



Hideo Dekura  
presents

# everyday recipes

from KIKKOMAN Kitchens

Japanese-style cooking in your home kitchen





### Hideo Dekura

An expert in cooking and supervisor of this recipe book. The author of many English-language Japanese cookbooks such as *The Fine Art of Japanese Cooking*, *Encyclopaedia of Japanese Cuisine*, *Japanese Cooking at Home*, and *Essentially Japanese*. Owner of Japanese Functions of Sydney, and Culinary Studio Dekura. Recipient of a Foreign Minister's Commendation, and appointed as a Japanese Cuisine Goodwill Ambassador by the Ministry of Agriculture, Forestry and Fisheries. Master of Shijoshin-ryu in Sydney, master of Shijotsukasa-ke, and master in the National Federation of Certified chef.





## The Kikkoman Story

The history of Kikkoman began when the Mogi and Takanashi families began soy sauce production along the Edo River in Noda, a small city located not far from Tokyo in Japan. For more than three centuries, the company formed by these families has created delicious, all-natural seasonings that have won prizes worldwide, including honours at the 1873 Vienna World's Fair and the distinctive position as the official sauces for the Japanese imperial household for many years.

Yet the name Kikkoman means more than just superior soy sauce. According to Japanese folklore, the tortoise lives for 10,000 years and thus is a symbol of longevity – what every company hopes for. Therefore, *kikko*, which means tortoise shell in Japanese, and *man*, meaning 10,000 were chosen first as

the trademark for the Mogi's best soy sauce and later as the company name. The hexagonal logo found on Kikkoman products represents a

tortoise shell with the Chinese character

for 10,000 inscribed inside. More than 250 years after their ancestors began soy sauce production, in 1917 the Mogi and Takanashi families incorporated as Noda Shoyu Co., Ltd. The company's name was changed to Kikkoman Shoyu Co., Ltd. in 1964, and again in 1980 to Kikkoman Corporation.

Although soy sauce is still produced in Noda and remains Kikkoman's leading product, Kikkoman today represents much more than soy sauce and has expanded far beyond the banks of the Edo River. Kikkoman Soy Sauce is now produced in the United States, Europe, Singapore, Taiwan and China as well.





# Combination Sashimi Platter / Serves 4 /

## Ingredients

150g sashimi-quality kingfish/  
hiramasa fillet (Ideally a long  
fillet of fish that is 6cm wide)  
200g sashimi-quality salmon  
fillet, 50g for cuttlefish filling  
4 small cuttlefish  
4 king prawns (medium size)

### Tsuma:

Edible garnishes paired with  
sashimi dishes. The colours and  
flavours are carefully chosen.

\*Soak in cold water to refresh  
before use, and drain well.

Thinly-sliced cucumber skin

Thinly-sliced carrot

Thinly-sliced pumpkin

Thinly-sliced daikon radish

### Garnish & Condiments:

4 lime or lemon wedges

4 shiso (Japanese perilla) leaves

4 chopped green shallot

4 kinome (Japanese pepper)  
leaves

4 carved red radish stuffed with  
wasabi

Soy sauce or tamari for dipping  
sauce

\*Less salt soy sauce, gluten free soy sauce

To prepare the kingfish and salmon, place a fish fillet on a clean chopping board and slice it into pieces approx. 2.5cm wide using a sashimi (filleting) knife. Arrange the pieces neatly in a layered row. Balance the layered pieces on the flat side of the knife and transfer to serving dishes.

To prepare the cuttlefish, hold the cuttlefish in one hand and pull out the tentacles with the other. The insides should come away with the tentacles. Cut off and discard the guts and ink sac. Pull out the hard bone inside the body and discard. Dry with a paper towel. Hold the body with one hand then grasp one fin and pull it away from the other. Remove the skin by carefully rubbing it away with a paper towel. Place the cuttlefish on a board, and cut lengthwise through the tube to open it. Remove any dark parts inside. Flip it over so that inside of the flesh is face down on the board. Make shallow diagonal cuts at 1cm intervals along the surface, without slicing through. Repeat on the opposite diagonal to create a crosshatch pattern. Transfer the cuttlefish onto a strainer with the scored side up. Pour boiling water over the scored side to open it up. Quickly cool it down under cold, running water, and drain well. Pat dry with a paper towel. Wrap the cuttlefish around a piece of salmon and skewer with a toothpick to seal the bottom.

To prepare the king prawns, remove the heads and rinse them under running water to clean. Keep the heads for decoration. Remove the shell from the king prawns, keeping the tails to their bodies, and devein. From 0.5cm inside the neck section, insert a small knife into the belly side. With the knife facing the back of the prawn gradually move it towards the tail. Butterfly the prawn and place the head in the curved nook of the tail.





# Tempura / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

## Ingredients

4 king prawns, peeled and deveined  
kisu (Japanese whiting), filleted  
8 shiso (Japanese basil) leaves  
4 purple potato slices  
4 lotus root slices  
4 pumpkin slices carved into leaf shapes  
Several thinly-sliced brown onion rings  
1 pinch of beni-shoga (red sliced pickled ginger)  
Approx. 20g thinly-sliced carrot sticks  
1tbsp edamame  
Other suggested ingredients for tempura include eggplant and tempura

### Potato starch for coating:

1 cup tempura mix flour  
1 cup cold water

\*or follow the instructions on the packet

### Condiments:

4tbsp grated daikon radish  
4 lime or lemon wedges

### Ten-tsuyu dipping sauce:

Mix 2 cups bonito stock, 4 tbsp soy sauce and mirin, bring it to boil and set aside.

To prepare the king prawns, place the prawn with its belly facing up on a chopping board. With a small knife, make 4 deep scores to prevent curling. After scoring the prawn, bend it the opposite direction to its natural curve to further straighten it.

Coat king prawns, fish, shiso, lotus root, and pumpkin, with potato starch. Allow to stand for 30 minutes.

Place sliced onion and beni-shoga in a small bowl, add 1 teaspoon of potato starch, and coat evenly.

Place carrot and edamame in a separate small bowl, add 1 teaspoon of potato starch, and coat evenly.

Pour the oil into a deep-fryer, pan, or wok, and heat the oil to approx. 180C. To check the temperature, drop a small amount of the tempura batter into the oil, if it quickly floats up, it's ready.

To make the tempura batter mix, place flour in a bowl. Add refrigerated cold water. Roughly combine. Do not mix too much as it will become too starchy. It is OK if there are still a few lumps in the mixture.

Dip the ingredients into the tempura batter mix. Carefully slide each battered ingredient in the oil using tongs or chopsticks.

Turn over when it becomes a light golden colour, and remove when cooked on both sides.

Drain on a rack or paper towel. Repeat with other ingredients.

To make the Kaki-age (mix vegetable tempura), add 1 tablespoon of tempura batter into the onion and beni-shoga. Combine well. Using a fork or chopsticks, slide the mixture into the oil and deep-fry until crispy. Repeat for the carrot and edamame.

Wrap the leftover king prawn meat with shiso, coat with potato starch, dip into the tempura batter, and deep-fry.





# Ohana-maki (flower roll) and Mini Inside-out Roll / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

## To prepare sushi rice:

### Ingredients

- 3 cups sushi/short grain rice
- 3 cups water
- 1/4 cup rice vinegar
- 4tbsp sugar
- A pinch of salt
- 4 red radish for garnish, with wasabi
- Soy sauce for dipping

### Tezu:

A bowl of water with a drop of vinegar for handling with sushi rice

To make sushi vinaigrette, mix rice vinegar, sugar, and salt in a bowl or cup.

Using a damp rice paddle, transfer the cooked rice into a mixing bowl.

Gradually pour sushi vinaigrette over the rice, and mix the rice evenly around the bowl with a slicing action. While mixing, cool the rice with a hand fan so that the rice absorbs the vinegar mixture. Cover with a clean tea towel and set aside until cooled to slightly-warm temperature.

### Ohana-maki:

- 1/2 vinaigrette sushi rice
- 1tbsp beetroot or a drop of pink food colouring
- 4 (approx. 1/2cm x 10cm) long, pickled daikon radish (takuwan) sticks
- 20 1/4 size nori sheets
- 4 1/2 size nori sheets

To make Ohana-maki, arrange 5 1/4 nori sheets on a dry working space.

Dip your right fingers into the tezu. With damp fingers take about 1 tablespoonful of sushi rice and spread evenly on the across the middle of

the nori. Lift the front edge of the nori and roll up to the end. Repeat this step to make 4 more petal sticks. Set aside.

Arrange half size nori on sushi mat lengthways.

Spread rice evenly, leaving about 3cm of the edge of the nori uncovered.

On the sushi mat, lay 3 petal sticks, place a pickled daikon stick in the centre, and arrange the remaining two petal sticks around it.

Lift the front edge of the mat and roll up.

With a wet knife, slice the roll into 4 pieces.

### Mini Inside-out roll:

- 1/2 vinaigrette sushi rice
- 4 (approx. 1/2cm x 20cm) cucumber sticks, deseeded
- 4 (approx. 1/2cm x 20cm) carrot, cooked
- 4 1/2 nori sheets

Cover a sushi mat with a sheet of plastic wrap.

Place a halved nori sheet on the sushi mat.

With moistened fingers, spread rice over the nori square, covering the entire sheet.

Carefully pick up rice-covered nori by the corners and quickly turn it over and place upside down on the mat.

Arrange fillings along centre of nori. Roll rice and nori on the mat, pressing in on ingredients with your fingertips, stopping 2cm short of the end. Lift up mat, roll back a little, and then roll forward to join the edges.

Use gentle pressure to shape, either round, oval or square. Transfer the roll on to a dry board and slice with a moistened knife.









## Kitsune Udon (udon noodle soup with fried bean curd) / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

### Ingredients

8 pieces deep-fried bean curd  
(7cm x 7cm size)  
650ml dashi stock  
4tbsp soy sauce  
4 serves frozen udon noodles

#### Udon soup:

1.2L dashi stock  
3tbsp soy sauce  
3tbsp mirin  
2tsp sugar  
1tsp salt

Place the deep-fried bean curd in boiling water for approx. 5 minutes. Drain the bean curd and wash under running water. Squeeze out any excess water to remove excess oil and helps the flavour to absorb.

Combine dashi stock, soy sauce, and sugar in a saucepan and cook over medium heat to dissolve the sugar. Add the deep-fried bean curd and simmer for 10-20 mins until the curd becomes a brown colour. Remove from heat and allow the bean curd to cool (the bean curd absorbs flavour as it cools down).

Bring the soup to a boil. In a separate pot, blanch the udon noodles in boiling water until the noodles have just separated and then drain off the water.

Serve the udon noodles in a bowl with the soup poured on top. Top with flavoured deep-fried bean curd, and garnish with spring onions.





## Teriyaki Salmon / Serves 4 /

### Ingredients

- 4 pieces of salmon (130g - 150g per piece)
- 3tbsp soy sauce
- 3tbsp mirin
- 3tbsp sake
- 1/2 tbsp sugar

tbsp = tablespoon, tsp = teaspoon

Combine the soy sauce, mirin, sake, and sugar in a container. Marinade the salmon for 20 minutes (flip the salmon over after 10 minutes).

Heat a small amount of oil in a pan over medium heat and cook the salmon. Fry until the bottom side has browned.

Flip the fish and cook the other side.

Add the marinade to the pan and spoon the marinade over the fish. Reduce the marinade until it has thickened.





## Agedashi Tofu (deep fried tofu in soy broth) / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

### Ingredients

800g firm tofu  
Potato starch (enough to dust, approx. 50g)  
1L oil (varies depending on size of pot)

#### Broth:

300ml water  
1/2tsp dashi powder  
2tbsp soy sauce  
2tbsp mirin  
1tsp sugar

#### Garnish:

1 finely-chopped spring onion stalk  
20g grated ginger  
100g grated daikon radish  
Pinch of bonito flakes

Cut the tofu into blocks as preferred (2cm cubes, 3cm x 5cm blocks, etc.) and place onto paper towels to remove excess moisture (approx. 10 minutes).

Heat the oil in a pot. Lightly dust the tofu on all sides with potato starch and gently drop them into the hot oil (approx. 170C).

Deep fry the tofu until the outside is crisp. Drain on a tray.

Bring the sauce ingredients to a boil in a pot.

Place the tofu in a bowl, pour the sauce over it, and finish with garnish.





## Prawn Dumplings / Serves 4 /

tblsp = tablespoon, tsp = teaspoon

### Ingredients

1 packet gow gee pastry (gyoza wrappers)

#### Filling:

500g prawn meat

2 chopped spring onion stalks

2 bunches chopped coriander

20g grated ginger

2 cloves grated garlic

1tblsp sake / 1tblsp soy sauce

1/2tblsp sesame oil

1tblsp potato starch

#### Dipping Sauce:

4tblsp soy sauce

1tblsp vinegar

A dash of chilli oil

Roughly chop the raw prawn meat and add to a bowl with the rest of the filling ingredients. Mix the ingredients together well (Chopping the prawn meat into rough chunks will add texture to the filling).

Spoon 1.5 teaspoons of the filling mixture onto the centre of the pastry. Wet the edges with water, fold in half, and press the edges together to seal.

Heat a tablespoon of oil in a large pan over medium-high heat. Place the dumplings in the pan and lightly press the dumplings to sear and brown them evenly. Cook until the bottom-side has browned.

Add 1/2 cup of water and cover with a lid. Cook for approx. 5 minutes until the water has evaporated and a sizzling sound can be heard.





## Sukiyaki / Serves 4 /

### Ingredients

- 600g thin slices of beef (marbled beef recommended)
- 1 leek
- 1/4 Chinese cabbage
- 8 shiitake mushrooms
- 1 bunch enoki mushrooms
- 200g firm tofu
- 1/2 carrot
- 1 bunch bok choy (Chrysanthemum leaves recommended if available)
- 1 packet shirataki noodles (approx. 200g)
- 100ml water
- 150ml soy sauce
- 150ml mirin
- 60g sugar

Cut the vegetables into bite-sized pieces. Torch or grill the tofu to impart more flavour.

Add the water, soy sauce, mirin, and sugar to a pot and bring to a boil.

Cook the beef, vegetables, and shirataki noodles in the broth. When cooked, dip cooked ingredients into a beaten egg before eating as preferred.

Thin out the broth with water or dashi stock if it reduces too much.





## Chicken Karaage (fried chicken) / Serves 4 /

tblsp = tablespoon, tsp = teaspoon

### Ingredients

600g chicken thighs

#### **Marinade mix:**

1tblsp grated ginger

1tsp grated garlic

4tblsp soy sauce

1tblsp mirin

1 egg white

Potato flour (enough to dust, approx. 2  
tblsp)

Oil (enough to deep fry)

1 lemon

Combine the marinade mix in a bowl or plastic bag.

Cut the chicken into approx. 3cm x 3cm cubes.

Add the chicken to the bag of marinade and mix well. Allow the chicken to marinate in the fridge for approx. 1 hour.

Remove the chicken from the bag and dust with potato starch.

Deep fry the chicken in hot oil (170C) for approx. 5-7 minutes.





## Gyudon (beef rice bowl) / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

### Ingredients

400g sliced beef  
1/2 onion (5mm sliced)

#### Cooking broth:

90ml soy sauce  
75ml mirin  
75ml sake  
1tbsp sugar  
300ml water  
15g grated ginger

4 serves rice  
Pickled ginger to garnish

Cook the onion and cooking broth ingredients in a pot over medium heat.

When the broth comes to a boil, add the sliced beef.

Skim off any foam that comes to the surface.

Simmer on low heat until the beef changes colour and the liquid has reduced slightly (approx. 20 minutes).

Serve the beef on a bowl of rice, pour over some of the cooking broth, and garnish with pickled ginger.



## Shoyu Ramen / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

### Ingredients

600g fresh ramen noodles

#### Ramen soup:

1.2L water

1tbsp chicken stock powder

2 cloves grated garlic

5-8g grated ginger

10g salt / Pinch of white pepper

1tsp sesame oil

#### Garnish

4 pieces chashu (grilled marinated pork)

1 soft-boiled egg / 40g bamboo shoots

4tbsp corn kernels (canned) / 4 sheets nori

8 slices naruto (fish cakes)

4tbsp chopped spring onions

Prepare the garnish in advance.

Bring the soup ingredients to a boil before reducing to low heat.

Simmer the soup for 10 minutes and then keep it warmed while you prepare the noodles.

Cook the ramen noodles in a separate pot of rapidly boiling water.

Drain the noodles.

Pour the soup into a bowl, add the noodles, and then garnish with pre-prepared toppings (do this as quickly as possible to prevent the noodles from becoming soggy).





## Yosenabe (simple hotpot) / Serves 4 /

tbsp = tablespoon, tsp = teaspoon

### Ingredients

320g snapper (or other white fish)  
8 prawns / 1/4 Chinese cabbage  
8 shiitake mushrooms  
1 bunch enoki mushrooms  
320g tofu / 1/2 carrot  
1 leek / 2 bunches bok choy

### Soup:

800ml water / 2tsp dashi powder  
3tbsp sake / 3tbsp mirin  
3tbsp soy sauce

### Dipping sauce:

100ml soy sauce / Juice of 1 lime  
Juice of 1 lemon / Juice of 1/2 orange  
2tbsp mirin / 1tsp dashi powder

\*flavour of fresh fruit varies depending on season and area produced. Adjust accordingly.

To prepare the ingredients, cut the fish into approximately 40–60g pieces. Slice off the bottoms of the mushrooms, slice the carrots thinly, and cut the rest of the vegetables into bite-sized pieces.

Bring the soup ingredients to a boil. Add the prepared fish and vegetables and simmer until cooked through. Dip the ingredients into the dipping sauce and enjoy.

To prepare the dipping sauce, bring the mirin to a boil, add the soy sauce, and then turn off the heat before it starts to boil again. Stir in the citrus juices and dashi powder.



## The Kikkoman Soy sauces



### Naturally Brewed Soy Sauce 150ml

Kikkoman Soy Sauce is naturally brewed like wine, from wheat, soybeans, water and salt, a process that takes months, allowing its rich, complex, and mellow flavour to develop. Kikkoman Naturally Brewed Soy Sauce has no artificial colours, flavours, preservatives, or added MSG.



### Naturally Brewed Less Salt Soy Sauce 250ml

Naturally brewed in the same way as our traditional Soy Sauce, but with 43% less salt. The salt is extracted using a special fermentation process which retains the depth of flavour of our regular soy, but with 43% less salt. No artificial colours, flavours, preservatives, or added MSG.



### Naturally Brewed Gluten Free Soy Sauce 250ml

Kikkoman Gluten Free Soy Sauce is naturally brewed, using only high-quality ingredients. It complies with the gluten free Food Standards Code of Australia & N.Z. and is approved by the Coeliac Society of Australia. No artificial flavours, colours, or preservatives are used, resulting in a subtle, savoury taste.



### Tamari Soy Sauce 250ml

Our Naturally Brewed Tamari Soy Sauce is milder and more aromatic than regular soy sauce. Its specific flavour and colour are ideal for recipes that feature delicate, refined flavours, such as light dressings and dipping sauces. Only quality soy beans and a touch of wheat for extra taste are used.



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