

2012 Umami Lecture in Fukuoka

Let's Discover Umami and Make the Most of Ingredients

Rediscover the Charm of Kyushu Ingredients

... Recipes ...
... Umami Levels in Kyushu Ingredients ...



Umami Information Center
Non Profit Organization



Nakamura Culinary School

Recipes by Chef Yoshihiro Murata
(Kyoto, Kikunoi)

☆ Ichiban Dashi

<Ingredients>

kombu 30g
Katsuobushi flakes 50g
 Water (Soft) 1.8Litre



Rishiri kombu
 Glutamate
 1990mg/100g



Katsuobushi, Dried
 Bonito Flakes
 Inosinate
 600~800mg/100g

<Method>

- ① Place the *kombu* in a pan.
- ② Heat until just before it reaches 60°C(140° F)
- ③ Take it out and heat up to 85°C(185° F) and add *katsuobushi*.
- ④ Strain the dashi once the flakes sink to the bottom of the pan.

☆ New style Dashi

<Ingredients>

Dried tomato 10g
 Dried morel 10g
 Chicken breast 200g
 Salt 4g (2% of chicken weight)
 Water (Soft) 2L



Dried Tomato
 Glutamate
 700mg/100g



Dried Morel
 Guanylate
 40mg/100g



Chicken Breast
 Glutamate
 30mg/100g
 Inosinate
 150mg/100g

<Method>

- ① Place the dried tomatoes and dried morel mushrooms in a saucepan overnight.
- ② Remove the fat from the chicken breast and grind the chicken meat with a food processor. Salt and leave for an hour.
- ③ Add the chicken to the saucepan and heat with medium heat until the chicken has cooked.
- ④ Strain the dashi through a cotton cloth.

☆ Chawanmushi (Savory Egg Custard with New Style Dashi)

<Ingredients> Four persons

New Style Dashi 400mL
 Egg 2pcs
 Light colored Soy Sauce Tbs 1/2 (9g)
Shimeji mushrooms 40g
 Some *yuzu* peels

<Preparation>

- ① Cool dashi to lukewarm and add soy sauce.
- ② Beat eggs in a bowl lightly
- ③ Add ① into ②, then strain through a chinois.
- ④ Pour ③ in a cup and steam at 85°C (185° F) for 25~30 minutes.

Recipes by Chef Yoshihiro Murata (Kyoto, Kikunoi)

☆ Ago Dashi (Flying Fish Dashi)

<Ingredients>

Grilled Ago (flying fish)	50g
<i>Kombu</i>	30g
Water (Soft)	1.8L



<Method>

- ① Grill ago (flying fish) lightly.
- ② Soak ① in soft water for 12 hours
- ③ Place ② in a pan. Add *kombu* and heat up to 60°C (140° F) for an hour and take *kombu* out.
- ④ Heat and bring to the boil. Then, reduce the heat to low and cook for 2~3minutes.
- ⑤ Strain ④

Rishiri Kombu
Glutamate
1990mg/100g

Grilled Flying Fish
Glutamate
63mg/100g
Inosinate
361mg/100g

☆ Simmered Vegetables

<Ingredients> Please understand that this recipe has no method part.

Pumpkin

Pumpkin(plain off the eggs)	25g × 4pcs
Ago dashi	250mL
Light soy sauce	20mL
Sugar	10g
Mirin (Sweet rice wine)	5mL

Taro Potato

Taro Potato	25g × 4pcs
Ago dashi	250mL
Light soy sauce	20mL
Sugar	5g
Salt	1g

Lotus Roots

Lotus roots (cut into bite size)	15g × 4pcs
Ago Dashi	200mL
Light soy sauce	5mL
Mirin	2.5mL
Salt	1g

Awabu

(Cake of Wheat Glutain)

Awabu	20g × 4pcs
Ago dashi	200mL
Light soy sauce	15mL
Mirin	15mL

String Beans

String beans	4cm × 3pcs × 4
Ago dashi	100mL
Light soy sauce	2.5mL
Salt	1g

<Umami levels in the ingredients>



Pumpkin
Glutamate
10~60mg/100g



Lotus roots
Glutamate
100mg/100g



String beans
Glutamate
40mg/100g

Recipe of Chef Yuji Wakiya
(Owner and chef of Wakiya and Turandot)

☆ Clear soup of Kurobuta pork and Torafugu, Pufferfish

<Ingredients>

Minced Kurobuta Pork	300g
Torafugu born	300g
Dried scallop ligament	50g
Spring onion	20g
Ginger	10g
Jinhua ham	50g
Water	2L



<Method>

- ① Add Torafugu born into water and bring it to boil, skimming off the scum.
- ② Add minced pork, dried scallop ligament, spring onions, jinhua ham and heat until boiled, then turn for a low flame and simmer for 40 minutes skimming off the scum.
- ③ Using a chinois, strain ② gently and carefully.

Glutamate



Jinhua ham
Glutamate
460mg/100g



Dried Scallop
ligament
Glutamate
140mg/100g



Spring onions
Glutamate
20~50mg/100g



Ginger
Glutamate
10~20mg/100g

Inosinate



Pork
Glutamate 9mg/100g
Inosinate 225mg/100g



Fugu, Pufferfish
Glutamate 6mg/100g
Inosinate 230mg/100g

Jinhua ham is traditionally produced using the hind legs of a breed of pigs native to China known as the "two ends black" which have black hair growing on their heads and hindquarters with white midsections. This breed is quick to mature, has excellent meat quality, and thin skin. (Salting: 2 months, Aging 1 month and more)

Recipe of Chef Yuji Wakiya
(Owner and chef of Wakiya and Turandot)

☆ Crispy rice with the jade-colored *Kurobuta* and *Torafugu* soup

<Ingredients>

Baby bok choy	1 (100g)
Bamboo shoots	30g
Arrowhead	30g
Dong cai	1leaves
Scorched rice	4 pcs
<i>Kurobuta</i> and <i>Torafugu</i> umami soup	400mL
Shixing wine	2 Tbs
Salt	some
Pepper	some
Starch and water	As needed
Onion flavored oil	2 Tbs
Oil for frying	As needed



<Method>

- ① Divide baby bok choy into leaves and stems. Boil leaves and cool down and dry. Put them into a blender with *kurobuta* and *torafugu* umami soup.
- ② Cut stems of baby bok choy, bamboo shoots and arrowhead into easy-to-eat size.
- ③ Cover a pan with oil and put ② and dong cai.
- ④ Add ① and season with Shixing wine, salt and pepper. Add starch and water and onion flavored oil to finish.
- ⑤ Deep fry crispy rice cake in high temperature. Put them on the plate and pour ④.



Baby bok choy
Glutamate
Leaves 18mg/100g
Stems 14mg/100g



Bamboo Shoot
Glutamate
14mg/100g



© (Tontsu-ai) things that cut into strips dry soft part of the core of the cabbage, winter greens in salt with garlic.
(source: Wikipedia)

Recipe by Koji Shimoura
(Owner chef of Edition Koji Shimomura)

☆Umami tasting vegetable bouillon

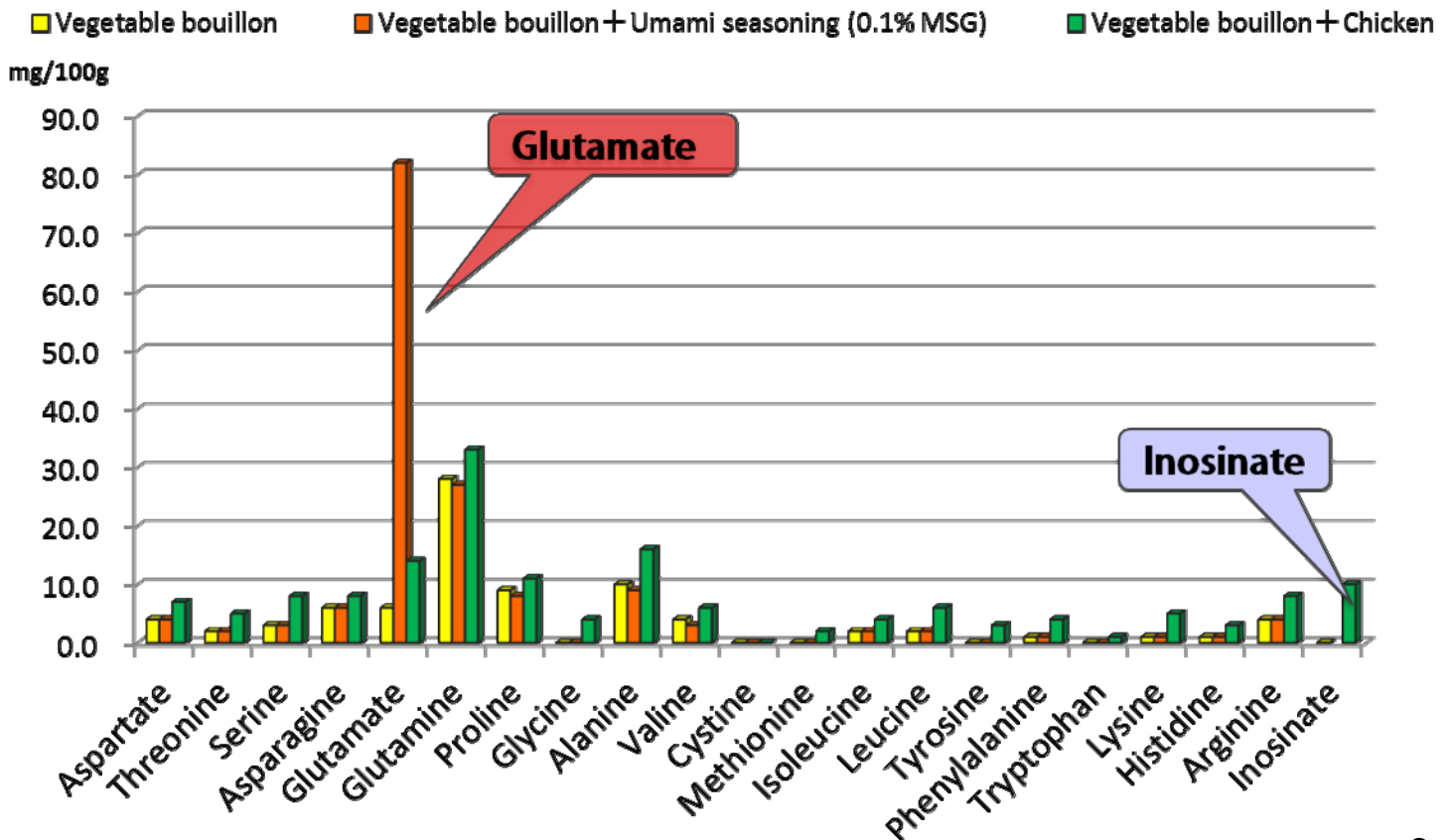
<Ingredients>

Broccoli (stem)	40g
Celery (stem)	40g
Mushroom	40g
Carrot	15g
Onion	15g
Parsley (stem)	5g
Water	1L
Salt	0.3%

<Method>

- ① Cut all vegetables except parsley into 1~2cm cubes.
- ② Add all vegetables into a pan containing 1 L of soft water and heat it slowly and keep cooking for about 20 minutes. (for 1 lL of water, cook for about 30 minutes in total. Keep cooking it between 80~85°C(175~185° F) (paying attention not to boil.)
- ③ Strain ② using cooking paper.
- ④ Add salt of 0.3 % of bouillon weight.

Level of Free Amino Acids and Nucleotides in Vegetable Bouillon



Recipe by Koji Shimoura
(Owner chef of Edition Koji Shimomura)

☆ White liver mousse and beet consommé en gelée by taking advantage of the synergy of umami, with black pepper flavor

<Ingredients>

White liver(*1)	500g
Egg	50g
White port wine and honey(*2)	50g
Milk	200g
Fresh cream	300g
Salt	as needed
Pepper	as needed

- (*1) To smell inducing lever, marinade them over night.
 (*2) boiled down to 25 %

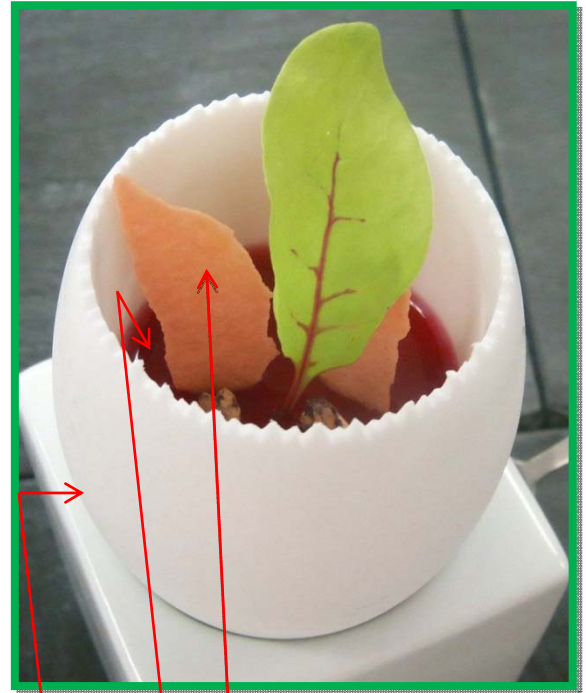
<Method>

※Keep cups and utensils chilled

- ① Mix all ingredients except fresh cream by food processor for about 5 minutes and strain them using fines meshes.
- ② Add fresh cream into ① and mix them in low speed for one minute. Pay attention never to foam bubbles.
- ③ Pour ② into egg-shaped cups, measuring accurately 25 g and cook them in a steam convection for about 20 minutes.
- ④ Once ③ gets cool, pour colored consommé gelée with beets. (*3)

☆beets consommé en gelée(*3)

- ① Add ground beet into consommé kept in 40°C(104° F) and leave them for 2 minutes.
- ② Add gelatin and strain with kitchen paper.
- ③ Let them cool.



Paper-thin *katsuobushi* bread → Inosinate

Beet s consommé en gelée →Glutamate & Inosinate

White lever mousse →Glutamate