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 ---
 Recipes by Chef Yoshihiro Murata  
(Kyoto, Kikunoi)

☆ Ichiban Dashi
<Ingredients>
- kombu 30g
- Katsuobushi flakes 50g
- Water (Soft) 1.8Litre

<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

<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.
**Ago Dashi (Flying Fish Dashi)**

**Ingredients**
- Grilled Ago (flying fish) 50g
- Kombu 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 2〜3 minutes.
5. Strain ④

**Simmered Vegetables**

**Ingredients** Please understand that this recipe has no method part.

**Pumpkin**
- Pumpkin (plain off the eggs) 25g × 4pcs

**Taro Potato**
- Taro Potato 25g × 4pcs
- Ago dashi 250mL
- Light soy sauce 20mL
- Sugar 10g
- Mirin (Sweet rice wine) 5mL

**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

**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
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 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 1 leaves
- Scorched rice 4 pcs
- Kurobuta and Torafugu 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 L 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

![Graph showing levels of various amino acids and nucleotides in vegetable bouillon, with marked levels of glutamate and inosinate.](image-url)
☆ 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.

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