rub in salt with fingers. My Mom used to put a few raisins and cooked rice to enhance the flavor, this method works well for cucumber zuke too. Refrigerate for at least one day. Rinse, drain and chop into pieces OR leave the mustard greens whole and wrap around nigiri's





# Breads & Jams





## Southern Biscuits

Jaleelah Siddiqui

I have fond memories of my grandmother making these biscuits in her kitchen

2 cups flour	1/3 cup shortening
1 Tbsp baking powder	About 3/4 cup milk
1 tsp salt	

Mix dry ingredients thoroughly. Mix in shortening only until mixture is crumbly. Add most of milk; stir to mix. Add more milk as needed to make dough that is soft but not too sticky to knead.

Knead dough gently on lightly floured surface 10 to 12 times. Form into ball. Pat or roll dough to ½ to ¾ inch thick. Cut with floured biscuit cutter or cut into squares with knife.

Place on ungreased baking sheet: 1 inch apart for crusty biscuits; together for softer biscuits. Bake at 450 degrees, 12-15 minutes, until golden brown.

Put lots of butter and jam inside of biscuits and enjoy. 😊

## Satsuma Plum – Raspberry Jam

May Yamaoka

From My Aunty Kobayashi, who used to call us every year, when her plums were ripening. She gave me her recipe and now I use it on the plums from the tree Denny planted.

Wash plums, cut in half, remove seeds and grind into a pulp, we use the attachment to our Kitchen Aid. This can be frozen for jamming later.

Make jam according to the pectin box, substituting one cup plum pulp with a cup of raspberries (I get these from my sister, Dorothy. Martin patiently picks them every season and vacuum seals them for his family and friends. There is nothing like fresh raspberries !

I do my jars in the dishwasher in the hottest setting and leave them there til used. I just found out that my sister used the dishwasher, but also boiled them in hot water to remove any soap residue...gosh I better see if I can smell soap next time. There is so much I could have learned from her ,she was such a fabulous cook.

The Satsuma Plum makes a flavorful and colorful jam and has been enjoyed by everyone who has tasted it. It is a good money maker for our Teriyaki craft booth.

I have always eaten a lot. Growing up, I would have rice with every meal, regardless of what the main course was. Nothing changed once I started living on my own. However, on Saturdays and Sundays my roommate and I would cook a large breakfast, and although we often had fried rice (he made Chinese fried rice, which was very delicious), we often craved a different type of starch. We quickly realized you could only eat pancakes so many times, and we didn't own a waffle maker. Instead of buying pre-made biscuits, I decided to try experimenting with homemade biscuits. I first tried using Bisquick, which although good, seemed more suitable for pancakes. Then I found this simple recipe for biscuits. We already owned everything required, so one Saturday I tried it out. It was a huge hit, in multiple ways. Not only were they as good as Bisquick, but where the recipe should probably have made around 10 biscuits, I made four very large ones. These quickly became a staple for our weekend breakfast feasts.

## Baking Soda Biscuits

Allan Kaku

Recipe from COOKS.COM



Oh yeah, we had pancakes too.

2 c. sifted flour  
¼ c. shortening  
½ tsp. soda  
½ tsp. salt  
¾ c. buttermilk

Sift together the dry ingredients. Cut in shortening until like coarse meal. Make well in center of flour mixture. Add all the buttermilk at one stir, stir to make soft dough. Turn out on lightly floured board. Knead about 30 seconds. Pat or roll ½ inch thick. Cut with 2 inch cutter. Ungreased sheet. Bake 450 for 12 minutes or lightly brown.

## Cinnamon Sugar Breakfast Puffs

Donna Tajii



Makes 12 Breakfast Puffs:

- 1/3 cup unsalted butter
- 1/2 cup sugar
- 1 large egg, at room temperature
- 1 1/2 cup all purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1 pinch ground cloves
- 1 pinch ground ginger
- 1 teaspoon orange zest
- 1/2 cup whole milk, at room temperature

Cinnamon-sugar coating:

- 6 tablespoons butter, melted
  - 1/2 cup granulated sugar
  - 1 teaspoon ground cinnamon
1. In a heavy bottomed pan, heat the 1/3 cup butter, and cook over medium-high heat, stirring frequently, until browned and nutty smelling. Pour into a mixing bowl and allow to cool completely to room temperature.
  2. Preheat your oven to 350F. Grease and lightly flour a 12 cup muffin tin.
  3. Add the sugar and egg to the cooled butter. Beat with an electric mixer until all creamed together.
  4. In a separate little bowl, combine the flour, baking powder, salt, spices, and zest. Add the dry ingredients in increments to the butter-sugar mixture, alternating with the milk and beating well after each addition.
  5. Divide the batter evenly into the cups of the muffin tin. Pop into the oven and bake until golden brown and fragrant, about 20-25 minutes.
  6. While the puffs are puffing, put the melted butter in one shallow bowl and combine the sugar and cinnamon in another one. When the puffs come out of the oven, use a knife to gently pop them all out of the muffin tin.
  7. One by one, dip each puff in the melted butter - get it all over it - then roll it in the cinnamon sugar. Transfer it to some lovely, festive serving platter, and continue until you have rolled all of the puffs. Serve warm - they are by faaaaar the best when they are still warm - with coffee, and mimosas, and other goodies.

## Persimmon-Nut Bread

### Donna Tajii



2 Cups	Sugar	1	teaspoon	Salt
1 Cup	Salad oil	2	teaspoons	Cinnamon
3	Eggs	½	teaspoon	Ground ginger
2 Cups	Persimmon puree	2	teaspoons	Baking soda
2 Cups	Whole wheat flour	1	teaspoon	Nutmeg
1 Cup	Flour	1	Cup	Chopped nuts
½ Cup	Oatmeal			

Mix together all ingredients, adding nuts last. Pour into greased pans: 5, 6 x 3-1/2-inch aluminum loaf pans or 3, 8-1/2 x 4-1/2-inch loaf pans or 2, 9 x 5-inch loaf pans. Bake in a preheated 350 degree oven for 1 hour or until knife inserted in center comes out clean. Wrap in foil after cooled. Best 2 or 3 days after baking.

## Blueberry Muffins

### Cynthia Hayashi

1 egg	1 tsp baking powder
1 cup buttermilk	1 tsp salt
1/3-1/2 cup brown sugar	1/2 tsp soda
1/3 cup shortening	1 cup blueberries
1 cup oats	
1 cup flour (can use 1/2 white & 1/2 whole wheat)	

Heat oven 400 degrees

Grease 12 muffin cups.

Beat egg, stir in buttermilk, brown sugar & shortening. Mix in baking powder, salt, baking soda, and blueberries.

Mix in oats and flour -batter should be lumpy.

Bake 20-25 minutes

Great for a brunch, snack or anytime...

## Zucchini Bread

Cynthia Hayashi

Yet another Zucchini recipe, this one freezes well and you can use large zucchinis. My Dad was famous for bringing us VERY EXTRA LARGE ones.

This one is really good.

3 eggs	1 tsp salt
1 cup oil	1 tsp soda
2 1/2 cups sugar	3 tsp cinnamon
2 cups grated peeled zucchinis	1/4 tsp baking soda
3 tsp vanilla	1/2 cup nuts
3 cups flour	

Beat eggs, add oil, sugar, zucchini and vanilla. Mix lightly but well.

Sift all dry ingredients and mix until blended.

Pour into greased 9x5x2 loaves

Makes two

Bake @ 325 for 1 hour

## Persimmon Bread

Alan Murakami

3 eggs	2¼ c. sifted flour
1 c. + 2 T. sugar	1½ t. cinnamon
¾ c. oil	¾ t. salt
1½ c. persimmon pulp	¾ c. each – nuts and raisins
1½ t. soda	(soak raisins in hot water to plump)

Mix eggs, sugar and oil; add soda to pulp and set aside. Combine dry ingredients, add nuts.

Mix pulp to egg mixture and add dry ingredients to pulp mixture. Add soaked raisins.

Makes:    1 large loaf    325 degrees – 1 hour  
         or    5 mini loaves    325 degrees – 45 minutes

## Quick Blueberry Bread

Hans Goto

Here is a recipe we have been using for a long time for special times...  
Enjoy.

### Ingredients:

- 5 cups flour
- 1-1/2 cups sugar
- 2 tbsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 tsp. lemon peel, grated
- 4 eggs
- 2 cups milk
- 2 tsp. vanilla
- 1 whole lemon juice
- 3 cups blueberries
- 3/4 cups butter, 1-1/2 stick
- 1-1/2 cups walnuts, chopped

### Directions:

Preheat oven to 350°. Grease and flour 10 inch bundt pan. Combine flour, sugar, baking powder, cinnamon and salt in a large bowl. Cut in butter until mixture resembles fine crumbs. Stir in walnuts and lemon peel.

Beat eggs lightly with a fork in a small bowl. Stir in milk, vanilla and lemon juice and mix well. Blend into flour mixture just until moist. Gently stir in blueberries. Spoon into pan and bake 80 to 90 minutes or until a toothpick comes out cleanly. Cool on a wide rack 10 minutes. Remove from pan. Serve warm or cold. Store wrapped in plastic wrap in refrigerator.

Can also be baked in: 2-9"x5" loaf pans or 4-5-3/8"x3-1/2" loaf pans. Baking times will vary.

Frozen blueberries, unthawed, may also be used.

## Beer Bread

Donna Tajii



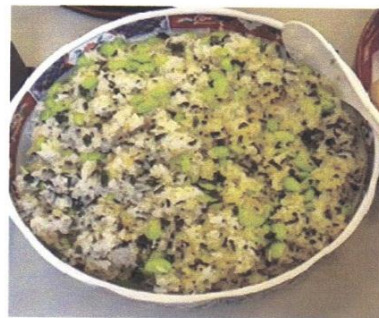
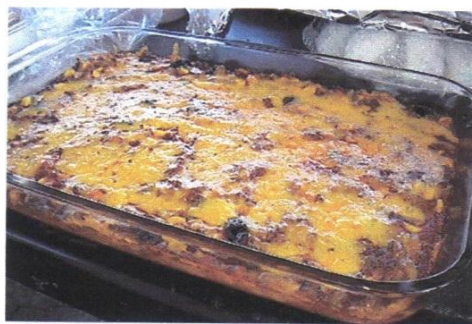
### Ingredients

- 3 cups flour (360 grams)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup sugar
- 12 ounces beer
- 1/2 cup melted butter

### Instructions

1. Preheat the oven to 375 and oil your bread pan (8x5).
2. Mix the flour, baking powder, salt and sugar, then add the beer.
3. Stir gently until everything is combined. Do not over mix.
4. Pour the batter into your loaf pan and then pour the melted butter over the top.
5. Bake for one hour. Let it cool for 10-15 minutes before you slice.

**Main dish**  
**side dish**  
**Casseroles**





## Roasted Japanese Eggplant

Takayo Muroga Fredericks

This is probably the simplest dish you can make with Japanese eggplant, nasu, but it tastes **surprisingly complex. It is my uncle's favorite. Every time he visits my parents' house in southern Tokyo**, my mother prepares it for him. When she is with him, she livens up and sometimes falls back into the dialect of their hometown. She is the youngest of six and my uncle is the second oldest. But only the two survived over the years, because of the war and some illness. She is now 80, and he is 90 and he visits her often from his home in western Tokyo.

The process is very similar to making roasted bell peppers.

1. Find Japanese or Italian eggplants.
2. Roast them over direct flame of a gas stove until they are completely charred.
3. Peel the charred skin. Do not wash them under water, because the flavor washes away.
4. Serve with grated ginger and soy sauce. Or pour dark miso broth over it and eat it as a hearty miso soup.



## **Ginger Root Miso**

Reiko Long

Makes ½ cup

2 to 3 tsp. grated ginger root  
5 Tbsp. red, barley or Hatcho miso  
1 to 1 ½ Tbsp. honey  
2 tsp. sake, white wine or water

Prepare as for red sweet simmered miso. Serve with dengaku, as a cracker spread or with deep fried food or as a topping for rice. To obtain a somewhat similar flavor, simply mix ½ tsp. grated ginger root juice with ½ cup red sweet simmered miso.

## **Grilled Tofu and vegetables (Dengaku Tofu)**

Reiko Long

2 tender eggplants, cut into ¾ inch thick rounds and brushed with oil  
6 large mushrooms  
12 – 16 oz. tofu drained or pressed  
1 cup sweet miso sauce  
Dash of green nori flakes  
1 to 2 tsp. roasted sesame seeds

Barbecue or grill the mushrooms, eggplant and tofu for about 3 minutes for each side or until eggplants are tender and other ingredients are nicely browned. Arrange barbecued ingredients on individual plates, spoon on the hot sauce or gingerroot miso. Top with a sprinkling of green nori, sansho and sesame seeds.

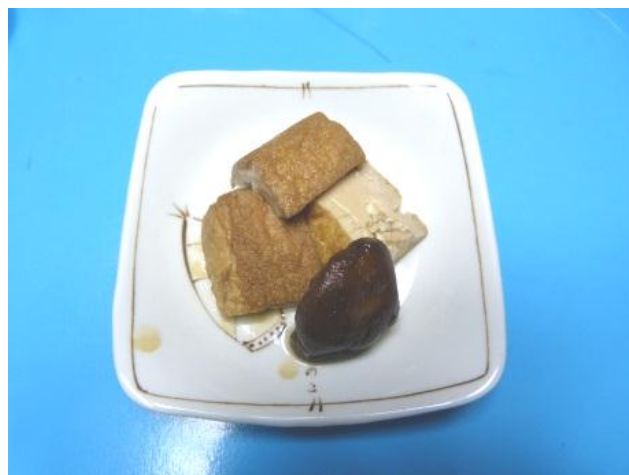
This is my favorite dish from my mother. Whenever I go back home to Japan, I ask her to make this dish. It goes well with white rice. When a fried soft tofu is used, it is especially tasty. Adjust soy-sauce/sugar amount depending on your taste.

## Cooked fried tofu (Atsuage no nimono)

Mami Kainuma

Fried tofu (atsuage)	1 block (200g)
(Boiling water	1-2 cups to remove oil)
Shiitake mushrooms	6-8
Water	1 cup
Shoyu (soy-sauce)	3 Tb
Sugar	3 Tb

1. Pour hot water over fried tofu prior to cooking to remove excess oil and to allow the tofu to soak in flavor (yu-dou shi)— the hot water is drained
2. Cut the tofu into small pieces, if you make it into triangular there will be more surface area for the taste to soak in
3. Remove stems from the mushrooms
4. Put water, soy sauce and sugar into a pan and let them boil. Then add the tofu and mushrooms. Cook with the lid on so that the tofu becomes tender.
5. Cook until majority of the liquid is soaked but keep some. Serve the tofu and mushrooms with some of the remaining liquid.



I've always loved tofu, especially in okazu. Whenever I would go to a Japanese restaurant I would try to order the next best thing, agedashi tofu. While in college, I began learning how to cook and starting trying new recipes. When I found this recipe for agedashi tofu, it seemed easy enough. I didn't own a deep fryer, so I used a regular pot. I didn't want to use too much oil, so ended up only filling enough to cover around half the size of the tofu slices. It still turned out perfectly. Even though the small pot I was using required three separate batches, the oil didn't darken the tofu that much. The best part was the dashi, green onions, and little bit of ginger on top.

## Agedashi Tofu (Deep Fried Tofu) Allan Kaku

4-6 oz. soft tofu  
Cornstarch  
Oil for deep frying

### Sauce:

½ cup dashi  
2 Tbs. soy sauce  
1 ½ Tbs. mirin

### Condiments:

Green onions, thinly sliced  
Grated ginger  
Grated daikon (white radish)



### Instructions:

- **Cut the soft tofu into rectangular pieces about 1" thick.**
- Arrange the layers on paper towels and leave for 10-15 minutes to drain. Change the paper and turn over the slices.
- Sprinkle cornstarch on a plate. Arrange the tofu slices on it. Sprinkle more cornstarch over the tofu. A powdered sugar shaker does a good job here.
- Heat the oil to 355 degrees for deep frying.
- Pat any excess cornstarch off the tofu slices and slide them into the hot oil, one by one. **Don't add too many slices at once, because tofu lowers the oil temperature. Fry until golden, turning once.**
- Remove and drain on paper towels.
- Arrange in a compote-type dish, pour over the sauce.  
Top with a mound of grated daikon, a bit of grated ginger, and sliced green onions.

Makes 1 serving

# Techniques for Draining water from Tofu

Reiko Long

## Draining:

Place the tofu in a 1 or 2 quart flat bottomed container. Cover well and refrigerate for 1 to 2 hours or overnight for a firmer texture. If placed in a small colander or folded towel beforehand, the tofu will drain even more thoroughly.

If the tofu was purchased in a sealed plastic tub, prick a tiny hole in bottom of tub with ice pick. Drain out any water and place tofu and tub in container as described above.

## Pressing:

When pressing tofu, it is important to preserve the form and structure of the cake so that it may later be cut into thin slices. Tofu is fully pressed when it can be picked up and held vertically in the air without crumbling. Pressing time may be varied to suit the dish being prepared. Light pressing preserves the tofu's softness for use in tossed salads, while lengthy pressing gives a firmer texture, strongest for use in deep-frying (dinner style tofu may be used without further pressing in any recipe calling for pressed tofu).

## Towel and fridge method:

Wrap the tofu firmly in a small terry cloth or cotton towel folded in to fourths, and set on a plate in a refrigerator for 1 ½ to 2 hours or overnight to decrease the pressing time, drain the tofu beforehand. Place a 2 or 3 pound weight on top of the tofu and use or cut the cake horizontally into halves before pressing.

## Slanting press method:

Wrap the tofu in a towel or bamboo mat and place on a cutting board tray or large plate next to sink. Raise the far end of the board several inches. Set a 2 to 4 pound weight on the tofu and let stand for 30 to 60 minutes.

## Sliced tofu method:

Cut the tofu crosswise in ½ to ¾ inch thick slices and arrange on two towels placed on a raised cutting board. Cover the slices with a double layer of towels and pat lightly to ensure even contact. Allow to stand for 30 to 60 minutes. This method is commonly used. When preparing tofu for deep frying, for faster results, top with a cutting board and 5 pound weight and change the towels after 10 minute intervals.

## Scrambling:

This technique causes a further separation of tofu curds and liquid which results in a texture similar to that produced by squeezing. But one which results in a slightly firmer and more crumbly. Place tofu in an unheated skillet using a wooden spatula. Break tofu into small pieces. Now cook over medium heat for 4 to 5 minutes stirring constantly and breaking tofu into smaller and smaller pieces until they separate from curds.

Pour contents of skillet into a fine mesh strainer and allow curds to drain for 15 seconds if a soft consistency is desired or for about 3 minutes for a firmer consistency. Spread curds on a large plate and allow to cool to room temperature.

This is the recipe Ken uses for Hijiki. It came from a cookbook my Aunty Nancy gave him. My aunts, uncles, cousins and even not Japanese friends love it!

## **Soy-Braised Hijiki and Carrots**

Linda Smith

**Difficulty:** Easy



### **Ingredients:**

- 1/4 cup dried hijiki
- 1 tsp vegetable oil
- 1 carrot peeled and cut into julienne strips (about 3/4 cup)
- 1 Tbsp Sake
- 1 cup Dashi No Moto
- 1 Tbsp sugar
- 2 to 3 Tbsp Soy Sauce
- 1 Tbsp white sesame seeds freshly dry roasted.

### **Directions:**

Soak, drain, rinse Hijiki, pat dry paper towels.

Heat Oil. Saute Hijiki stirring until becomes aromatic and a bit glossy about 1 to 2 minutes.

Add carrot and saute another minute.

Drizzle in Sake and toss.

Add 1/2 cup of stock and lower heat to gently simmer slightly covered 5 to 6 minutes or until liquid is nearly gone.

Add sugar and remaining 1/2 cup stock and simmer 6 to 7 minutes until nearly all the liquid is gone.

Add 2 Tbsp soy sauce and cook 1-2 minutes. Taste, possibly add more soy sauce.

Let cool covered.

Garnish or garnish individual servings with sesame seeds.

**Source:** Washoku Recipes from the Japanese Home Kitchen

## Potatoes Stewed with Fried Tofu and Green Beans

Donna Tajii



Makes 4 servings as part of a Japanese meal

- 4 medium firm boiling type potatoes (not baking potatoes)
- 1 cup frozen green beans, or the equivalent amount of fresh green beans
- 1/2 small onion
- 1 to 2 squares of thick fried tofu (*atsuage*)
- 2 Tbs. sake
- 5 Tbs. soy sauce
- 1 Tbs. sugar
- 1 Tbs. sesame oil

Peel and cut up the potatoes into small pieces. If using fresh green beans, cut off the tops and cut into pieces. Slice the onion.

Cover the fried tofu in boiling water, and drain. This gets rid of much of the surface oil.

Poke the potatoes with a fork once or twice and place the potatoes on a plate. Microwave for 5 to 6 minutes until the potatoes are still hard but just starting to soften.

Heat up a heavy-bottomed pan with the sesame oil. Add the onions and cook until translucent. Add the potato and tofu pieces and sauté until the oil coats the pieces well. Add the green beans and toss around some more.

Add just enough water to cover. Add the sake, soy sauce and sugar. Bring to a boil, then lower the heat to about medium-low, put on a lid and let simmer until the potatoes are tender, about 10-15 minutes. To concentrate the flavors even more, take the lid off and simmer for an additional 10-15 minutes until the liquid is almost evaporated - this step is optional.

Serve hot or cold. The flavors mellow if you let it rest, which makes it very good for bento.

## **Broccoli Casserole**

Marguerite Davlin

2 pkgs. frozen broccoli  
1 can cream of mushroom soup  
1 13 oz. can evaporated milk  
1 cup minute rice  
1 cube butter or margarine, melted  
small chopped onion  
small pkg. of velveeta cheese

Defrost broccoli in a colander with hot tap water.

Mix all the ingredients together in a two-quart casserole. Slice the cheese and cover top of mixture or use chopped cheese to cover. Bake for 40 minutes at 350 degrees.

## **Potato Casserole**

Marguerite Davlin

2 lbs. frozen cubed hash browns, thawed  
½ cup melted margarine  
1 tsp. salt  
2 Tbsp. dried minced onion  
1 can cream of chicken soup  
2 cups grated cheddar or American cheese  
¼ cup melted margarine  
2 cups corn flakes, crushed  
2 cups sour cream

Preheat oven to 350 degrees. Combine potatoes, ½ cup melted margarine, salt, onions, chicken soup, sour cream and cheese. Place in a greased 9" x 13" pan spreading to fill. Combine ¼ cup melted margarine and the corn flakes and sprinkle on top. Bake 1 hour.



This is for all the zucchini squash we get in the summer: Once Dad retired he put in a huge garden and even if the gophers ate some of the vegetables he planted, they seemed to leave the zucchinis. I had to find different recipes when Dad would give us pounds at a time.

## Zucchini Squash Bake

Cynthia Hayashi

6 cups thinly sliced or 3 medium size zucchini  
2 beaten egg yolks  
1 cup sour cream  
2 TBS flour  
2 stiffly beaten egg whites  
1 1/2 cups cheddar cheese  
6 slices bacon strips  
1 Tbs butter  
1/4 cup bread crumbs

Cook zucchini-drain & salt.  
combine egg yolk, sour cream & flour.  
Fold in egg white. Set aside  
Place 1/2 zucchini on bottom of baking dish, next 1/2 of the cheese and all chopped bacon.  
Repeat layer ending w/cheese on top.  
Melt butter & bread crumbs-put on top  
Bake 350 degrees 20-25 min

At every picnic my mother would make musubi (rice balls), meat, and this rolled egg omelette.

## Japanese Rolled Egg Omelette (Tamagoyaki)

Henry Kaku

2 eggs, scrambled

Dash of soy sauce (to taste, up to 1 teaspoon)

Pinch of sugar (to taste, up to 1 teaspoon)

Add a dash of soy sauce and a pinch of sugar, less than a teaspoon each (to your taste) to the scrambled eggs.

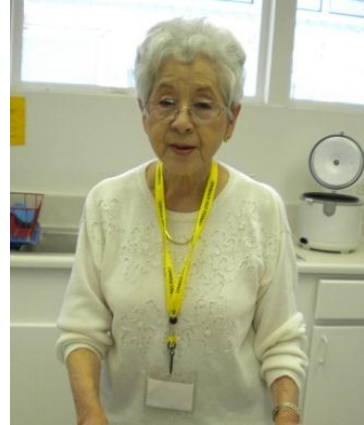
Mix well and pour into a hot frying pan. As it is cooking, roll the omelette into a roll that is 1½ wide. Cut into sections.



## Sushi Rice

Mary Troppy

1 -2 tsp dashi-no-moto powder  
1 cup vinegar (use Marukan Red Label vinegar)  
½ cup sugar  
1 tsp salt



Mix dashi-no-moto with the vinegar in a pan. Add sugar and salt and boil with vinegar mixture until dissolved. Cool completely. This mixture can be stored in the cupboard for future use.

6 Japanese cups of rice, uncooked (6 cups Japanese equals approx. 5 cups US)  
Cook rice as usual, according to package directions.

After the rice has finished cooking, wait 10 minutes. Scoop the cooked rice into a very large bowl and sprinkle on 1 cup of the vinegar mixture. Turn the rice with a rice paddle until it is cool.

This sushi rice can now be used to make dishes such as makizushi, inarizushi, and chirashizushi.

Triangle-shaped musubi were a staple at every picnic when I was growing up. Living in San Jose, I remember going to the beach near Santa Cruz every 4<sup>th</sup> of July to meet my cousins. Great memories of fun in the sun and the inevitable sand on my musubi.

## Musubi (rice balls) Making rice balls into traditional triangle shapes

Phyllis Tajii

Hot, freshly cooked medium-grain rice

Salt (to taste)

Water



Nori - individual pre-cut strips or cut a large sheet into **1" x 3" strips** (optional)

Soy Sauce (optional)

Japanese pickles - takuan,  $\frac{1}{2}$ " –  $\frac{3}{4}$ " **cubes** or umeboshi (optional)

Cook rice as usual. Use medium grain rice, as long grain rice will not stick well. Use rice when it is still fairly hot (cool it off just enough so it can be handled). Cold rice will not stick together as well.

Fill a small bowl with water and add enough salt, usually until the water tastes salty (sodium conscious chefs **don't have to use any** salt). An alternate method to add salt would be to have plain water in the bowl and sprinkle a small amount of salt (about the amount you would sprinkle on a piece of meat) on your hand each time before putting the rice in it (be careful not to sprinkle too much salt, as it will make the rice too salty).

Briefly dip your hands in the water, and leave them damp. Hands need to be wet so the rice does not stick to them, and it also cools off your palms between the rice balls.

Place about 3/4 cup of hot rice on one of your wet palms. To help form the rice if it is too hot for you, scoop the portion of rice into a small bowl first and swirl the bowl so the rice rolls around inside and starts to form a ball.

Once the rice is in your hand, cup the top hand perpendicular over the bottom hand so that it forms a triangle over the rice, and both hands completely cover the rice.

Gently press the rice on all sides so that it starts to form a triangle. Rotate the rice ball inside your hands and press again. Continue to rotate and press until the triangle holds together.

The musubi can be served plain or with a garnish of nori or furikake.

To garnish the musubi with nori, cut a sheet of nori into small strips. Wrap one or two strips around the musubi like a shawl, as if the top point is the head. If the nori is not pre-seasoned, you can dip the nori in a little dish of soy sauce to soften and add more flavor. Dip each strip one at a time, as the nori will melt if left in the soy sauce.

Instead of wrapping nori around the musubi, furikake can be sprinkled on top for color and flavor or, in place of using salt to season the outside, fold the furikake into hot rice before shaping.

For a hidden treat, place a piece of takuan, umeboshi or other favorite pickle in the middle of the rice ball before forming it into a triangle.

After making the rice balls, cover just the top with waxed paper until cooled to room temperature, then cover tightly so the rice does not dry out.

Great for a picnic or whenever you want to serve rice you can pick up and eat.

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## Jab Chae

Brenda Strech

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### *Korean Sweet Potato Noodles*

#### Ingredients:

- 1 6 oz. Package Korean Sweet Potato Vermicelli
- 1 Yellow Onion Sliced
- 2 Carrots (Julienned)
- 1 ½ Cups Dried Shitake Mushrooms (~10) – Rehydrate, remove stems & julienned
- 1 Bunch Blanched Spinach (Squeeze out extra moisture)
- 2 tbsp Sesame Oil
- 4 tbsp Soy Sauce
- 1 tbsp Sugar
- 1 tbsp Mirin
- Roasted Sesame Seeds

#### Directions:

1. Stir fry carrot, onion and mushrooms separately in a little vegetable oil.
2. Boil vermicelli for 10 min. Drain. Rinse in cold water. Drain.
3. Mix all ingredients to taste. (I find it easier to mix with my hands) Adjust seasoning as you like.
4. Top with roasted sesame seeds.



## Summer Squash Couscous with Sultanas, Pistachios and Mint

Donna Tajii

Serves 4

- 1 tablespoon lemon zest
- Juice of one lemon
- 1/2 teaspoon honey
- Olive oil
- 3 garlic cloves, crushed
- 1 1/4 cup veggie stock
- 1 cup couscous
- 1/2 cup diced yellow squash
- 1/2 cup diced zucchini
- 1 medium shallot, finely chopped
- 1/2 cup sultanas/golden raisins
- 1/4 cup chopped pistachios
- Kosher salt
- 2 tablespoons chopped fresh mint
- Freshly ground black pepper

1. In a small bowl, whisk the lemon zest, lemon juice, honey, and 1/4 cup of olive oil. Add the garlic cloves and let them steep for about 30 minutes.
2. Next, bring the veggie stock to a boil in a medium saucepan. Stir in the couscous, cover, and turn off the heat; allow the couscous to sit for about 5 minutes, or until it absorbs all the liquid. Toss the couscous with a fork so the grains don't start clumping together, pour into a large mixing bowl, and set aside.
3. In a skillet over medium high heat, add about 2 tablespoons of olive oil. Then, add the chopped squash and zucchini, shallot, sultanas, pistachios and a pinch or two of salt. Only cook for about a minute or two -- you still want the squash and zucchini to be al dente. This just ensures they aren't too al dente, and all the flavors can marry before they hit the couscous. Set aside until everything reaches room temperature.
4. Once the veggies have reached room temperature, add them to the bowl with the couscous and combine.
5. Then, remove and discard the cloves of garlic from the dressing, and toss it with the couscous (add the dressing gradually, as you may not need it all). Fold in the mint, season with additional salt and pepper if necessary and serve at room temperature.

## Thakkali Sadham (Indian tomato rice)

### Donna Tajii

Adapted from Manjul Mehrotra

This is better with fresh summer tomatoes. The amount of the spices can be adjusted to suit your tolerance level.

Serves 4

1 Cup	Uncooked long grain white rice
1 Cup	Water
2 Tablespoons	Oil
½ Cup	Onion, chopped
2 to 3 Cups	Tomatoes, pureed
2 teaspoons	mustard seeds
1 – 2 Tablespoons	Dahl (Orange lentils)
1 teaspoon	Curry powder
¼ teaspoon	Cayenne pepper
½ bunch	Cilantro, chopped
Salt and pepper	

Add the rice and water in a sauce pan. Cover and cook rice over medium heat for about 15 minutes. Remove the rice from the heat and let it sit. The rice should be slightly hard and undercooked like risotto. Puree the tomatoes and set aside. Heat the oil over medium high heat in a large skillet. Chop the onions and fry them for 6 to 10 minutes, until they are translucent. Stir in the tomato puree and cook 5 to 10 minutes. Add the mustard seed then mix in the rice and dahl. Cook over low heat for 5 to 10 minutes until the rice is done and has absorbed all the liquid. **Don't worry if the dahl is still crunchy.** Add the cilantro, curry powder, and salt and pepper to taste.



## Rachel's Edamame Rice

Michi Shimizu

This delicious dish comes from my sister-in-law in Oahu

5 cups uncooked rice  
 cook with water in rice cooker  
 1 bag (16 oz.) shelled frozen edamame  
 1 7 oz. jar nametake  
 1 1.7 oz. ochazuke wakame

Microwave edamame until heated about 3-5 mins. Add to cooked rice with nametake and wakame chazuke. Mix well.

## Salted Salmon Musubi

May Yamaoka

( It seemed like such a waste to throw away the heads and spines, so years ago I came up with this recipe )

3 King Salmon Heads with Spines

Remove visible meat. A spoon works well on the spines. (Save the head to use in the Shoyu-Garlic-Ginger Salmon Head recipe if desired)

Sprinkle ample amounts of salt on each thin layer of meat. Cover the top layer with salt and add water, enough to cover. Let marinate for one day or longer.

Rinse off salt, dry with paper towels and sauté in a small amount of oil, til it flakes and is no longer translucent. Flake with fingers and remove bones.

Mix fish into rice with sprinkles of Furikake and salt to taste. Put musubi portions into plastic wrap and mold into the triangular shape. We learned this wrap from our exchange student from Japan and it works well...no sticky fingers and it packs well for picnics.



## Chicken Pullao (Pilaf): My mother's recipe

Imam Ali Siddiqui

### Ingredients: Making Chicken Stock, Yakh'nee.

Chicken - one, cut into pieces, cleaned  
Water — about 2" above all ingredients  
Salt — to taste  
Bay leaves — 4 leaves  
Onion — one large, chopped into 8 pieces  
Ginger, 1" long — 2 pieces, skinned, cut lengthwise into quarters

Garlic cloves — 4 peeled  
Black pepper, whole —  $\frac{1}{2}$  tsp  
Cloves, whole —  $\frac{1}{2}$  tsp  
Create a tea bag/tea bulb:  
Fennel seeds — 2 tsp  
Coriander seeds — 2 tsp

Process: Put all ingredients in a stock pan and make stock, Yakh'nee until chicken is almost cooked.

### Ingredients: Making Chicken Biryani

Rice, long grain, basmati — 2 cups, soaked in water  
Vegetable Cooking oil —  $\frac{1}{4}$  cup  
Onion — one large, thinly sliced  
Salt — to taste  
Black pepper, whole —  $\frac{1}{2}$  tsp  
Cloves, whole —  $\frac{1}{2}$  tsp  
Cardamom, Green, 1 tsp

Cinnamon, 2" sticks, 5  
Bay leaves — 4 leaves  
Mace, Ground,  $\frac{1}{4}$  tsp  
Chicken from Chicken Stock  
Yakh'nee, Chicken Stock  
Saffron, pinch, soak it in the milk  
Milk,  $\frac{1}{4}$  Cup

Process:

1. Heat sliced onion in a pan with Vegetable Cooking oil until browned.
2. Add Chicken from Yakh'nee, Chicken Stock and brown
3. Add rice and fry little
4. Add all ingredients except Saffron.
5. Add Yakh'nee, Chicken Stock, about an inch above the mix. Bring it to boil and turn the stove to simmer. Cover the pot leaving a little opening for steam.
6. Check rice with a tea spoon to make sure it is almost cooked.
7. Sprinkle mixture of Saffron and milk and complete cover the pot. Turn the stove to warm.
8. Check rice in few minutes if done, stir the pot with a fork gently to mix rice and chicken evenly.

Serve with a yogurt dip of yogurt, sliced onions, sliced tomatoes, cilantro/mint leaves sprinkled with ground cumin. (you may add cayenne pepper if desired).

Bon Appetite!

## **Chicken Piloff**

Rose Fujii

2 (1 ½ - 2 ½ lbs.) fryers  
1 ½ c. raw rice  
¼ c. butter  
1 c. minced celery  
¼ c. minced onion  
1 c. sour cream  
handful minced parsley  
1 tsp. salt  
¼ tsp pepper  
2 cubes chicken bouillon  
2 ¼ c. boiling water

Preheat broiler. Brush chicken lightly with melted butter, sprinkle with salt and pepper. Broil slowly, first with skin side down, then skin side up until lightly browned but not done.

Meanwhile in skillet, heat rice in ¼ cup butter for 10-15 minutes or until golden. Place in 3 qt. casserole.

Add celery and next 4 ingredients. Dissolve bouillon cubes in water and pour over rice. Arrange chicken with skin side up on rice, pressing slightly.

Cover, bake 1 to 1 ¼ hrs. in 325-350 degree oven.

About 15 minutes before chicken is done, spoon sour cream over the chicken and rice. Sprinkle with paprika and return to oven. Garnish with parsley.

Note: Variation – add can of sliced mushrooms, using the juice as part of water. Also diced up giblets may be added with celery, etc.

## Hijiki Rice

Amy Tsurumoto

4 cups rice, wash and cook

Saute in 1 Tbsp oil:

½ pkg hijiki, soaked

2 konnyaku, sliced very thin

2 age, chopped fine

1 carrot – grated strips

½ cup dry shrimp or 1 chicken breast chopped fine

Add to sautéed ingredients:

¾ cup sugar

¾ cup shoyu

½ tsp salt

Cook all together until almost dry. Then mix into cooked rice.

# Better Than Dad's Fried Rice

By Lisa Kaku

Growing up, my dad would make his fried rice for breakfast. It wasn't until many years later I realized most people eat fried rice for lunch or dinner. I loved my dad's fried rice, until I started making it on my own and learned there was an even better way to make it! I have shared my version, the better one, with friends and it has always been a favorite! Today I still eat fried rice for breakfast, but also for lunch and dinner.

## Ingredients:

4 slices of bacon

½ onion

2 cloves of garlic, minced

1 medium carrot

½ zucchini

½ cup frozen peas

½ cup frozen corn

1 Tablespoon butter

3-4 cups cooked rice

(a day or two old works best)

2-3 Tablespoons soy sauce

Salt and pepper to taste

1 egg per serving (optional)

Chop onion, carrot, and zucchini into pea-sized pieces. Set aside.

Chop bacon into small pieces and cook in a large pan until brown. Drain most of the grease, leaving about a tablespoon. Add the onion, cooking until onion is just tender. Add garlic, carrot, and zucchini. Cook for several minutes until barely soft.

Add peas, corn, and butter. When peas and corn are warm, add rice, soy sauce, salt, and pepper. Stir fry until hot.

For each serving, cook one egg (scrambled, fried, etc.) and place cooked egg on each individual bowl of fried rice.



## **Shrimp Fried Rice for 6**

Vayta Smith

I have developed the following recipe for my kids because they love to eat rice and veggies.

4 cups cooked rice with ¼ cup butter	1 tablespoon of sugar
2 cloves of garlic chopped	1 tablespoon soy sauce
3 tablespoon olive oil	Pinch of Salt
1 small bag of frozen Carrots and Peas	Black pepper to taste
1 small packet of frozen bay shrimp	

Cook rice ahead of time with butter. Sautéed garlic in olive oil, add carrots and peas. Sautéed veggies for about 5 minutes, then add sugar and soy sauce and shrimp. Add cooked rice and mixed together the last 3 minutes of cooking. Add salt and pepper to taste.

## **Bean and Potato Okazu**

Elaine Otani (submitted by May Yamaoka)

This is one of my favorite everyday dishes Mom used to make. Growing up on a truck farm, we had plenty of vegetables.

4-5 C Okazu Beans cut into 1 ¼ inch pieces (The ones that were too big to sell)  
1 Pork Chop cut into small pieces including the bone or  
½ pound of hamburger (chicken also works )  
1-2 Aburage  
3 Diced Potatoes  
1 Diced Balled Onion  
3 T. Soy Sauce  
3 T. Sugar  
½ T Hondashi  
2 T. Sake  
1 Clove crushed Garlic  
Shitake Mushroom soaked ( optional )

Saute Meat, add remaining ingredients and cook until beans are tender, adjusting taste along the way. Add a small amount of water to get the beans steaming. Thicken juice with a slurry of corn starch.

## **Miso White Sauce, also known as cream or Bechamel sauce**

Reiko Long

2 Tbsp. butter or oil

2 Tbsp. whole wheat flour

1 cup milk or stock

3 to 4 tsp. red, barley or Hatcho miso or 2 to 2 ½ Tbsp. sweet white or mellow white miso

Dash of pepper, paprika or cayenne

1 Tbsp. minced parsley (optional)

Melt the butter (or heat oil) in a skillet. Add flour and stir constantly. Cook over low heat for 1 to 2 minutes or until flour is well blended and its raw taste has vanished. Add ½ cup milk or stock a little at a time while continuing to stir. Then mix in the miso and slowly add the remainder of milk increasing the heat to medium and cook for 3 to 4 minutes more stirring constantly until sauce develops a smooth thickened consistency. Stir in pepper and parsley and remove from heat.

Variation:

Lemon miso white sauce:

Add 2 tsp. lemon juice and ¼ tsp. grated lemon rind about 1 minute before removing from heat.

Herb sauce:

Add or substitute for parsley any of the following, preferably fresh: Thyme, basil, oregano.

Mushroom miso white sauce:

Just after adding the last of the milk, add ¼ diced onion and 6 thinly sliced mushrooms stirring constantly and simmer over low heat for 4 to 5 minutes, then add 1 tsp. lemon juice, the pepper and 1 Tbsp. white wine or sake.

Sesame miso white sauce:

Just add 1 tsp. ground sesame seeds before removing from heat. This is delicious over cauliflower, mushrooms, chard, Brussel sprouts or celery. Serve topped with a sprinkling of parsley.

## **Sweet Simmered Miso**

Reiko Long

Red Nerimiso

Makes ½ cup

This is the simplest and most basic form of sweet simmered miso. All other recipes may be thought of as variations or elaborations on this fundamental theme. By adding different ingredients and seasoning (sesame, ginger root, grated lemon rind, etc.) to those listed below, you can create a wide array of delicious toppings.

5 Tbsp. red or barley miso

2 to 4 Tbsp. sugar

1 Tbsp. water

1 ½ tsp. sake, white wine or mirin (optional)

Combine all ingredients in a small saucepan or skillet. Simmer for 2 to 3 minutes over low heat, stirring constantly with a wooden spoon or spatula until mixture has a slightly firmer consistency than that of regular miso. Remove from heat and allow to cool to room temperature before serving. Cover and refrigerate unused portion.

Variations:

Rich red nerimiso:

6 Tbsp. red or barley miso

3 ½ to 4 Tbsp. sugar

¼ cup mirin

2 Tbsp. sake

prepare as above. A favorite for use in miso oden.

Hatcho nerimiso:

Use Hatcho miso and reduce the amount of sugar used above by about one third. This preparation has a deep chocolate brown color and savory aroma.

## Sweet Simmered Miso variations continued

Crunchy granola miso:

Prepare ½ cup red nerimiso (using a relatively small amount of sugar) and allow to cool to room temperature. Combine with ½ to 2/3 cup crunchy granola and mix well.

For use in tofu dengaku. Divide prepared red nerimiso into equal portions. To one portion add ½ to 1 tsp. hot mustard or ½ tsp. sansho pepper.

White nerimiso:

Makes 1 ¼ cups

1 cup sweet white miso

3 Tbsp. mirin

1 ½ Tbsp. sake

1 egg yolk

3 Tbsp. ground roasted sesame seeds

Prepare as for red nerimiso. For use in tofu dengaku: Divide the prepared miso into 2 equal portions. To one add any of the following: ½ to 1 tsp. grated ginger root, 2 to 3 Tbsp. thinly sliced leek or green onions, 3 to 4 Tbsp. ground roasted sesame seeds, 1 to 2 Tbsp. bonito flakes and 1 ½ tsp. water.

Sesame miso:

Makes ¼ cup

¼ cup ground roasted sesame seeds

1/3 cup red, barley or Hatcho miso

1 Tbsp. sake or white wine

2 to 3 Tbsp. sugar

1 Tbsp. water

1 to 2 tsp. grated orange or lemon rind (optional)

prepare as for red nerimiso.



## An-kake Sauce

Mieko Hallberg

2 Cups of shrimp, cut in a half	1 Tbs of grated ginger
1 Cup of Sake	1 Tbs of soy sauce
1 Cup of chopped onion	1 Tbs of katakuri-ko (potato starch)
1 Lbs of assorted Japanese mushrooms	1/4 Cup of water
1 Cup of chopped green onion	1 Tbs of sesame oil
3 Cups of Konbu dashi	

- 1) Pre-heat sesame oil in a pot, add ginger and onion, cook on medium heat.
- 2) Add shrimp and mushrooms to the pot and cook halfway.
- 3) Add sake, kombu dashi and soy sauce.
- 4) Mix katakuri-ko and water.
- 5) Stop the heat, add katakuri-ko mixture and stir quickly.

\* Pour on Agedashi-Tofu or Tofu Chicken/Turkey burger.

\* Use as pasta sauce and sprinkle some shredded nori.

## Teriyaki Sauce For Chicken ( From my Father, Harry Otani )

May Yamaoka

I think everyone one knows it was Dad who made this recipe for our first Enmanji Buddhist Temple Teriyaki.

Enough for 5 chickens, serves 10

2 C. Sake

2C. Soy Sauce

1tsp Accent ( monosodium glutamate –optional )

1 ½ C Sugar

4 cloves Garlic put through a garlic press.

Salt Chicken lightly overnight. Mix the crushed garlic in a small amount soy sauce mixture. Strain out garlic ( a cloth works best – save the casu ). Add this casu to the basting mix. Dip chicken into sauce and place stomach side up. Cook Chicken til almost cooked, then spray on strained sauce 5-6 times, turning frequently. Cook about 1 hour.

Hints: Cook stomach side first

Start spraying when the bones begin to show on the legs.

Poke Hashi between the groin and the thigh. When no juice appears, it is cooked.

Sauce should be on sweet side.

# Tofu Chicken burger

## ～ 豆腐ハンバーグ ～

Mieko Hallberg

1 pack of tofu  
1 Lbs of ground chicken or turkey  
2 eggs  
1 cup of panko  
1 cup of carrots, minced  
1 cup of green onion, chopped  
1 cup of hijiki  
2 tsp of hondashi (powder fish stock)  
Salt and pepper  
Okonomiyaki sauce or An-Kake sauce (see recipe in this book)

- 1) Mix egg and panko. Leave it for a few minutes.
- 2) Add the rest of the ingredients and knead.
- 3) Make hamburger shape and bake them on mid heat.

- Enjoy with okonomiyaki sauce.



## **Dotenabe**

Reiko Long

Serves 4

In Japanese, a dote is an earthen embankment or shoulder. The reddish brown miso in this preparation resembles an embankment around the rabe rim until that is it dissolves into the simmering broth. The most famous Dotenabe contain oysters for which it can substitute deep fried tofu.

2 ½ cup dashi or stock  
1 small potato cut into quarters  
1/3 cup shaved burdock root, soaked for 30 minutes and drained  
4 daikon cut into 2 inch rounds and ½ inch thick  
¼ cup red, barley or Hatcho miso  
1 to 1 ½ Tbsp. honey  
2 ½ Tbsp. sake, white wine or mirin  
1 Tbsp. bonito flakes (optional)  
½ cake of konnyaku, torn into small pieces and rubbed lightly with salt  
5 oz. deep fried tofu, cut into 8 pieces  
4 hard boiled eggs, shelled or 4 quail eggs  
1 Chinese cabbage leaf, cut crosswise into 1 ½ inch wide strips  
1 leek or 1 or 2 green onions, cut diagonally into 2 inch lengths  
2 or 3 tsp. hot mustard  
Dash of sansho pepper  
1 cup cooked noodles (optional)

Combine first four ingredients in saucepan and bring to a boil. Cover and simmer for 15 minutes. Meanwhile combine the miso, honey, 1 Tbsp. sake and the bonito flakes in a skillet. Cover over low heat stirring constantly for 2 to 3 minutes or until firm. Ring the inner rim of a 8 to 10 inch diameter casserole or nabe pot with a thick 1 inch wide layer of the miso. Transfer cooked vegetables to casserole together with konnyaku and the next four ingredients. Add remaining 1 ½ Tbsp. sake and enough of the dashi to fill casserole to ¼ inch above bottom of miso ring. Place casserole on a table top burner cover and bring to a boil.

Simmer for about 15 minutes or until flavors are well married and miso has melted into broth. Invite each guest to remove ingredients with chopsticks or with spoon and transfer them to an individual bowl. Spoon on a little of the hot broth and serve topped with a dab of mustard and sprinkle of sansho pepper.

Toward the end of meal, drop cooked noodles into broth remaining in casserole and simmer until heated.

## Soup stock and broth

### Makes 3 cups

This preparation is a cornerstone of Japanese cooking. The amount and variety of bonito flakes used varies slightly from chef to chef as does the (often highly secret) method of preparation. For best flavor, use flakes which have been shaved just before use.

3 cups water  
Kombu dashi or nibochi dashi  
¼ to 1 cup bonito flakes

Heat the water until quite hot in small saucepan. Add bonito flakes and bring to boil. Turn off heat and allow to stand. Pour dashi through a cloth lined strainer placed over a saucepan. Press flakes with the back of a spoon to extract remaining flakes.

For a richer flavor, use a relatively large amount of flakes. Simmer flakes for 2 or 3 minutes, and allow the dashi to stand (covered) for 15 to 30 minutes before straining. Also you can use the hon dashi bonito fish soup stock and follow the directions. Make 2 ½ cups. The basic dashi ingredients are generally reused at least once to make a milder flavored number 2 dashi. The kombu may be slivered and simmered in the soy sauce and mirin to make tsukudani (a garnish for rice). This can be pressured cooked with brown rice or cut into strips each of which are tied into a simple loop and simmered.

### Kombu dashi

Used in many homes as the basis for number 1 dashi, this stock is featured in its own right in Zen temple cookery. Kombu's flavoring components (such as glutamic acid) reside mostly on its surface; be careful not to remove them by washing, since they and the kombu's nutrients pass quickly into the stock. Lengthy cooking is unnecessary and actually leads to a decline in flavor.

1 strip of kombu (about 3 by 7 inches) wiped lightly with a damp cloth and 3 cups of water.

Combine kombu and water in a saucepan and bring just to a boil. Turn off heat, remove kombu and reserve for use in other cooking. Use dashi as required or, if preparing number 1 dashi, proceed to add bonito flakes immediately.

For a more pronounced flavor but somewhat more viscous consistency, score kombu surface grain at ½ inch intervals. Simmer for 3 to 5 minutes before removing; double the amount of kombu if desired.

### Variations:

Cold water method: Combine water and kombu and allow to stand for at least six hours, preferably overnight. Remove kombu and use dashi as required (some cooks bring the stock just to a boil before removing the kombu). The lengthy soaking is often said to make best use of the kombu's nutrients and give the finest flavor.

Shiitake and kombu dashi: Select 2 or 3 shiitake mushrooms (preferably ones having thick, partially opened caps and whitish gills) or use ¼ cup dried stems or broken pieces. Rinse briefly under running water. Then soak either in cold water with the kombu or for 30 minutes in hot water. Freshly prepared kombu dashi – strain dashi before use; do not squeeze shiitake to extract absorbed dashi lest stock turn a dark brown.

Neboshi dashi (sardine dashi)  
Makes 3 cups

3 cups water or kombu dashi  
¼ to ½ cup tiny dried sardines

Combine ingredients and bring to a boil over medium heat. Reduce heat to low and simmer for 3 to 5 minutes. Skim off any foam that rises to the surface. Strain through a cloth-lined sieve, reserving fish for use in other cooking. Use dashi as required or if preparing number 1 dashi, proceed to add bonito flakes immediately.

Clear broth (sumashi)  
Make 1 ½ cup

1 ½ cups number 1 dashi or kombu dashi  
1 tsp. soy sauce  
½ tsp. salt  
½ tsp. sake or mirin

Bring the dashi just to a boil over moderate heat. Reduce heat to low and stir in the soy sauce, salt, and mirin or sake. Proceed immediately to add the ingredients called for in the particular recipe in which broth is use.

Noodle broth (mintsuyu)  
Makes 2 ½ cups

2 cups dashi stock  
4 Tbsp. soy sauce  
1 Tbsp sugar  
2 Tbsp. mirin or sake  
¼ tsp. salt

Combine all ingredients in a saucepan and bring to a boil. Serve hot or cold over cooked noodles.

## Lowcountry/Charleston Shrimp and Grits Recipe

Tasneem Siddiqui

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour, 15 minutes

### Ingredients:

1 1/2 pounds medium shrimp, peeled, and deveined if you wish

Juice of 1 lemon

Tabasco or other hot pepper sauce

1 1/2 teaspoons salt or more to taste

1 1/2 cups stone-ground grits, not instant or quick-cooking (if you're familiar with cooking grits you can use quick-cook grits, however, you should cook the grits before you add the shrimp to your gravy, and don't take your eyes off them or you'll have a nice hominy brick)

6 thick slices bacon, chopped (substitute with turkey bacon)

1 small onion, finely chopped

1/4 cup finely chopped green bell pepper

1 garlic clove, minced

1/2 cup thinly sliced scallions

2 tablespoons unbleached all-purpose flour

1 cup chicken stock

1 to 2 tablespoons unsalted butter

1 cup (about 1/4 pound) grated medium to sharp Cheddar cheese

Tabasco or other hot pepper sauce

### Preparation:

Combine the shrimp with the lemon juice and a couple of generous splashes of hot pepper sauce. Let sit while you begin the grits and gravy.

Make the grits in a large heavy saucepan, first bringing 6 cups of water and 1 teaspoon of the salt to a boil. Whisk in the grits a few handfuls at a time. (They will bubble up initially.)

When you have added all the grits, reduce the heat to a very low simmer and cook over low heat for 35 to 40 minutes, stirring occasionally at first and more frequently toward the end.

While the grits simmer, get the gravy under way. Fry the bacon in a medium skillet over medium heat until brown but still limp. Stir in the onion, green pepper, and garlic and continue cooking until the onion and pepper are limp, about 5 minutes. Add the scallions, sprinkle the flour over the mixture, and continue sauteing for 5 minutes longer. Stir in the stock and remaining salt and cook for 5 minutes longer. Remove from the heat while you finish the grits.

When the grits are thick and creamy, stir in as much of the butter as you wish, followed by the cheese. Add a splash of hot pepper sauce and additional salt if you like. Cover the grits while you finish the gravy.

Return the gravy to medium heat and stir in the shrimp. Cook until the shrimp are opaque throughout, about 5 minutes. Serve immediately, mounding the grits in large shallow bowls or on plates and covering them with shrimp and gravy.

SERVES 4.



# Spaghetti Squash with Sausage, Kale, and Sun-dried Tomatoes

Donna Tajii



Adapted from [Food Network](#) and adapted from *Serious Eats*

If you don't use the spaghetti squash, it is delicious served over polenta.

## Ingredients

makes 4 servings, active time 60 minutes, total time 30 minutes

- 1 small spaghetti squash, about 2 1/4 pounds, cut in half lengthwise
- 2 1/2 tablespoons butter
- Salt and pepper
- 3/4 cup drained oil-packed sun-dried tomatoes, sliced, 2 tablespoons of oil reserved
- 1 pound Italian hot sausages, crumbled (I prefer turkey or chicken sausage since it doesn't have as much fat.)
- 1 bunch kale
- 2 large cloves garlic, chopped
- 1 3/4 cups chicken broth
- 1/2 cup white wine
- 1/2 cup shredded Parmesan, plus additional for garnish
- 1/3 cup chopped fresh basil leaves

## Procedures

1. Preheat an oven to 375°F.
2. Place the squash cut-side down in a baking dish, and add enough water in the pan to come 1/2 an inch up its sides. Cover with aluminum foil and bake for 45 minutes, then turn over and cook, covered, until the the squash is very tender, an additional 15 minutes.
3. Cool the squash slightly, remove the seeds with a spoon, then use a fork to gently pull the strands away from the peel. Toss with the butter while still warm, and season to taste with salt and pepper.
4. While the squash is cooking, heat the reserved tomato oil in a large (12-inch) skillet over medium heat until shimmering. Add the sausage and cook until browned, breaking up as you go, about 8 minutes. Remove the meat to a bowl with a slotted spoon, leaving the fat behind in the pan.
5. Add the garlic and kale to the skillet and cook, stirring often, until the garlic is very fragrant and the kale begins to soften, 2-3 minutes. Add the sun-dried tomatoes, chicken broth, and vermouth. Bring to a boil and cook until the kale is very tender and the liquid is nearly all reduced.
6. Return the sausage to the skillet and add the Parmesan and basil. Toss well to combine and season to taste with salt and pepper. Serve with the warm spaghetti squash.

## MOM'S SPAGHETTI CASSEROLE

Cynthia Kishi

This casserole is a favorite at our family potlucks.



1 1/2 lb. ground beef

1 chopped onion

1 clove minced garlic clove

1 chopped green pepper

1/4 c. sliced button mushrooms

2 8 oz. cans tomato sauce

1 can corn

salt and pepper to taste

1/4 t. oregano

1/4 t. thyme

1 T. Worcestershire sauce

8 oz. spaghetti noodles, cooked

1 c. grated cheddar cheese

Brown meat. Remove from pan.

Saute onions, garlic, pepper, and mushrooms. Add tomato sauce, corn and flavors.

Mix with cooked spaghetti and put into 9 x 13" pan. Top with grated cheese.

This can be made ahead and frozen or refrigerated.

Bake 45 minutes at 350 degree



This is a recipe we found in Real Simple magazine that's vegetarian and super simple to make. Just throw everything in the crockpot in the morning and when you get home from work, dinner's ready!

## **Slow-Cooker Vegetarian Chili With Sweet Potatoes**

Linda Smith

★★★★★

**Makes:** Serves 4



### **Ingredients:**

- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- 1/4 teaspoon ground cinnamon
- kosher salt and black pepper
- 1 28-ounce can fire-roasted diced tomatoes
- 1 15.5-ounce can black beans, rinsed
- 1 15.5-ounce can kidney beans, rinsed
- 1 medium sweet potato (about 8 ounces), peeled and cut into 1/2-inch pieces
- sour cream, sliced scallions, sliced radishes, and tortilla chips, for serving

### **Directions:**

1. In a 4- to 6-quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cocoa, cinnamon, 1 teaspoon salt, and 1/4 teaspoon black pepper. Add the tomatoes (and their liquid), beans, sweet potato, and 1 cup water.
2. Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total recipe time).
3. Serve the chili with the sour cream, scallions, radishes, and tortilla chips.

**Source:** <http://www.realsimple.com/food-recipes/browse-all-recipes/slow-cooker-vegetarian-chili-with-sweet-potatoes-00000000049528/index.html>

## Tamale Pie

Keiko Furusho

1 lb. ground beef  
1 cup chopped onion  
1 cup chopped celery  
¼ cup chopped green peppers  
2 cups canned corn  
2 cups water mixed with corn juices  
½ cup tomato paste (1 can)  
½ cup corn meal  
2 teaspoons salt

2 teaspoons chili powder  
1 teaspoon Worcestershire sauce  
1 can pitted olives  
Grated cheese

Brown beef, onion, celery, and green peppers. Add corn, water, and tomato paste. Slowly add cornmeal, salt, chili powder, and Worcestershire sauce. Stir over low heat for 10 minutes. Then **stir in olives. Put in a 13"x9" casserole dish and sprinkle top with grated cheese.**

Bake 350 degrees for 40 minutes. Glass dish will take less time.



## Pak kai

May Yamaoka

( From my Mom, Elaine Otani )

1 slab Pork Ribs cut into 1 ½ inch sections .

**Lola's Market has theirs this way or your butcher might do this for you. You can use country style pork.** Keep the ribs in strips and season with ample amounts of salt, garlic powder, pepper and meat tenderizer, rub in with fingers. Marinate in frig overnight. Place on racks and roast at 325 for 1 ½ to 2 hours, turning once, until temperature reaches 170. Separate ribs and set aside. (Mom used to flour and fry hers, but I use the roasting method )

Saute in 1 T. oil until still crispy

3 Stalks of Celery - ½ inch

2 Carrots - ½ inch

1 Balled Onion - 1 inch

1 Can Chunk Pineapple ( reserve juice )

1 Green Bell Pepper – 1 inch

Add Pineapple juice

¼ C Brown Sugar

Corn Starch Slurry

Salt and Soy to taste

Add Ribs and heat through. Serve immediately or can put the meat in the sauce and keep the veggies separate until serving time.

## **Rice Meatballs**

Nancy Davlin

1 ½ lbs. ground beef  
1 large can (46 oz.) tomato juice  
1 cup minute rice  
1 egg  
1 tsp. marjoram  
1 tsp. seasoned salt

Mix together ground beef, minute rice, egg, marjoram, seasoned salt and ¼ c. tomato juice. Mix well. Form meatballs around 2 inches in diameter and place in large skillet or Dutch oven. After all the meatballs are made and placed in a single layer with extras on top, pour the remainder of the tomato juice over the meatballs. Cover and cook at low to medium heat for 1 to 1 ½ hours until meatballs are cooked and sauce is thickened. Serve with rice.

## **Enchiladas**

Reiko Long

Serves 6

Mix together:

1 large and 2 small containers sour cream  
1 bunch green onions chopped  
1 can small chopped green chili  
1 can cream of chicken soup (or cream of mushroom soup)

1 ½ to 2 pkgs. Small flour tortillas

Soften and fill tortillas with mixed ingredients. Roll them and lay them in 9 x 13 baking dish. Cover with 2 small cans green chili salsa, then cover with ½ lb. Jack and ½ lb. Longhorn grated or shredded cheese.

Bake in 300 degree oven for 30 minutes.

## CHICKEN CROQUETTES

Sydney Yamashita

I remember when I was a kid in the 50's, the Temple held the annual New Year's dinner at the Women's Auxillary Hall in Penngrove because the Enmanji Social Hall had not been built yet. My mother would always make her Chicken Croquettes for the pot luck. We always sat at the table closest to where the croquettes were served. We loved these crunchy morsels! Mom only made these for special occasions. She never wrote the recipe down so my recipe will have some embellishments of my own. I've also asked my sisters if they remember how to make them but they don't make them. Of course, they are not the healthiest of dishes either, but soooo yummy!

You will need:

- 1 roasted chicken or 6 roasted chicken breasts shredded and chopped
- 1 onion chopped fine
- 1 can sliced water chestnuts, chopped fine
- 1 C. celery chopped fine
- 2T. chopped fresh parsley
- 1/2 tsp. salt
- 1/4 tsp pepper
- 2 cloves garlic chopped fine
- 1 C rue (1/2C flour to 1C water) cook, mixing constantly to thicken

Mix ingredients together and refrigerate to solidify.

Shape mixture into 1"X2" bullets. Dip in egg wash and bread (cracker) crumbs. Refrigerate or freeze until needed.

When cooking, repeat egg wash and bread crumbs. Brown in 1/2" cooking oil until golden brown turning once. Lay out on paper towel to absorb extra oil

Serve hot or cold.

## Italian Meatballs

Amy Tsurumoto

1 lb ground beef  
2 Tbsp milk  
2 eggs beaten  
2 slices of shredded bread  
1 Tbsp grated romano or parmesan cheese  
Salt and pepper to taste  
Grated or minced onion, celery, parsley and garlic  
Contadina seasoned bread crumbs for coating meatballs  
2 Tbs olive oil to brown meatballs

Beat eggs, add milk, and soak shredded bread. Add remainder of ingredients and form meatballs. Roll in bread crumbs. Brown meatballs in olive oil.

If you want to use meatballs in spaghetti sauce, here is the sauce recipe:

2 Tbsp olive oil  
½ lb Italian sausage  
½ lb ground beef  
2 stalks celery, chopped  
1 large onion, chopped  
1 small bell pepper  
1 clove garlic, chopped  
1 6 oz can tomato paste  
1 16 oz can tomato puree  
3 8 oz cans tomato sauce  
2 bay leaf  
Thyme, oregano and sweet basil to taste  
1 Tbsp sugar

Brown sausage and beef in olive oil; add garlic, celery, onion, bell pepper and sauté until soft. Add tomato paste and tomato puree and simmer for ½ hr. Add tomato sauce, 16 oz water, sugar and spices and simmer at least 1 hour. Add meatballs to sauce and boil spaghetti.

## Porcupine Balls

Amy Tsurumoto

¾ cup rice (wash and soak for 4 hours)  
1 ½ lb ground beef  
2 tsp baking powder  
½ cup chopped onion

1/3 cup chopped parsley  
1 cup milk  
2 Tbsp roasted sesame seeds  
Salt to taste

Mix together all ingredients and form into balls.  
Cover with sesame oil sauce and bake in covered pan at 325 degrees.

### Sesame Oil Sauce

3 cups chicken stock  
1 Tbsp brown sugar  
2 Tbsp finely chopped green pepper  
2 Tbsp finely chopped green onion

2 ½ Tbsp cornstarch  
1 tsp sesame oil  
1 Tbsp soy sauce

Combine all in pan and cook stirring until thick. Let simmer 5 minutes. Pour over meatballs and bake. Reserve part of sauce to pour over meatballs before serving. Garnish with green onion slivers and little sesame seeds.

## Spare Ribs

Amy Tsurumoto

Sprinkle a rack of ribs lightly with sugar. Bake in oven for 20 minutes at 400 degrees. Make sauce to glaze ribs; reduce oven to 325 degrees. Baste ribs with sauce and continue baking for 20 minutes. Turn ribs over and baste again. Continue baking till done.

Sauce:

1 Tbsp hoisin sauce  
¼ cup sugar  
1 garlic clove, crushed  
1 Tbsp honey  
¾ cup Heinz catsup (or a little less)

# Torisoboro (Ginger Ground Turkey)

## ～とりそぼろ～

Mieko Hallberg

1 ½ of Ground Turkey or Chicken	4 Eggs
1 Lbs of Onion, minced	Broccoli
1 Lbs of Carrots, minced	Lettuce
1/2 Cup of Sake (Japanese rice wine)	Cooked rice
1/4 Cup of Sugar	
3/4 Cup of Soy sauce	
1/4 Cup of Ginger, Grated	

- 1) Cook Onion and Turkey (Chicken) in a pan on a mid-high heat.
- 2) Add Carrots and sake and cook until the meat is cooked half way.
- 3) Add ginger, sugar, soy sauce and cook uncovered.

- Serve on cooked rice with scrambled eggs and broccoli.
- This is a handy recipe for obento or onigiri (rice balls)
- Rolling in lettuce is very refreshing in the summer.



## **John's Favorite Hamburger**

Sanae Nakajima Chambers

Ever since I tried the "substitute" for ground beef (the smell does not appeal to me), this has become John's favorite, and a tradition on his firing day.

Easy to double/triple the quantity.

Recipe makes 4 servings.

- 1) Combine: 1 Lb ground turkey  
1 - 2 Tblsp grated fresh ginger  
2 Tblsp soy sauce  
2 Tblsp sesame oil  
2 Tblsp Katakuri-ko (potato starch or tapioca starch)  
[Pan-ko is usually used for pork/beef in Japanese-style hamburger; I prefer starch and sesame oil for turkey.]
- 2) Divide the well-mixed meat into 4 portions; shape each into flat rounds.
- 3) Heat 1 Tblsp vegetable oil (such as canola, grapeseed) in a skillet, put hamburgers, pressing down the center part; grill each side for 2 minutes, or until juice comes out.
- 4) In the meantime, toast 4 English muffins (split in halves); butter them, put mayonnaise on one, Dijon mustard on the other.
- 5) Finally sandwich hamburger in muffin, no BLT, but some green salad aside.

This is the way John likes, but any other way you can experiment. Enjoy juicy, gingery taste!

## **Bill Otani's BBQ T Bone Steaks**

May Yamaoka

When my brother married Rose Morita, he learned how to make very flavorful steaks. We never used garlic salt before and ever since it has become a family staple spice. He rubbed ample amounts of Garlic Salt and Pepper into the steaks and then grilled them to perfection. I remember how Roy Morita used to easily down two steaks. It was always a treat to eat at the Morita's...huge table full of great dishes. It was actually fun to do the dishes, with so many helpers.

Aged T Bones slit fat to avoid curling  
Garlic Salt  
Pepper  
Hot Coals



This was one of my favorites that I would ask Mom to make on my birthday: Now my kids ask me to make it on their birthday..I call it my Mom's but she could have stolen it from another community cook!

## Sparerib Pakai

Cynthia Hayashi

2 1/2-3 lbs spareribs salt to taste  
3 TBS soy sauce  
2-3 TBS cornstarch  
1/2 C sugar  
1/2 C sugar  
1/2 catsup  
2 cloves minced garlic  
1/2 C wine/sake  
1/4 C vinegar  
1 large rough chopped green pepper  
1 large chopped onion  
2 stalks celery chopped  
2/3 can 20 oz pineapple chunks

Cook cut up spare ribs in salted boiling water  
1 tsp salt to 1 qt water for approx 15 minutes  
Reserve 1 cup of the broth  
Mix soy Sauce and cornstarch & set aside  
Combine sugar & garlic for the sauce.  
In heavy pan combine ribs and soy sauce mixture-cook & stir constantly until sauce is dark brown.  
Pour sweet & sour mix over ribs and mix well  
Lower heat and simmer 20 minutes, stirring occasionally, if sauce is too thick add saved broth  
Add vegetables & pineapple, Cook 10 minutes or until Vegetables are crisp but tender

## **Sweet & Sour Pork or Chicken**

Jodi Hottel

As I was growing up in New England, my mother, Hisako, made this recipe for us frequently. There were no Japanese restaurants that I recall and few Chinese ones either.

Sparerib pork, boneless pork steaks, chicken breast or thigh meat, cut into pieces

1/3 c soy sauce

1/4 c vinegar and same amount of water

1 bell pepper, cut into 1 in. pieces

2-3 T. brown sugar

sm. can of chunk pineapple and juices

cornstarch & water mixture

Brown the meat in a small amount of oil. Add the soy sauce and continue to brown. Add the vinegar and enough water to barely cover the meat. Simmer for 30 min. for pork, just till cooked through for chicken. Add the bell pepper and lightly cook, then add the brown sugar, pineapple chunks and juices, checking the taste for desired balance between salt, sweet and vinegar.

Simmer again till cooked through. Before serving, bring up heat and thicken with a bit of cornstarch mixed with water. Add a bit at a time till desired thickness.

## **Shoyu Hot Dogs**

May Yamaoka

1 Pkg. Hot Dogs cut in diagonal ½ inch slices

1 ball Onion, sliced

2T Soy Sauce

2T Sugar

1T Sake

1 tsp Mirin

Cook all of the above in a frying pan. Stir constantly, for it can burn easily. Can be eaten hot or cold. Great to pack on picnics with rice balls ( musubi)

When I moved into an apartment for the first time, I knew I would have to learn how to cook. Being a student, I also knew I would have an inconsistent schedule, where sometimes I would have only a few minutes for dinner before a night class, and other days I would be done with school by noon. I love eating meat, but just pan-frying steak with a little salt and pepper quickly became old. I happened across this recipe card for a London broil spice rub while shopping in Safeway while visiting home one holiday season. I tried it out, but substituted a stew meat instead of the London broil. After rubbing the spices in and pan-frying the meat, it formed a sort of spice "crust" around the exterior. It wasn't the prettiest, but it tasted great. A few days later, I had the whole afternoon to cook, so decided to try using the same recipe on a pot roast, and slow cooking in the oven. Four hours later, the pot roast, sitting in an oven at around 200 degrees, surrounded by huge chunks of potato, carrots, and onion, came out filling my small apartment with a wonderful aroma of all the necessary food groups. The meat was extremely soft, and the flavor of the spices had soaked all the way through the meat. My roommate and I quickly fell in love with this recipe. Since then I have tried several other marinades, but this one is still my go-to seasoning for cooking steak, regardless of the cut or style of cooking.

## Spice-Rubbed London Broil

Allan Kaku

Prep Time: 5 minutes\*

Cook Time: 12 minutes

2 tsp. mild chili powder  
1 tsp. sugar  
½ tsp. garlic powder  
½ tsp. onion powder

½ tsp. dried thyme  
2 lb. London Broil, pot roast,  
steak or other cut of beef

1. Mix chili powder, sugar, garlic powder, onion powder, thyme, and salt and pepper to taste in small bowl. Rub meat with seasoning mixture. Place in large resealable plastic bag, seal and refrigerate at least 30 minutes.
2. Preheat broiler. Coat broiler pan with olive or canola oil cooking spray. Remove meat from plastic bag and place on prepared pan.
3. If using London Broil, broil 6 inches from heat source, 6 minutes. Turn and cook 6 minutes more or until instant-read thermometer registers 160 degrees for medium. Let stand 5 minutes before carving.

Serves 8

\*marinate time extra

This dish has been a favorite at Tajii Family New Year Eve get-togethers for many years. It is great to make for a party. Be sure to use Panko to give it that delicate crispy coating.

## Mochiko Chicken

Fumi Tajii



1 lb deboned chicken thighs  
4 T. mochiko  
4 T. sugar  
½ tsp. salt  
¼ c. chopped green onion (optional)  
2 minced garlic cloves  
4 T. cornstarch  
5 T. shoyu  
2 eggs, slightly beaten  
Panko (Japanese style bread crumbs)

Cut thighs into 2-inch pieces. Mix together remaining ingredients and pour over chicken. Stir and marinate for 1 hour or overnight. Roll pieces in Panko and fry in sizzling oil; brown evenly. If desired, put pieces on a rack in 300 degree oven for 15-20 minutes to let oil drain or drain pieces on paper towels. Good hot or cold.

## **Lomi-Lomi Salmon**

Alice Kashiwagi

Lomi-Lomi salmon is a traditional dish at a Hawaiian luau. Some people say that *poi* is more palatable if eaten along with *Lomi-Lomi Salmon*.

### Ingredients:

- 1 cup of diced salted salmon
- 5 medium tomatoes, diced
- 1 medium round onion, diced
- 1/4 c. thinly sliced green onions
- 2 cups crushed ice

### Directions for salted salmon

- Take 8-12 ounces. of salmon. Place in a jar.
- Cover salmon with Hawaiian salt.
- Let salmon set for approximately 1 week.
- Rinse the salmon and either shred or chop into small pieces.

### Directions for lomi-lomi salmon

- In a large bowl, cover the salted salmon with water and soak for several hours. Drain and rinse salmon. Dice to fill 1 cup.

In a large bowl, add the diced salmon, tomatoes, onion and green onions and mix well. Before serving, chill with crushed ice. Particularly good with *poi*, or even by itself.

# Kalua Pig in the Oven

Alice Kashiwagi

When we were younger and our friend, Richard Lee, lived on Willowside Rd., we often went to dig an *imu* and roast a pig Hawaiian style. Those days are gone now. The next best thing is to roast a pig in the following way. As the saying goes in the islands, it's *ono*.

## Ingredients:

- 5-6 pounds of pork butt or pork shoulder
- 1 c. of Hawaiian salt (different from regular salt)
- 3 Tablespoons of liquid smoke

## Process:

1. Place a sheet of aluminum foil cut so that it can be brought completely to fold and seal the meat.
2. Sprinkle some salt on foil where the meat will be.
3. Cut slits (about  $\frac{3}{4}$ " deep and 2" wide) on top and along the edges. Put salt in each slit. Rub salt on entire piece.
4. Sprinkle liquid smoke on the meat (about 3 tablespoons)
5. Fold the foil making sure that the open edges are interlocked and rolled tight.
6. Use another piece of foil and double wrap the meat.
7. Place the pork in a baking dish with sides 2 to 3 inches deep. (The juice spills over into the pan)
8. Turn the oven on to 240 degrees. Place pork in the oven. Bake for 6-8 hours.
9. Check to see if meat falls off bone. If it does, it is done.
10. If it doesn't, raise the temperature to 300 degrees for about another hour (or longer) until the meat falls off easily to touch.
11. Unfold the foil and remove meat. Save the juice in the pan. Place meat in a tray or large bowl and begin shredding. **(shredding tip: use 2 forks (one in each hand) or use shoulder bones).**
12. Place shredded meat in another tray and test for taste, moisture, salt content, and smoke flavor. If dry add the juice from the cooking pan. Add salt if needed. Add liquid smoke if needed.
13. Mix everything and taste test again. \* Make it a bit on the wet side if it is going to sit awhile or if you plan to freeze it.

## Anytime Spareribs Cynthia Hayashi

These are great for a picnic, or get together. I will bring them to the Miyano yearly reunion and they seem to enjoy them and the Miyano's can "speak their mind" when it comes to food.

6-8 lbs of babyback rib slabs, usually that is about 3 slabs  
Salt, pepper, paprika, garlic powder, cayenne

Keep the ribs in slabs, massage the dry rub of the above spices (feel free to add other spices)  
Put on a cake/cookie rack to dry or in the refrigerator if you do not have time to bake  
Bake @ 250 degrees for approx 2 1/2-3 hours or fork tender.  
Put lemon slices on the ribs and place in refrigerator overnight

Brush ribs with your own bar-b-cue sauce or ready made like Bulls Eye Bar-b-cue sauce.  
Bar-B-Cue on the grill for approx 15-20.  
Pull off, let stand then slice and enjoy!  
You can also put them in the smoker...

## Chasu (Pork Teriyaki) Margarette Murakami

2 lb country-style ribs - pork  
2 cloves garlic, crushed  
1 T. each salt & catsup  
1 c. brn. sugar  
1 T. each – shoyu & sake  
1 t. red food coloring

Mix above ingredients with ribs overnight in refrigerator. Roast on rack in oven @ 325 degrees for an hour, basting at least twice. Leave a pan of water in the oven under the rack of meat.

## **Apricot Baked Ham**

Reiko Long

½ fully cooked ham with bone (5 to 7 pounds)  
20 whole cloves  
½ cup apricot preserves  
3 Tbsp. dry mustard  
½ cup packed light brown sugar or 1/3 cup honey

Score the surface of the ham with shallow diamond shaped cuts. Insert cloves into cuts. Combine preserves and mustard. Spread over ham. Pat brown sugar over apricot mixture. Place ham on a rack in a roasting pan. Bake at 325 degrees for 20 minutes per pound or until ham is heated through and thermometer reads 140 degrees. Yield 10 to 14 servings.

## **Barbecued Spareribs**

Rose Fujii

3 to 4 lbs. spareribs  
¾ c. soy sauce  
¼ c. vinegar  
1/3 c. water  
3 Tbsp. brown sugar  
½ tsp. chili powder  
½ tsp. dry mustard  
3 Tbsp. catsup

Cut spareribs, removing all fat. Place under broiler, turn. Put in pan, covered, and leave in 325 degree oven for ½ to 1 hr.

Meanwhile, mix above to make sauce. Drain all fat from cooked spareribs. Now add sauce, mixing as you add. Cover and again continue cooking in 325 degree oven for 45 minutes.



## **Pork Tenderloin Simmered in Black tea**

Sanae Nakajima Chambers

This very simple dish is from my mother's kitchen. She loved cooking and sharing her creation with friends.

Serves 4 - 6.

- 1) You need:
- 1 - 2 Lb pork tenderloin
  - 1 black tea bag (take off the paper tag before immersing in the sauce)
  - equal portion (1Cup each) sugar [ I prefer brown sugar]
  - Sake (for cooking)
  - soy sauce
  - rice vinegar
  - water

2) Rinse the meat, pat dry. Trim excess fat , if desired. Cut in half.

3) Put all the five ingredients of sauce in a large pot; heat until sugar melts, then add pork and tea bag. The sauce should cover the meat.

4) Simmer, with "Otoshi-buta". [ I use foil – cut foil in a circle as big as diameter of the pot, fold into narrow fan shape, then make slits. Carefully open the fan back into the circle, instant lid for evaporation]

5) Turn the meat occasionally for even slow cooking, for about 2 hours.

When it's done, the meat almost crumbles.

6) Take the meat out , slice in 1/4inch thick; save the sauce for additional taste.

I like to serve this pork with some green vegetable, such as spinach, chard, bokchoy, or even green beans, lightly parboiled, and of course freshly cooked rice. The sauce makes the pork and vegetable extra tasty. Some even pour the sauce over rice!

Note: Otoshi-buta --- "Dropped-in" wooden lid smaller than the diameter of pot, that leaves the space for liquid evaporation, useful particularly for simmering.

## **Lemon Chicken**

Reiko Long

Serves 4

3 whole boneless chicken breasts  
½ cup cornstarch  
½ tsp. salt  
1/8 tsp. pepper  
4 egg yolks, lightly beaten  
¼ cup water  
vegetable oil for frying  
4 green onions with tops, sliced for lemon sauce  
3 Tbsp. cornstarch  
1 ½ cup water  
½ cup lemon juice  
3 ½ Tbsp. packed brown sugar  
3 Tbsp. honey  
2 Tsp. instant chicken bouillon granules  
1 tsp. minced fresh ginger  
lemon peel and lemon balm for garnish

Cut chicken breasts in half and place between two sheets of plastic wrap.

Pound with mallet or rolling pin to flatten slightly.

Combine cornstarch, salt and pepper in small bowl. Gradually blend in egg yolks and water.

Heat oil in wok or large skillet over high heat to 375 degrees. Meanwhile, dip chicken breasts one at a time into batter.

Add chicken breasts, two at a time, to hot oil. Cook until golden brown about 5 minutes. Drain chicken on paper towels. Keep warm.

While cooking remaining chicken, cut each breast into 4 to 5 pieces.

Arrange chicken pieces on serving plate and sprinkle with onions. Keep warm.

Combine cornstarch, water, lemon juice, brown sugar, honey, bouillon granules and ginger in medium saucepan. Mix well, and cook over medium heat stirring constantly until sauce boils and thickens, about 5 minutes. Pour over chicken. Garnish if desired.

## Pig's Feet and Tripe

May Yamaoka

( From my Uncle Tom Yoshioka, who grew up in Hawaii, where many ethnic dishes became part of our family recipes)

**5-6 Pig's feet cut in half , Lola's Market has their's cut**

3-4 Pounds Tripe cut into ½ x2 inch strips

Wash both in cold water and drain. Cover with water. Bring it to a rapid boil for 10 minutes then drain.

Add more water to cover. This can be done in a large crockpot. I plug mine in outside, since the aroma bothers some people.

ADD

4-5 Cloves of Garlic , smashed

3 T. Salt

Pinch of Chili Peppers

COOK on high for 6-8 hours until feet loosens from

Bones and tripe is tender ( tripe cooks faster

So check it after 6 hours. If you have two crockpots, best to cook them separately.

Delicious with a bit of soy sauce and rice on the side. After skimming off the fat, the liquid is **great to mix with masa for tamales....just don't tell anyone...LO**

## Salmon Heads

May Yamaoka

( From my Mom's kitchen )

2-3 King or Silver Salmon Heads ( Farm raised is not recommended )

Cut heads in half with butcher knife and then quarters then smaller chunks. Remove eyes and **teeth ( unless you enjoy the eyes ) Be careful....slippery...a kitchen scissor works well to** remove teeth. If you have spines, cut those into 2 inch sections.

Put in fish a pot

ADD: ¼ C. Soy Sauce

3 T. Sugar

1 x 2 inch grated Ginger

2-3 Cloves Garlic thinly sliced

Bring to a rapid boil, stir, this burns easily, lower heat , cover and cook until cooked. This does not take long and although the liquid does not cover the fish, stirring is enough to **season. This is great exercise for the tongue and concentration. It is full of healthy Omega 3's.**

# Desserts



# Chiffon Cake

## Nancy Yoshioka



### BETTY CROCKER CHIFFON CAKE

#### Key Recipe:

Set out but do not grease .....

#### For Large Cake

10" tube pan,  
4" deep or  
13x9" oblong pan

#### For Small Cake

9" tube pan or  
9x5x3" loaf  
or 8" or 9"  
square pan

Sift together into mixing bowl .....

2 ¼ cups sifted  
Softasilk cake  
flour  
1 ½ cups sugar  
3 tsp baking powder  
1 tsp salt

1 ¼ cups  
¾ cup  
1 ½ tsp  
½ tsp salt

"Make a well" and add in order .....

½ cup cooking oil  
5 egg yolks  
¾ cup cold water  
2 tsp vanilla  
2 tsp grated lemon  
peel

¼ cup  
3 egg yolks  
3/8 cup  
1 tsp  
1 tsp

Beat with spoon until smooth. Set aside.

Then measure into large mixing bowl .....

1 cup egg whites ½ cup  
½ tsp cream of tartar ¼ tsp

Whip together until whites form very stiff peaks. Pour egg yolk mixture gradually over whipped whites, gently folding with rubber scraper just until blended. Pour into ungreased pan. Bake. When cake tests done, invert and let hang until cold.

#### Temperature and Time:

Bake 10" tube at 325 for 55 min, then  
at 350 for 10-15 min  
Bake 9" tube at 325 for 50-55 min.  
Bake 9x13 pan at 350 for 45-50 min.  
Bake loaf pan at 325 for 50-55 min.  
Bake square pan at 350 for 30-35 min

#### Variations:

Cocoa Chiffon

For Large Cake

Small Cake

Combine and let cool....

¾ cup boiling water

¾ cup

½ cup cocoa

¼ cup

Sift together....

1¾ cups sifted Softasilk

7/8 cup

1¾ cups sugar

7/8 cup

3 tsp baking powder

1½ tsp

1 tsp salt

½ tsp

Make a "well" and add....

½ cup cooking (salad) oil

¼ cup

7 egg yolks, unbeaten

4 yolks

Cooled cocoa

cocoa

mixture

mixture

1 tsp vanilla

½ tsp

Beat until smooth. Then measure into

mixing bowl and beat until very stiff...

1 cup egg whites (7 or 8)

½ cup (4)

½ tsp cream of tartar

¼ tsp

To combine, see directions in right hand column.

Finish with Brown Beauty Icing.

Banana Chiffon

For Large Cake

Small Cake

Sift together...

2 ¼ cups sifted Softasilk

1 ⅞ cups

1 ½ cups sugar

¾ cup

3 tsp baking powder

1½ tsp

1 tsp salt

½ tsp

Make a "well" and add...

½ cup cooking (salad) oil

¼ cup

5 egg yolks, unbeaten

2 yolks

1/3 cup water

2½ tbsp.

1 cup mashed ripe bananas

½ cup

1 tsp vanilla

½ tsp

Beat until smooth. Then measure into large mixing bowl and beat till very stiff...

1 cup egg whites (7 or 8)

½ cup (4)

½ tsp cream of tartar

¼ tsp

Pour egg yolk mixture in thin stream over entire surface of egg whites, gently cutting and folding in with rubber spatula until completely blended. Pour into ungreased pan. Bake until cake tests done. Invert. Let hang until cold.

## Sandy Miyano's Apple Cake

Cynthia Hayashi

This cake freezes well and is always a hit.

2 cups grated apples  
1 egg dropped in and stirred  
1 cup sugar  
1 cup nuts or raisins  
1/4 cup Wesson oil  
1/2 tsp salt  
1 cup flour  
1 tsp baking soda  
1 tsp cinnamon

Mix grated apples, egg, and sugar, stir in oil and nuts or raisin  
Sift all dry ingredients and bake 30-35 minutes 350 degrees

## Raw Apple Cake

Henry Kaku

Mix together:

1 cup sugar	2 cups peeled, diced apples (about 2 apples)
1 egg	1/2 cup oil

Add to mixture:

1 cup flour	1 cup walnuts
1 tsp cinnamon	1 cup raisins
1/2 tsp baking soda	1/2 tsp salt

Pour into 8 1/2 " x 8 1/2 " pan. Bake 1 hour in 325 degree oven.

Here is a cake recipe that's a favorite in our family and hopefully Rossy will love it too.

## FRESH APPLE WALNUT CAKE

Susan Tajii



2 cups sugar  
3 cups all purpose unbleached flour  
1 tsp. Baking soda  
1 tsp. Cinnamon  
1 tsp. Salt  
1-1/2 cups canola oil  
3 large eggs  
1 tsp. vanilla  
3 cups chopped unpeeled apples  
(I use Granny Smith apples, two large apples will equal approx. 3 cups)  
1 cup chopped walnuts

Heat oven to 350 degrees. Grease but don't flour a 9x13 pan or 10-12 cup bundt pan.

Mix sugar, flour, baking soda, cinnamon and salt in a large bowl until blended. Stir in oil, eggs and vanilla, then apples and walnuts. Scoop into pan and even out.

Bake approximately 55 minutes for the 9x13 pan or 65 minutes for the bundt pan or until a wooden pick inserted in the cake comes out clean. Cool 10 minutes for the bundt pan on a wire rack before inverting on rack to cool completely, no need to invert with the 9x13 pan.

Tastes great with vanilla ice cream.

This cake is so easy to make because you don't peel the apples. Top comes out crunchy and yummy.

## **Mrs. Paysen's German Pound Cake**

May Yamaoka

(This recipe was given to me under strict secrecy when I was 13. I have been making 30 + of these for Christmas gifts ever since, ( 56 years !! ) I was given permission to share this recipe from the family that cared for our ranch in Petaluma, while we were put into the Amache relocation camp during WWII.

Preheat oven 325

Beat in a Heavy Duty Mixer:

1 Lb. Butter – softened

3 C. Sugar

Whisk together in a bowl :

4 C. Flour

1 tsp. Baking powder

Pinch of Mace (1/4 tsp)

¼ t. salt

Put 8 eggs into a separate bowl

Add flour and eggs alternately into the butter mixture , mixing well on medium speed , with each addition.

Grease and flour or use cooking spray on 2 loaf pans or one chiffon cake pan. Divide batter into pans. Bake for 1 hour and 15 minutes. Check with a toothpick ( since every oven is different) until it comes out clean. Cool on racks, then wrap in HD foil. I then put these into plastic bread bags. They can be frozen, but I find they keep well in a closed tub in the cool garage. I find aluminum pans work best. The Teflon ones get too dark at the corners.

## **Lemon Jello Cake**

Dorothy Shimizu (submitted by May Yamaoka)

Yellow Cake Mix

3 eggs

1/2 cup Wesson oil

Water (use the amount indicated on the cake mix box)

1 Pkg. Lemon Jello

Mix the above ingredients together. Bake at 350 for 35-40 minutes.

Punch holes in the cake with a fork.

Mix: 1C Powdered Sugar

½ C Lemon Juice

Pour mixture on cake. Return to oven for 5 minutes



# Chocolate Applesauce Cake

Margaret Wallman

1 ½ cup sugar	2 tsp. baking soda
2 cups flour	½ cup cocoa
1 tsp. salt (optional)	2 cups applesauce
1 cup vegetable oil	2 tsps. Vanilla

Sift together sugar, flour, baking soda, cocoa and salt. Add applesauce, oil and vanilla. Mix well **to combine. Pour into a greased bundt pan or pyrex pan (13"x9")**. Bake at 350 degrees for 35 to 45 minutes. Dust with powdered sugar.

Makes 12 servings.

Per serving: 358 calories; 19 grams fat; 2 grams saturated fat; 0 mg. cholesterol; 47 grams carbohydrate; 406 mg. sodium; 2 grams fiber.

If using a deep pan with impressions in the bottom of the pan and up the side, I will make this recipe X 1 ½. Bake longer, about an hour or until testing pick comes out clean.

## **Cherry Dump Cake**

Geneva Bush via Nancy Davlin

In a 9 x 13 pan, DUMP:

2 cans cherry pie filling to cover ungreased bottom of pan. Then layer with

1 can crushed pineapple (do not drain)

Pour over that: 1 pkg. White cake mix (moist Betty Crocker)

Cover that with: 1 pkg. Coconut

Spread chopped walnuts on top

Then use 1 cube butter, sliced thin enough to completely cover cake

Bake at 350 degrees approximately 35 minutes on middle rack of oven.

Cake should be golden brown and toothpick should come out clean when done. Feed to hungry children or visiting relatives or haul to a gathering of folks you want to impress. Enjoy!

## **Cocoa Roll**

Rose Fujii

5 eggs, separated

$\frac{3}{4}$  c. sugar

$\frac{1}{4}$  c. flour

$\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp salt

$\frac{1}{4}$  c. cocoa

whipped cream

Cream egg yolks and sugar thoroughly. Add dry ingredients. Fold in beaten egg whites last. Grease pan (10  $\frac{1}{2}$  x 15) and line with wax paper.

Bake in 325 degree oven for 20 minutes.

After cake is done, roll out on dish towel. Let cool, add whipped cream and roll as in jelly roll. Sprinkle top of cake with powdered sugar.

## Applenut Coffee Cake

Henry Kaku

The recipe for this light and airy coffee cake with a delectable nut crumb topping was given to us by **Shiz Kawamoto from Mill Valley**. It's great for breakfast, dessert or anytime.

1 cup sugar	¼ tsp salt
½ cup shortening or margarine	1 cup sour cream
2 eggs	2 cup chopped apples
1 tsp vanilla	½ cup nuts
2 cups flour	¼ cup brown sugar
1 tsp baking soda	1 tsp cinnamon
1 tsp baking powder	2 tsp butter, softened

Cream shortening and sugar. Add eggs and vanilla. Mix flour, baking soda, baking powder, and salt. Add flour mixture and sour cream alternately to the shortening mixture. Fold in apples.

**Spread batter in 9x13" pan.**

Crumb topping: Combine nuts, brown sugar, and cinnamon. Stir in softened butter. Sprinkle over batter. Bake 350 degrees for 35-40 minutes.

## Cocoa-Zucchini Nut Cake

Margarette Murakami

3 eggs – beaten in bowl

Add the following:

2 c. sugar	2 c. zucchini, peeled and grated
1 c. oil	1 med. size apple, peeled and grated
3 t. vanilla	

Sift together and add:

3 c. flour	1/4 t. baking powder
1 t. salt	1/4 c. Hershey cocoa
2 t. cinnamon	1 c. chopped nuts
1 t. soda	1/3 c. raisins (optional)

Bake - large loaf: 1 hour, 325 degrees

or

5 mini loaves: 45 min, 325 degrees

## **Cranberry Sauce Cake**

Reiko Long

3 cups all purpose flour  
1 ½ cup sugar  
1 cup mayonnaise  
1 can (16 oz.) whole berry cranberry sauce  
1/3 cup orange juice  
1 Tbsp. grated orange peel  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. orange extract  
1 cup chopped walnuts

Icing:

1 cup confectioner's sugar  
1 to 2 Tbsp. orange juice

In a bowl, mix flour sugar, mayonnaise, cranberry sauce, orange juice and peel. Add baking soda, salt and extract. Mix well.

Fold in walnuts. Cut waxed or parchment paper to fit the bottom of a 10 inch tube pan. Spray the pan and paper with nonstick cooking spray. Pour batter into paper lined pan. Bake at 350 degrees for 60 to 70 minutes or until cake test done. Cool 10 minutes in pan before removing to a wire rack. Combine icing ingredients. Drizzle over the warm cake. Yield 12 to 16 servings.

## **Mrs. T Uyeda's Applesauce Cake**

Submitted by May Yamaoka

Sift Together:

4 C. Flour any type

½ tsp Salt

2 tsp Baking Powder

2 tsp Cinnamon and Cloves

Mix together:

2 C. Sugar

4 C. Apple Sauce

½ C Wesson Oil

2 or 3 eggs

Bake at 350 for 50 minutes in a greased and floured glass baking dish.

## Chocolate Velvet Frosting

Dorothy Shimizu (submitted by May Yamaoka)

1 ½ C Sugar

6 T Corn Starch

¼ t Salt

1 ½ C Boiling Water

Cook until thickened

Then stir in:

3 Squares Unsweetened Chocolate

¼ C Butter

1 tsp Vanilla

Cook until thickened, chill

## Pig Pickin' Cake (Mandarin Orange Cake with Pineapple Whipped Cream Frosting)

Donna Tajii



The traditional recipe for Pig Pickin' Cake calls for boxed yellow cake mix, mandarin oranges, instant vanilla pudding, crushed pineapple, and Cool Whip. This version makes the cake and the whipped cream from scratch for a super moist and slightly less pre-fab version.

### Ingredients

serves 12, active time 30 minutes, total time 1 hour and 30 minutes

- For the Cake
- 11 1/2 ounces (about 2 1/4 cups) all purpose flour, plus more for flouring pans
- 1 tablespoon baking powder
- 1/2 tablespoon salt
- 11 1/2 ounces (about 1 2/3 cups) sugar
- 2 sticks (16 tablespoons) unsalted butter, softened and cut into 1 inch pieces, plus more for greasing pans
- 4 eggs, room temperature
- 2 yolks, room temperature
- 1 tablespoon vanilla extract
- 1 1/4 cups whole milk, room temperature
- 1 (11 ounce) can mandarin oranges, drained
- 2 tablespoons zest from one orange
- 
- For the Whipped Cream Frosting
- 2 cups heavy cream
- 1 tablespoon sugar
- 1 (3.4 ounce) box of instant vanilla pudding
- 2/3 cup crushed pineapple, drained of all its liquid

### Procedures

1. Set oven rack to middle position and preheat oven to 350°F. Grease and flour three cake pans and set aside. In a medium bowl whisk together flour, baking powder, and salt, and set aside.
2. In bowl of a stand mixer fitted with a paddle attachment, cream butter and sugar together on high speed until light and fluffy (about 5 minutes). Reduce mixer speed to medium and add eggs and yolks, one at a time, mixing well between each addition until incorporated and scraping down sides with a rubber spatula as needed. Once eggs have been added, mix in vanilla. Alternate adding dry ingredients and milk a third at a time on low speed, mixing until just incorporated. Add mandarin oranges and zest. Beat on high speed until oranges are crushed and well incorporated, 1 to 2 minutes.
3. Divide batter equally among 3 cake pans and bake until golden brown and springy to the touch and cake tester inserted into center comes out clean, 25-27 minutes, rotating the pans halfway through. Cool cakes in the pan for 15 minutes then carefully release from the pan onto cooling racks to cool completely. Do not assemble cake until it has completely cooled.
4. For the Frosting: Pour cream into the bowl of a stand mixer. Turn mixer to high and begin beating. Add sugar while mixer is running. Once soft peaks form, turn mixer to low and add vanilla pudding mix. Mix pudding for 1-2 minutes then stop mixer, scrape down the sides and gently stir to incorporate any remaining pudding powder.
5. Fold in pineapple and frost cake adding a thin layer of frosting between the layers to leave enough to cover the top and sides of the cake completely. Store covered in the refrigerator.

## Apple Pie with Cheese Topping

Amy Tsurumoto

4 cups tart apples  
¾ cup sugar or less  
½ tsp cinnamon  
1 Tbsp minute tapioca  
1/8 tsp salt

1 unbaked pie shell  
½ cup flour  
½ cup sugar  
½ cup grated cheddar or American cheese  
¼ cup melted butter

Combine apples, sugar, cinnamon, tapioca and salt in sauce pan. Simmer until apples are half cooked. Cool. Arrange in pie shell.

Combine flour, sugar, cheese, and butter and make coarse crumbs. Scatter over apples. Bake at 425 degrees for 30 – 35 minutes.

## Apple Coffee Cake

Amy Tsurumoto

¾ cup butter or margarine  
1 ½ cups sugar  
2 well beaten eggs  
2 ¼ cups flour  
1 ½ tsp baking soda

½ tsp salt  
¾ cup strong coffee (cold)  
3 cups chopped apples  
1 tsp vanilla

### Topping

½ cup chopped nuts  
½ cup brown sugar  
1 tsp cinnamon

Cream butter or margarine. Add sugar and mix well. Add beaten eggs. Add dry ingredients. Add vanilla and cold coffee. Fold in chopped apples. Spread into greased 13x9x2 pyrex. Sprinkle topping mix over batter. Bake 40 min at 350 degrees.

## Winning Apple Pie Recipe at the Santa Cruz Fair

Amy Tsurumoto (submitted by May Yamaoka)

### Crust:

3C. Flour	5 T. Ice water
1 ¼ C Shortening	1tsp Vinegar
1 tsp. Salt	1 Egg ( beaten with water and vinegar )

### Filling:

6-8 Large Apples, peeled and sliced.

Add Brown and White Sugar according to taste, making layers of apples and sprinkle with sugar and cinnamon until pie is full.

Bake at 425 15 minutes and reduce to 350 until apples are tender.

## Pie Crust

Amy Tsurumoto (submitted by May Yamaoka)

2 C. Flour	½ C Mazola Corn Oil
1 tsp. Salt	3 T Ice cold water

Mix flour and salt. Blend in Mazola. Add cold water. Mix into a ball. If too dry, add 1 or 2 T oil. Divide in half. Roll out between two wax papers sprinkled with flour. Makes a two crust pie

## Custard Pie

May Yamaoka

### **My Dad , Harry Otani's, favorite pie**

4 Slightly beaten eggs  
½ C. Sugar  
¼ tsp Salt  
1 tsp Vanilla  
2 ½ C Milk –Scalded  
1 unbaked 9 inch pie crust rolled to 1/8 inch thickness

Thoroughly mix eggs, sugar, salt and vanilla. Slowly mix in hot milk. Temper the eggs with a small amount of hot milk first to keep eggs from curdling. Pour at once into unbaked pastry shell sprinkle top with nutmeg at the hot 475 preheated oven for 5 minutes. Reduce heat to 425 and bake 10 minutes longer until wet knife comes out clean. Cool on a rack. Serve cool or chilled



## LEMON GODDESS PIE

Cynthia Kishi

This is my very favorite dessert! It's rich, light and refreshing. It makes a 9" pie, or you can double the recipe and make it in a 9 x 13" pan.



### CRUST:

1 cube cold butter, diced  
1 c. flour  
1/2 c. finely chopped walnuts

Work together with fingers until it's a course meal. Press into pie plate or pan. Bake in preheated 375 degree oven for 15 minutes. Cool.

### FILLING:

Mix in small saucepan and cook over medium flame, stirring, until thick.

1 1/4 c. sugar  
1/2 c. cornstarch  
1/2 t. salt  
1 1/2 c. water

Stir in and cook 2 minutes more:

2 beaten egg yolks  
3 T. butter

Stir in and then remove from heat:

1/3 c. lemon juice  
1 T. grated rind

Spread half of the filling in the baked pie crust.

To the remaining half, stir in:

1 T. lemon juice  
1 T. gelatin dissolved in 2T. water

Mix in:

1 c. milk

When mixture begins to gel, fold in

2 eggs whites, stiffly beaten with  
2T. sugar

Smooth lightly into pie shell.

Top with

1 c. heavy cream whipped with  
3 T. sugar  
1 t. vanilla

This looks like a lot of work, but it's worth it!!!

# Lemon Tart

Gary Sugiyama

serves 8

## PASTRY

1 cup all-purpose flour  
1/4 cup confectioner's sugar  
1/4 teaspoon salt  
1/2 cup chilled butter  
1 tablespoon ice water  
( I use the baked tart crust [Paté Brisée] from any Julia Child recipe books in place of this pastry)

## FILLING

5 eggs  
1 cup granulated sugar  
2/3 cup strained fresh lemon juice (about 3 large lemons)  
4 teaspoons grated lemon peel  
2 tablespoons cornstarch 1/4 teaspoon salt  
1/2 cup butter, melted

Preheat oven to 400 degrees. -

To prepare pastry; Combine flour, confectioners' sugar, and salt in a small bowl. Cut in butter until well blended. Mixture will be quite dry. With fingers, press mixture into bottom and up sides of a 9 or 10 inch fluted tart pan with removable bottom. Bake 8 to 10 minutes; remove from oven. With fingers, press hot crust lightly to insure an even thickness where bottom and sides of the pan meet. Return tart shell to oven and bake an additional 5 to 10 minutes more or until crust is lightly browned. Set aside to cool.

To prepare filling; In a food processor or blender, combine eggs, sugar, lemon juice, lemon peel, cornstarch, and salt. Puree until smooth. With machine on, slowly pour in melted butter until just blended. Pour the mixture into a small acid-resistant saucepan. Cook over medium heat, stirring constantly with a wooden spoon until filling just begins to boil and is quite thick. Place bottom of saucepan in a bowl of ice water and stir until mixture cools to room temperature.

Fill the cooled shell. Chill until ready to serve, then remove fluted metal ring, and slice tart into wedges.

Serve with whipped cream as topping.

From California Fresh Cookbook



Marshmallow Mermaid Pie  
Donna Tajii

## Marshmallow Mermaid Pie



Serves 8

*9 graham crackers*

*1/2 Cup sweetened, flaked coconut,  
toasted*

*5 tablespoons. butter or margarine,  
melted*

*34 marshmallows (8 oz.)*

*1/2 cup whole milk*

*1 1/2 cup heavy or whipping cream*

*1 oz. unsweetened chocolate, grated*

Preheat oven to 375 degrees. Combine coconut and graham crackers in food processor until coarse crumbs form.

Combine crumbs and butter with fork. Press to bottom and side of 9-inch pie plate.

Bake 10 minutes and cool on wire rack.

Heat marshmallows and milk in 3-qt. saucepan over low heat until smooth, stirring constantly. Remove saucepan from heat. Cool completely (30 minutes.)

In large bowl with mixer at medium speed, beat cream until stiff peaks form. Fold marshmallow mixture into whipped cream with grated chocolate. Spoon filling into cooled crust. Refrigerate pie at least 3 hours or overnight.

Top with mini marshmallows, maraschino cherries and rainbow sprinkles.

## **Margarette Murakami's** Finger Jello

Alan Murakami

### Ingredients:

- 4      3 oz. Packages of Jello (Colors can match the holiday/season)
- 6      packages of Knox Gelatin
- 1      **can Borden's Sweeten Condensed milk**

- a)      Lightly wipe a 9x12 inch pan with mayonnaise.
- b)      First Jello Layer:  
Boil one cup of water. In a container, mix one package of jello and one Knox packet. Add boiling water and stir. Stir till lukewarm. (Sometimes I put in ice bath.) When cool, pour into pan and refrigerate for about 30 min.
- c)      While cooling, make milk layer:  
Put 2 packages of Knox and put into a cooking pan (small). Take one cup of water, and add 1/3 to Knox, stir. Add milk, stir.  
Take remaining water, boil and pour into Knox/milk mixture and stir.  
Take this pan with milk and Knox mixture and put in double boiler to emulsify and stay warm.
- d)      Take 2/3 cup of milk mixture, cool, and add to first jello layer at the 10 min. mark.
- e)      Alternate layers till done. You can begin shortening the time to cool between layers since the cold jello/milk mass helps to speed up the solidification.

I use Green/Red for X-mas, spring colors for Easter, fall for Thanksgiving, and Blue/Red for 4<sup>th</sup> of July.

## Haupia

Alice Kashiwagi

4 cups coconut milk  
2 1/2 c. water  
1 c. cornstarch  
1 1/4 c. sugar

Combine the coconut milk and water. Stir until smooth. Add sugar and cornstarch. Cook over low heat until thickened and shiny. If the haupia is grainy, keep cooking the mixture because the fat in the coconut milk has not yet melted.

Take it one step further if you wish. Make a dough of 1/2 c. butter, 3 T. sugar, 1 c. flour, and 1/4 c. chopped nuts. Press the dough into a pan and bake it for 15 minutes at 350 degrees F. After crust cools, pour the haupia over the top, chill, serve with whipped cream and a sprinkling of toasted shredded coconut.

## Cream Puffs

Dorothy Shimizu  
(submitted by May Yamaoka)

2 C. Boiling Hot Water  
1 C. Butter  
1 C. Flour  
4 Eggs  
2 large Pkgs Vanilla Pudding

Melt butter in boiling water, add flour all at once- Stir for one minute and remove from heat and beat in one egg at a time. Bake 1 T mounds in a 400 degree oven for 1/2 hour, then 325 15-20 mins. Wait until brown and no beads of moisture is seen ( about one hour total cooking time ) Remove from oven but keep oven on. Split puffs and replace on tray, can remove pieces of crust from the cavity put back into oven and now turn **oven off with door ajar....until puffs are nice and dry inside.**

Fill with Pudding and replace tops. Good luck in finding the tops that match LOL . Sprinkle with powdered sugar. My sister later added whipped cream to her pudding filling, which everyone enjoyed. In fact, she had a lot left over and brought it to the bake **sale booth. I didn't think people would buy it, but they did. Maybe pudding is something we can offer next time?**

## **Baked Chichi Dango**

Reiko Long

Mix together:

1 box (16 oz.) Koda Farms mochiko (sweet rice flour)

2 cups sugar

1 tsp. baking powder

Mix together, then add to dry ingredients and mix well:

2 cups water

1 can (12 oz.) coconut milk

1 tsp. vanilla

Heat oven to 350 degrees. Remove 2 cups of the batter. Add 4 drops of green food color and mix well. Pour the batter into well-greased 9 x 13 baking pan. Cover tightly with aluminum foil. Bake at 350 degrees for 15 minutes. After 15 minutes, add 2 cups of white mixture. Pour over top of the first layer. Cover tightly with aluminum foil. Bake for 20 minutes. Add 4 drops of red food color to remaining mixture. Pour over top of the second layer. Cover tightly with aluminum foil. Bake for 30 minutes.

Always cover tightly with aluminum foil when baking. Remove foil when it is done and leave it over night. Cut the dango with plastic knife. Roll dango in potato starch (katokuriko) or corn starch or kinako (roasted soy bean flour). Makes 60 pieces: 2" x 1/2". You can wrap them individually in wax paper.

## **Edible Play Dough**

Nancy Davlin

Spoon out some big globs of peanut butter into a bowl. Pour in a few spoonfuls of honey. Add some powdered milk and mix with hands, adding more powdered milk until it makes a good dough.

All sorts of shapes can be made – and it can even be decorated with raisins, chocolate chips or anything edible.

## Mochi

Mary Troppy

1 cup mochiko flour  
2 Tbsp sugar  
2 Tbsp Karo corn syrup  
1 cup water



Azuki An (red sweet bean paste) or white An (lima sweet bean paste), buy it ready-made or make it yourself

Mix the flour, sugar, corn syrup, and water in a microwave-safe bowl. Put it in the microwave for approximately 2 ½ minutes. Turn the mixture over and cook another 2 ½ minutes. These times may vary, depending on your microwave. When done, the mixture should be soft, but not runny and not too firm.

Sprinkle cornstarch on a cutting board and put the mochi on it. Pinch off a small ball of mochi and flatten it out slightly with your hands. Place a small ball of An in the middle of the mochi. Bring the sides of the mochi up around the An and seal the An inside the mochi. Pinch off another ball of mochi and repeat the process.

## Lemon Bars

Margarette Murakami

2 c. flour  
1/2 c. powder sugar  
1 cube butter  
1 cube margarine

Mix together. **Press into 9x13" pan. Bake shortbread 20-25 min in 350 degree oven.**

Filling:

4 beaten eggs	1/4 c. flour
2 c. sugar	1/2 t. baking powder
1/3 c. lemon juice	

Mix this together and pour over the baked shortbread. Return to oven and bake 25 min. Sprinkle with powder sugar.

Makes 24 squares

## Mochiko Muffins ( Sweet Rice Flour Muffins )

### ～もちもち餅粉のマフィン～

Mi eko Hal l berg

1 Box ( 1 Lbs ) of Sweet Rice Flour  
3 Eggs  
1 1/2 Cup of Regular Milk or Coconut Milk  
3/4 Cup of Sugar  
3 Tsp of Baking powder  
1 Tbs of Vanilla extract or rum

- 1) Mix everything in a bowl.
  - 2) Pour the batter in an oil sprayed muffin pan.
  - 3) Bake at 350 F for about 18 minutes ~ 20 minutes.
- For matcha (Green tea) flavor, add 1 1/2 Tbs of matcha powder and some extra milk. Pour the batter in the pan and drop a spoon full of anko (red bean paste) then bake.
  - For chocolate flavor, add 2/3 Cups of melted chocolate to the batter. Make sure to add less sugar than the original recipe.



\*Matcha and blueberry flavor



## Manju

Dorothy Shimizu (submitted by May Yamaoka)

1 C. Cake Flour

1 C. Flour

1 C. Sugar

½ C Half and Half

2 heaping tsp. Baking Powder

Mix the above. Knead dough and form a long rope. Cut off walnut sized pieces and with floured fingers, pat flat, keeping middle high and sides thin form into a 3 inch circle. Put a mound of AN and fold into a ball. Put on a 1 ½ inch square of parchment or waxed paper. Steam with a cloth inside of the steamer. Steam for 15 min. A 12 inch steamer can steam 3 manju at a time for each layer. Hey do expand. Lift out with wet fingers to avoid sticking. Can cool on a moist cloth or rack.

My sweet sister shared a huge roll of parchment paper with me. I still have a big roll and think **and thank her every time I use it. It is great to bake cookies on...easy clean up. I also tape a sheet on the kitchen counter and roll pie crusts on it...the crust doesn't stick as much and clean up is simple.**

## AN

Dorothy Shimizu (submitted by May Yamaoka)

**2 lbs. AN Beans ( 4 Cups ) Cook beans in water until very soft. Discard Water...do this 2 times,** then cover with water and cook until tender 2-3 hours. Line a colander with a cloth and drain beans. Use a blender or ricer to remove hulls. Squeeze in a cloth bag to remove water, mashed potato consistency

Add 5 C Sugar to 1/3 of the Beans and cook for one hour. ( protect hands with gloves, since the **mixture "spits"**. Add rest of beans. This mixture is enough for 5 recipes. Package and freeze. Wrap manju in plastic wrap when cool . Place into a cupcake paper, when serving.

**I am lazy and don't like being spit on...so I use canned Azuki bean An.**

I dip a tiny Japanese cherry blossom cutter into a mixture of mirin and soy and use that to **stamp the top of the manju's.**

## Hope Mochi

Dorothy Shimizu (submitted by Julene Leach)

**Given to Dorothy by George Shimizu's daughter-in-law Chiye.**

5 cups mochiko (2 boxes)	1 can frozen coconut milk (12 ounce)
1 ¼ cups white sugar	1 tsp baking soda
1 cup brown sugar	1 tsp vanilla
3 cups milk	

Mix everything together with whisk. Pour into greased jelly roll pan. Sprinkle with toasted sesame seeds. Bake for 1 hour at 350 degrees. Cool and cut with plastic knife.

## Manju Dough

Dorothy Shimizu (submitted by Julene Leach)

**Given to Dorothy by Shigeko Taniguchi**

(Makes 15 manju)

½ cup cake flour  
½ cup flour  
½ cup sugar  
1 heaping tsp baking powder  
¼ and a little more half and half

Form little balls of dough and put in AN. Pull over the An and pinch the bottom. Steam for 8 minutes.

## COCONUT MOCHI

Donna Tajii

1 Box (16 oz.)	Mochiko
3 Cups	Sugar
1 Tablespoon	Baking Powder
2 Cups	Milk
½ Cup	Melted Butter
5	Eggs, beaten
1 teaspoon	Vanilla
1 can (12 oz.)	Coconut Milk
1 Cup	Shredded Coconut

Preheat oven 375 degrees. In a large mixing bowl combine all the ingredients; mix well with a spoon. Pour into a well greased 13 x 9 inch pan. Bake for 1 hour or until toothpick inserted in center comes out clean. Cool and cut into squares (using a plastic knife makes it easier to cut).

## Baked Mochi

Fumi Tajii, from a recipe given to her by Kinu Iwamoto  
(submitted by Donna Tajii)

1 Box (16 oz.)	Mochiko
2 ½ Cups	sugar
2 Cups	Water
1 Can	Coconut milk (12 to 14 oz.)
1 teaspoon	baking powder
1 teaspoon	vanilla extract
¼ teaspoon	red food coloring

Preheat oven to 350 degrees. Put heavy foil inside a 9 x 13 inch pan and grease it well. Mix all the ingredients in a large bowl and pour mixture into the prepared pan. Cover with foil and bake for 1 hour and 20 minutes. Place the pan on a wire rack and remove the top foil to allow the mochi to cool. When cooled, cut into squares.

## ***"An" Recipe***

Alice Kashiwagi

**Do you have memories of dreading to make “an”. It either took an extraordinarily long time or it created a mess around the pot. Well, this recipe is simple, quick and neat.**

Soak a 1 pound bag of azuki beans overnight. Drain water and refill, covering beans to about 2-3 inches above the beans.

Cook until tender, very tender. It takes about 35 minutes. Cook the beans until "bean paste" is made when smashed with index finger. Beans are not cooked enough if you feel hardness when smashing the beans. Drain beans\*\* Save the water. (\*\*Pouring water through cloth bag-can salvage about 1 c. more of "an")

Put ½ of the cooked beans in Cuisinart blender. Process until beans are smooth. Add 2 cups sugar. (more if sweeter is desired)

Transfer to an 8 c. pyrex measuring bowl or any bowl suitable for microwave. Cover the bowl with Glad's Press 'n Seal plastic wrap (You'll want to cover the bowl because it spatters. Cook for 10 minutes in the microwave on high. Then stir, cook again for 10 minutes. At this point, if the *an* is runny, cook in 5 minute increments. (Do this at least 2 times.) Take out each time and stir. **Note:** Be careful because when the "an" cools, it thickens so you don't want to over cook. If *an* is overcooked, it becomes very hard.

The *an* can be stored in Tupperware or freezer bags and frozen for quite a few month without affecting the taste/texture.

## ***An* Cookies**

Alice Kashiwagi

**First make “an”, then the cookies. Cookies are very tasty.**

### Ingredients:

#### Crust

1 lb. butter  
1 can condensed milk  
5 cups flour  
¼ cup sugar  
½ t. salt

#### Filling

Approximately, 2 ½ cups of *an*

#### Top

1 egg

### Directions

Mix all the ingredients in crust together. Divide into 2 balls  
Roll out to fit a 9x12 pan. Trim off excess

Spread *an* over the crust

Roll out the other ball. Place it on top of *an*. Trim to fit  
I did a lot of patching but it did not ruin the appearance

Beat an egg and brush the egg on the crust

Bake @ 350 degrees for 40 minutes. Will get golden brown.

Biscotti  
Best Biscotti-Marin County Fair  
Roberta Lew



This is a perfect recipe especially if you are the type of cook who adds a little bit more into a recipe because it is too little to save and too much to toss! Nuts- any type will do, we like whole almonds best but walnuts are great too. Chocolate chips-I like white chocolate chips; dried fruit - apricots, cranberries or golden raisins. Must have- toffee bits (located in the baking section)

This is a double recipe

3 cups flour  
2 sticks butter  
1 cup nuts  
1 cup whole/chopped dried fruit  
1 1/2 cups sugar  
4 eggs  
2 teaspoons baking powder  
2 teaspoons almond extract  
1/2 teaspoon salt  
3/4 cup Toffee bits  
1 cup chocolate chips  
1 additional lb chocolate chips for frosting-I like white chocolate chips from Trader Joes  
Sliced almonds for garnish

Cream Butter with sugar, add almond extract, add eggs. Fold in flour, baking powder, salt and mix thoroughly. Stir in nuts, chocolate chips, toffee bits and dried fruit.

Shape into four balls, wrap in clear wrap and chill for two hours or so. Remove and press into "flatten oval loaf" and place on foil lined oiled cookie sheet. Preheat oven to 325 degrees. Bake for 35 minutes and firm to the touch. Cool. Cut into 1 1/2 inch slices. Place biscotti cut side down on baking sheet and bake 8-10 minutes or until golden brown. Cool thoroughly and frost on flat side and garnish with sliced/chopped nuts (optional)

## **Snickerdoodles**

Rose Fujii

1 c soft shortening  
1 ½ c sugar  
2 eggs  
2 ¾ c. sifted flour  
2 ¾ tsp cream of tartar  
1 tsp baking soda  
1/2 tsp salt

topping: 2 Tbsp. sugar and 2 tsp. Cinnamon

Mix together thoroughly shortening, sugar and eggs. Sift together next four ingredients and stir in. Chill dough.

Roll into balls the size of small walnuts. Roll in mixture of 2 Tbsp. sugar and 2 tsp. Cinnamon. Place about 2 inches apart on ungreased baking sheet. Bake in 400 degree oven until lightly browned (around 8-10 minutes). Cookies should be still a little soft. These cookies puff up at first and then flatten out with crinkled tops.

Makes about 3 dozen 3 inch cookies.

## **Cocoa Krispies Cookies**

Nancy Davlin

1 ¼ cup sifted flour  
½ tsp. baking soda  
½ tsp. salt  
½ cup butter or margarine  
1 cup sugar  
1 egg  
1 tsp. vanilla  
2 cups Cocoa Krispies

Sift together flour, soda and salt. Blend butter and sugar thoroughly. Add beaten egg and vanilla. Mix well. Stir in sifted ingredients. Mix in Cocoa Krispies. Drop by teaspoonfuls onto greased baking sheet.

Bake in 350 degree oven for about 13 minutes.



## Very Crisp Oatmeal Cookies

Recipe from Teruyo Taniguchi

1 c butter	2 ½ c flour
2 c sugar	1 tsp. baking soda
2 eggs, beaten	1 tsp. salt
2 c Quick oatmeal	

Mix together butter and sugar. Add eggs, flour, soda and salt and blend together. Add in oatmeal and mix together. Shape into little balls. Place on baking sheet sprayed with Pam. Put fork in flour and flatten each ball in a diamond shape. Bake in 400 degree oven for 7-8 minutes.

## Cranberry Lemon Biscotti

Recipe from Teruyo Taniguchi

½ c butter	2 tsp. lemon juice
1 c sugar	1 ½ tsp. baking powder
2 eggs	¼ tsp. salt
2 1/3 c flour	1 T vanilla extract
½ c dried cranberries, chopped slightly	

Mix butter and sugar until smooth. Add eggs one at a time. Gradually add flour, then remaining ingredients. Beat until blended well. Shape into two logs. Place on greased cookie sheets. Put in center of oven and bake in 325 degree oven about 25-30 min, or until light and golden, puffy, and a bit firm to touch.

Remove from oven, slice biscotti and separate for air circulation. Place in 275 degree oven until dry and crisp, approximately 20-30 min. Let cool. Store in airtight container.



## Crispy Crunch Cookies

Lisa Brooks

My family LOVE these cookies. I make them every Christmas and for special occasions. My son tells his friends that these are the best cookies in the world. I first made these cookies from a jar my sister gave me at Christmas. Have you ever made jar cookies? The dry ingredients are layered in a pretty pattern in the jar and then you add the egg, butter, and vanilla. They were so good I asked her for the recipe.

1 cup oats  
1 cup flour  
1 cup rice crispies  
½ cup brickle (sold in bags similar to chocolate chips)  
½ tsp. salt  
½ tsp. baking soda  
½ tsp baking powder  
½ cup brown sugar  
½ cup white sugar

1 egg  
½ cup butter softened  
½ tsp vanilla

Mix butter, egg and vanilla. Add brown sugar and white sugar and mix well.

Mix all other ingredients in separate bowl. Add to sugar and butter mixture.

Bake at 350° for 10-12 minutes. Makes 2½ dozen small cookies.

## Lemon Squares

Lisa Brooks

I like making lemon squares because people always like them so much. They ask for the recipe and get so excited. Yet they are so simple to make. This is one of my favorite dishes to bring to a potluck.

2 cups flour  
1 cup butter softened  
½ cup powdered sugar

4 eggs  
2 cups sugar  
1 tsp. baking powder  
4 tbs. Lemon juice

Mix flour, butter and sugar and press in ungreased 13x9x2 pan. Bake 20 minutes at 350°. Beat remaining ingredients for 3 minutes. Pour over hot crust and bake 20 minutes. Sprinkle with powdered sugar. Cool before cutting into squares.

# Mexican Hot-Chocolate Cookies

Donna Taji

(Adapted from a recipe by Martha Stewart)



I prefer using powdered chipotle because it has a smokiness that adds another layer of flavor. These cookies make very good ice cream sandwiches. Coffee ice cream seems to really bring out the spices and chocolate flavors in the cookie.

## Ingredients

- 2 ¼ cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon chili powder (optional)
- 1/2 teaspoon coarse salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 1 1/2 cups sugar
- 2 large eggs
- 1 teaspoon vanilla

## Directions

1. Preheat oven to 400 degrees, with racks in upper and lower thirds. In a medium bowl, sift together flour, cocoa powder, cream of tartar, baking soda, cinnamon, chili and salt. In a large bowl, using an electric mixer, beat butter and 1 1/2 cups sugar on medium speed until light and fluffy, about 2 minutes. Scrape down side of bowl. Add eggs and vanilla and beat to combine. With mixer on low, gradually add flour mixture and beat until combined.
2. Using heaping tablespoons, form balls of dough and place about 3 inches apart, on two parchment-lined baking sheets. Bake until cookies are set in center and begin to crack, about 10 minutes, rotating sheets halfway through. Let cookies cool on sheets on wire racks 5 minutes, then transfer cookies to racks to cool completely. (Store in an airtight container, up to 1 week.)

## Crispy 4 H Sugar Cookies

Julene Leach

I received this recipe from a co-worker back in the 70's. Our family loves the crispness.

Back when I worked at TG&Y from Melinda Whitmore.

1 cup butter	1 ½ cups sugar
2 eggs	1 tsp. vanilla
3 cup flour	½ tsp. soda

Cream the butter, add the sugar gradually. Beat til light and fluffy. Add eggs one at a time. Beat well after each addition, stir in vanilla and soda. Add flour mixture. Chill dough 2-4 hours. Roll out very thinly on floured board. Cut out with cutter. Sprinkle with regular granulated sugar. Bake 375 degrees, 6-8 minutes.

## Shiz Sugeoka's Walnut Squares

May Yamaoka

Shiz served these to my parents and I went to visit.

2 Eggs	¼ tsp. Salt
2C. Brown Sugar	2 tsp. Vanilla
1 C. Flour	2 C. toasted and coarsely chopped Walnuts
½ tsp Baking Soda	

Mix Eggs, Brown Sugar and Vanilla, quickly stir in Flour, Baking Soda and Salt. Blend in Walnuts. Put into a 9x13x12 inch greased pan and bake at 350 for 18-20 minutes til brown. Top will be soft in the center. Cut into squares.

## SESAME COCONUT COOKIES

Cynthia Kishi



This recipe was the second-place winner in a Martha Stewart cookie contest. I like them more than the winner recipe. They're crisp and buttery.

4 sticks butter, room temperature  
1 1/2 cups sugar  
3 c. flour  
2 c. shredded coconut (either sweetened or unsweetened works)  
2 c. sesame seeds  
1/2 c. finely chopped walnuts or pecans

Beat butter and sugar on medium speed until light and fluffy, about 2 mins. Add flour a half cup at a time, mixing on low speed until well combined.

With a wooden spoon or your hands, stir in coconut, sesame seeds and pecans. Divide dough into thirds. Roll into logs about 1 1/2 inches in diameter. Wrap each log in plastic and refrigerate until very firm, about 2 hours.

Cut logs into 1/4 inch slices.

Transfer to prepared baking sheets about 1 1/2 inches apart.

Preheat oven to 325 degrees. Bake until edges are golden, about 20 minutes.

Transfer sheets to wire rack to cool for 5 minutes, then transfer cookies to wire racks to cool completely.

My kids grew up with these cookies and I'm sure they will follow my son to Berkeley.

## Chocolate Chip Cookies

Anne Matano

2 ½ cups flour

1 cup butter

2 eggs

2 Tablespoons shortening

2 teaspoons vanilla

¾ cup brown sugar

¾ cup white sugar

1 teaspoon baking soda

1 teaspoon salt

1 ½ cups pecans

1 package chocolate chips

Cream butter with shortening, and both sugars. Beat in eggs one at a time. Add vanilla. Beat in baking soda and salt. Add flour, chocolate chips, and nuts. Stir well.

Bake at 375 degrees for 10-12 minutes. No need to grease pan, I use parchment paper.

## CHEWY CHOCOLATE CHIP COOKIES

Cynthia Kishi

This recipe comes from The Culinary Institute of America, tweaked just a little.  
They really ARE chewy!



Beat together until light and fluffy (3-5 mins.):

2 cubes butter, room temp.

1 c. brown sugar

3/4 c. sugar

Add, one at a time:

2 eggs at room temperature

1 t. vanilla

Sift and then barely mix into the sugar mixture:

2 1/2 c. flour

1 t. baking soda

1/2 t. salt

Stir in:

2 c. chocolate chips

2 c. chopped walnuts

Make all of the dough into walnut-sized balls and refrigerate. Chilling the dough helps make the cookies chewy. I store them in a big plastic container and just take them out to bake one batch at a time so we can always have fresh-out-of-the-oven cookies!

Bake 13 minutes at 375 degrees.