



2013 Umami Lecture in Hamamatsu

"Learn about Umami!"

Make the best use of food ingredients!"

- Charm of food ingredients produced

in the land of Mt. Fuji enhanced by Umami -

... Recipes ...

... Umami of food ingredients...



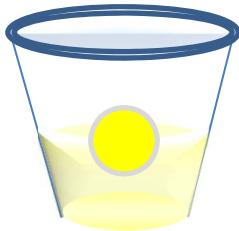
**Non-profit organization
Umami Information Center**



**Educational corporation
Gakuen Mizumoto
Tokai Chorishi Senmon Gakko**

Lecture of Mr. Yoshihiro Murata, Owner Chef of “Kikunoi”

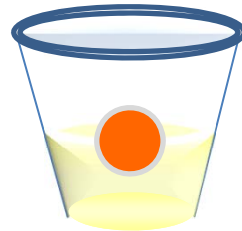
< Tasting samples >



Kombu dashi
(seaweed broth)



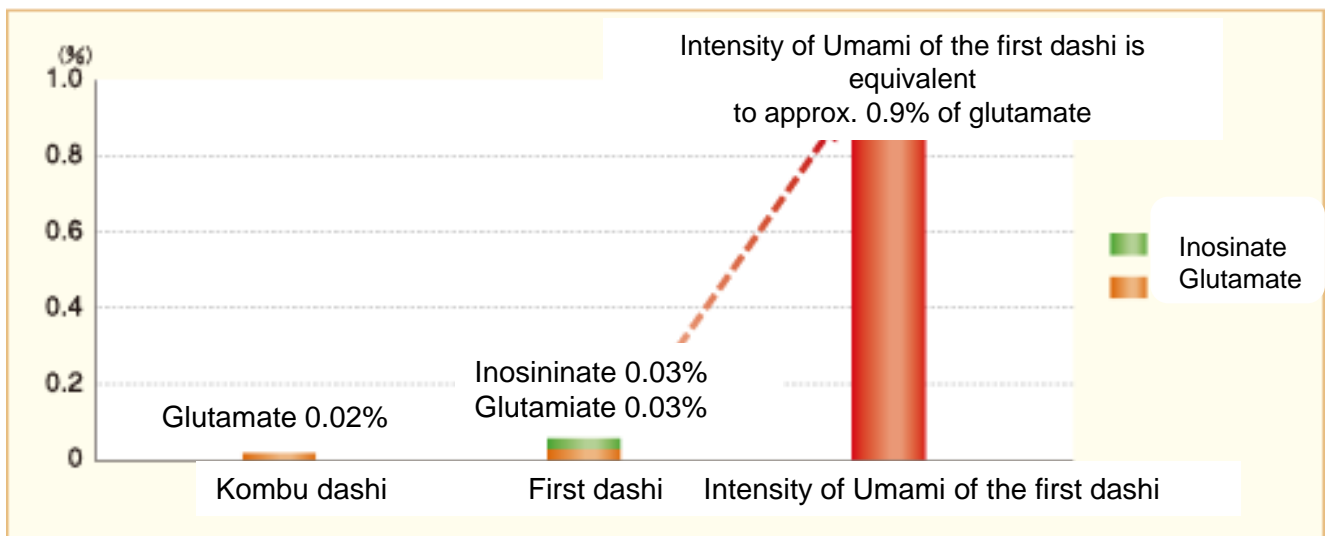
Dried bonito
flakes



Shizuoka
dashi

< First dashi of a long-established Japanese restaurant in Kyoto >

Glutamate and inosinate



(Source: Page 6 of the "Umami" Leaflet)

★ **First dashi**

< Ingredients >

Kombu	30 g
Dried bonito flakes	50 g
Water	1.8 liters

< Directions >

- (1) Soak Kombu in water.
- (2) Cook at 60 degrees C for one hour.
- (3) Remove the kombu and cook up to 85 degrees C, and then add dried bonito flakes.
- (4) When the dried bonito flakes settle down, strain the stock.

Glutamate



Rishiri Kombu
1990 mg/100 g



Inosinate



Dried bonito flakes
600 to 800 mg/100 g

Lecture of Mr. Yoshihiro Murata, Owner Chef of “Kikunoi”

☆ Shizuoka dashi

< Ingredients >

Dried morel mushrooms	5 g
Chinese cabbage	100 g
Japanese radish	100 g
Carrot	50 g
Broccoli	50 g
Minced chicken breast	200 g
Water	2 liters

(Makes 1.6 liters)

< Directions >

- Preparation Soak dried morel mushrooms in 200 mL water to reconstitute them.
- (1) Cut each vegetable into thin slices.
- (2) Put the sliced vegetables and reconstituted morel mushrooms with soaking water in a pan, bring to a boil for about five minutes, and then strain.
- (3) Cool down the vegetable dashi made in (2) above and mix with minced chicken breast. Cook for ten minutes at 60 degrees C, and then heat up to 80 degrees C once and strain.

Glutamate



Chinese cabbage
40 to 90 mg/100 g



Japanese radish
10 to 70 mg/100 g



Carrot
40 to 80 mg/100 g



broccoli
30 mg/100 g



Inosinate



Chicken breast
Glutamate 100 g
Inosinate
150 to 230 mg/100 g

Guanylate



Dried morel
(Morel mushroom)
40 mg/100 g

Lecture of Mr. Yoshihiro Murata, Owner Chef of “Kikunoi”

☆ Pork soy sauce

< Ingredients >

Minced pork ham	150 g
Honey	70 g
Shizuoka dashi	200 mL
Sake	50 mL
Salt	35 g
Vanilla	A little
Gastrique	1 tsp

- Gastrique	
Sugar	50 g
Vinegar	20 mL
Shizuoka dashi	30 mL

< Directions>

(1) First, make the gastrique.

Put white superior soft sugar and vinegar in a pan and bring to a boil. After boiling up to 200 degrees C, add warmed Shizuoka dashi.

(2) Put minced pork ham and honey in a separate resin processed pan. After mixing them, heat up until the entire mixture becomes black.

(3) Add Shizuoka dashi, sake, salt, a little vanilla to (2) mentioned above, then add the gastrique made in (1) mentioned above, heat up and strain when the mixture blends well.

(4) Cool down (3) mentioned above to harden the oil and fat, then strain again. (Makes 160 mL)

☆ White chawanmushi (steamed egg hotchpotch) – With Shizuoka dashi and pork soy sauce – (Tasting sample recipe)

< Ingredients > Serves 4

Egg white	100 g
Soy milk	140 mL
Shizuoka dashi	200 mL
Pork soy sauce	10 mL
Salt	3 g

Morel mushrooms after taking dashi	Dried morel
mushrooms	5 g
Shizuoka dashi	150 mL
Pork soy sauce	10 mL

- Starchy sauce	
Shizuoka dashi	180 mL
Pork soy sauce	5 mL
Salt	1 g
Some Kuzu with water	
Moxa ginger	

< Directions>

(1) Strain egg white by, for example, bleached cotton cloth to reduce the thickness, and mix with soy milk, Shizuoka dashi, pork soy sauce and salt.

(2) Put cooked morels in cups and fill each cup to around third-forths full with the tofu mixture of (1) mentioned above and steam for 15 minutes at 85 degrees C.

(3) Make starchy sauce. Heat up dashi in a saucepan. Add pork soy sauce and salt to season the source. When the source is boiled, add Kuzu with water to thicken the source.

(4) Pour the starchy source made over (2) mentioned above and place Moxa ginger on top of chawanmushi.

Glutamate



Soybean
70 to 80 mg/100 g



Ginger
20 mg/100 g

☆For today's tasting sample, the Shizuoka produce below is used as food material.

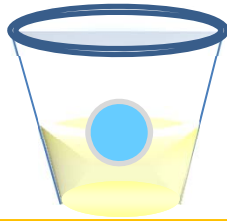
Pork: Enshu Yumeno Yume Pork

Chicken: Ikkoku shamo

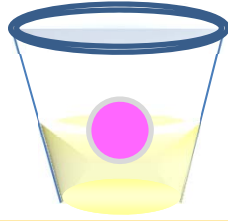
Vegetable (Chinese cabbage, Japanese radish, carrot, and broccoli)

**Lecture material of Mr. Yuji Wakiya, Owner Chef of
“Wakiya Ichiemi-charo”**

< Tasting samples >



Jin hua
Shantan



Gyokuro Jin
hua Shantan



☆ **Gyokuro Jin hua Shantan**
(Highest quality clear soup with Gyokuro)

- **Jin hua Shantan**

< Ingredients >

Pork shin meat	1200 g
Whole chicken (ro-chi)	1200 g
Jin hua huo tui	400 g
Kombu	25 g
Water	5 liters

< Directions >

- (1) Cut pork shin meat, whole chicken (ro-chi) and jin hua huo tui into chunks.
- (2) Boil pork shin meat and whole chicken (ro-chi) in extra water.
- (3) Boil jin hua huo tui in a pan separate from the above (2).
- (4) Put water, kombu and pork shin meat and whole chicken (ro-chi) cooked in the above (2) in a stock pot and bring to a boil.
- (5) When the stuff comes to a boil, reduce the heat and cook on low heat for about 30 minutes while skimming the scum.
- (6) To the above (5), add jin hua huo tui cooked in the above (3), cook further for 3 hours.
- (7) Strain slowly strain by chinois. (Finished soup is about 2.5 liters)

- **Gyokurocha (high-quality green tea)**

< Ingredients >

Gyokuro tea	10 g
Hot water (40 degrees C)	500 mL

< Directions >

Put Gyokuro tea in a kyusu (tea pot) and pour hot water on the tea leaves. Let the tea infuse for about 5 minutes.

Gyokuro Jin hua Shantan: Mix 200 mL of Jin hua Shantan and 300 mL of Gyokurocha

Glutamate



Jin hua huo tui
460 mg/100 g



Rishiri Kombu
1990 mg/100 g



Gyokurocha leaves
230 to 580 mg/100 g

* Gyokurocha leaves used this time
Approx. 10 mg/100 g



Inosinate



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

- For your reference: Jin hua huo tui is a kind of ham produced in the Jin hua area in the Zhejiang province of China. Jin hua pig is small and since the animal has a two-tone body, that is, white body with black at the head and rump, it is called the common name of "two end black pig." The breed is especially noted for its thin skin and less fat because it is fed no cereal but used tea leaves and fermented Chinese cabbages. Salted for 2 months and matured for 1 year. (Source: Wikipedia)

**Lecture material of Mr. Yuji Wakiya, Owner Chef of
“Wakiya Ichiemi-charo”**

☆ **Spotted shrimps XO source
(XO sauce with spotted shrimps and scallops)**

< Ingredients >

Raw spotted shrimps	100 g	Dried scallops	25 to 30 g
Dried scallops (reconstituted)	100 g	Chinese rice wine	50 mL
Fresh red peppers	15 to 20	Water	50 mL
Garlic (finely chopped)	1 tbsp, 20 g		
Eschalot (finely chopped)	50 g		
Salad oil	200 mL		
Salt	1/3 tsp, 2 g		
Granulated sugar	Slightly less than tsp 1, 3.5 g		

< Directions>

- Preparation

Soak the dried scallops (25 to 30 g) in a 1:1 mixture of Chinese rice wine and water for one day and pick off the flesh well.

- (1) Dry the spotted shrimps well.
- (2) Chop the garlic and eschalot into fine pieces.
- (3) Chop half of the fresh red peppers into small pieces without removing the seeds and remove hull from the rest of peppers.
- (4) Pour salad oil in a pan, add dried scallops and fry well slowly at low heat until transparent.
- (5) Add garlic, eschalot, red peppers and spotted shrimps to (4) mentioned above and fry them more.
- (6) When the spotted shrimps are transparent and savory, add salt and sugar and mix lightly.
- (7) Move the mixture to a tray to cool it down to room temperature.



- Fresh red peppers

There are many varieties of chili peppers and the spicy taste varies widely. Please adjust the amount used according to your taste.



Glutamate



Dried scallops
140 mg/100 g



Garlic
50 to 160 mg/100 g



Eschalot
30 mg/100 g



Inosinate



Raw spotted shrimps
Glutamate 110 mg/100 g
Inosinate 40 mg/100 g

**Lecture material of Mr. Yuji Wakiya, Owner Chef of
“Wakiya Ichiemi-charo”**

☆ **Gyokuro Shantan Rice**

(Rice with Gyokuro and the highest quality clear soup with spotted shrimps XO sauce)

< Ingredients > (Serves 4)

Gyokuro Jin hua Shantan	120 mL
Spotted shrimps XO sauce	100 g
Rice	200 g

< Directions>

- Prepare for Gyokuro Jin hua Shantan and spotted shrimps XO sauce.
- Cook rice

- (1) Put 50 g of freshly cooked rice in a rice bowl.
- (2) Place the spotted shrimps XO sauce on top of the rice.
- (3) Pour warmed Jin hua Shantan over the rice.



☆ For today's tasting sample, the Shizuoka produce below is used as food material.

Tea: Gyokuro

Pork: Enshu Yumeno Yume Pork

Raw spotted shrimps

Rice: “Yaramaika” Koshihikari rice

- For your reference: XO sauce (XO jiàng in Cantonese) is a miso sauce like mixed condiment developed in the late 1980s in Hong Kong. The name XO comes from fine eXtra Old, which means a highest quality brandy. It is only a modifier to add a touch of class to the condiment and actually there is no process for maturing long time. Chinese language jiàng refers to a paste condiment and among many jiàngs developed in Chinese cuisine, XO sauce is called “best condiment. (Source: Wikipedia)

**Mr. Hiroshi Yamaguchi, General Manager/Executive Chef of
“Kobe Kitano Hotel”**

☆ Synergetic effect of Umami by “Chicken consommé and tomato water”

< Ingredients >

- Chicken consommé

Minced chicken	1 kg
Water	1 liter
Carrot	100 g
Onion	50 g
celery	50 g
Some salt	

- Tomato water

Tomato	10
Some salt	

- Vegetable gelatin

Water	500 mL
Sugar	50 g
Vegetable gelatin	25 g

< Directions>

- (1) Mix minced chicken (breast meat) and flavoring vegetables. Put them in a vacuum packing and steam it in a convection oven for 2 hours.
- (2) Strain (1) mentioned above and put the stock in a pressure cooker and cook for 15 minutes.

Points

- * Condense Umami of chicken breast meat which is rich with inosinic acid.
- * Because egg white, which is often used to make consommé, is not used, there is no egg smell.
- * BY using a pressure cooker, a Maillard reaction is to be accelerated.

- (3) Put tomatoes into a blender. Place a paper towel on a strainer and extract the clear tomato water.
- (4) Pour the tomato water made in (3) mentioned above in a hemispherically-shaped silicone mold (about 20 cc) and freeze the tomato water.
- (5) Take out the frozen tomato water from the silicone mold and stick a pin into it, then plunge the tomato water in vegetable gelatin warmed to 70 degrees C.
=> **Vegetable gelatin coated tomato water is completed.**
- (6) Set the tomato water made in (5) mentioned above afloat in the Chicken consommé soup made in (2) mentioned above.

Point

- * First, inosinic acid is tasted in the chicken consommé soup, and then, when vegetable gelatin splits open in a mouth, glutama of tomato water comes from the vegetable gelatin mixes with inosinic acid to create the synergetic effect of Umami.



Glutamate



Fruit tomato
270 mg/100 g



Inosinate



Chicken breast
Glutamate 30 mg/100 g
inosinate 150 mg/100 g

**Mr. Hiroshi Yamaguchi, General Manager/Executive Chef of
“Kobe Kitano Hotel”**

☆ **Umami stew of romaine lettuce and pig's feet**

< Ingredients >

Pig's feet	3
Salt	200 g
Sugar	50 g
Water	

- Mirepoix (* 2)

Onion	50 g
Carrot	50 g
Celery	50 g
Garlic	Small 1
Clove	1
Small bouquet garni	1

Crepinette (caul fat)	300 g
Fond de veau	500 mL

- Farce (* 1)

Pork	80 g
Champignon	80 g
Eschalot	16 g
Egg white	½
Fresh cream	66 mL
Salt	1.8 g
Some pepper	
Some quatre epices	
Some Jeu de truffe	
Some cognac	



Romaine lettuce	3
Bacon	150 g
Broccoli	1







< Directions >

- (1) Boil pig's feet in a preparatory boil and remove the bones.
- (2) Stuff pork loin (*1) in the pig's feet prepared in (1) mentioned above.
- (3) Wrap the above (2) with crepinette (caul fat) and roast.
- (4) When it becomes brown, cook with (* 2) and fond de veau.
- (5) Cut (4) mentioned above into column-shaped pieces.
- (6) Cook romaine lettuce and bacon with consomme (braising)
- (7) Garnish the pig's feet of (5) mentioned above with the romaine lettuce of (6).
- (8) Add boiled broccoli to make pretty colors.

Point



- * Gelatin of pig's feet is rich with Umami ingredients
- * Romaine lettuce also contains rich Umami ingredients

Glutamate

		
Onion 20 to 50 mg/100 g	Mushroom (fresh) 40 mg/100 g	Carrot 40 to 80 mg/100 g
		
Celery 20 to 30mg/100g		Romaine lettuce 20 mg/100 g
		
Eschalot 30 mg/100 g	Garlic 50 to 160 mg/100 g	



Inosinate


Pork Glutamate 9 mg/100 g Inosinate 230 mg/100 g

Chicken breast Glutamate 30 mg/100 g Inosinate 150 to 230 mg/100 g

**Mr. Hiroshi Yamaguchi, General Manager/Executive Chef of
“Kobe Kitano Hotel”**

- For your reference: cooking terminology for French cuisine

Farce: Stuffing

Mirepoix: (1) It refers to onions, carrots and celery.
(2) It means cutting vegetables into 1 cm to 1.5 cm cubes.

Crepinette: A lacy membrane of fat which warps organs of pigs or cows.
It is used for wrapping food such as meat to bake or fry.

Quatre epices: A spice mix containing black pepper, cloves, nutmeg and so on which is used for simmered dishes.

Fond de veau: After the bones of a calf is roasted in an oven, they are cooked with mirepoix, etc. for a long time to produce browned stock.

Braising: It means smothering.

☆ For today's tasting sample, the Shizuoka produce below is used as food material.

Fruit tomato: Amera Tomato

Pork: Enshu Yumeno Yume Pork

Chicken : Ikkoku shamo

Vegetables (romaine lettuce and broccoli)



2013 Umami Lecture in Hamamatsu

“Learn about Umami! Make the best use of food ingredients!”

- Charm of food ingredients produced in the land of Mt. Fuji enhanced by Umami -

<Fuji District Ingredients Used in the Lecture>



Vegetables, rice (Yara maika)
and honey



Nama
sakuraebi



Fruit tomatoes (Amela)



Chicken (Ikkoku shamo)



Pork (Enshu Yume no yume pork)



Green tea (Gyokuro
Gokujo Yama gakure)



Oishii mizu (Fujisan)