

# The 5th Washoku World Challenge [Recipe form for "SUIMONO"]

Example: Suimono (clear soup)

|                       |
|-----------------------|
| Name                  |
| Taro Nihon            |
| Affiliated restaurant |
| Kappo Nihon Taro      |

|  |
|--|
| Recipe number                              |
| (Space to be filled in by the secretariat) |

\*Your name and affiliated restaurant will not be disclosed to the jury.

|                                      |   |
|--------------------------------------|---|
| Name<br>(or title)<br>of the dish    | 1. Suimono (clear soup)<br>Ebishinjo (prawn dumpling)<br>Mustard buds<br>Sansho leaf buds   |
| Appeal of<br>the dish<br>(150 words) | Write down your ideas behind the recipe or what you wanted to express in line with the theme "Umami"<br>(within 150 words)<br>*Please be sure to fill in the name and appeal of the dish. |

|  |   |          |                |           |           |     |
|--|---|----------|----------------|-----------|-----------|-----|
| Recipe and<br>ingredients<br>(5 servings)                    | *Please describe the amount (weigh/volume) of the ingredients in the most easy-to-understand way possible.                      |          |                |           |           |     |
|  | Frozen prawns   | 5        | Minced fish    | 150 grams | Egg white | 1/2 |
|  | Mustard buds  | 5 stalks |                |           |           |     |
|  | Sansho leaf buds  | 5 leaves |                |           |           |     |
|  | Konbu   | 30 grams |                |           |           |     |
|  | Katsuo (bonito flakes)  | 30 grams |                |           |           |     |
| Seasonings   | *Please make sure to specify all the seasonings regardless of the amount. You do not need to write the ratio of the seasonings. |          |                |           |           |     |
|  | ➤ Soup  |          |                |           |           |     |
|  | Ichiban dashi (first broth)   |          | ●● ml          |           |           |     |
|  | Usukuchi (light colored) shoyu  |          | ● table spoons |           |           |     |
|  | Salt  |          | ● grams        |           |           |     |
|  | ➤ Marinade for mustard buds   |          |                |           |           |     |
|  | Ichiban dashi   |          | ●● ml          |           |           |     |
|  | Usukuchi shoyu  |          | ● table spoons |           |           |     |
|  | ➤ Kombu (kelp) broth  |          |                |           |           |     |
|  | Kombu   |          | ○○ grams       |           |           |     |
| Water  |   | ○○ ml    |                |           |           |     |
| *Please describe in detail so that it is easy-to-understand. |   |          |                |           |           |     |

## Cooking procedure

### Make the Ichiban dashi

(1) Warm the kombu and water in a pan and take out the kombu right before it starts boiling. Put in hanakatsuo (thinly sliced bonito flakes), then strain to obtain broth.

#### <Preparation of the prawns>

(2) Shell the prawns, then remove the back veins, wash with water and wipe the moisture off of the prawns. Chop them up finely until they become like paste.

#### <Preparation of the mustard buds>

(3) Cut all the stalks in the same length, slightly boil in salted water, then cool in iced water and quickly drain. Let them rest in the marinade for a while

#### <Preparation of the minced fish>

(4) Finely grind the minced fish in a mortar, add egg white and dashi until the desired texture is achieved. Then flavor with usukuchi shoyu, add the chopped prawns and mix using a rubber spatula to make the dumpling dough.

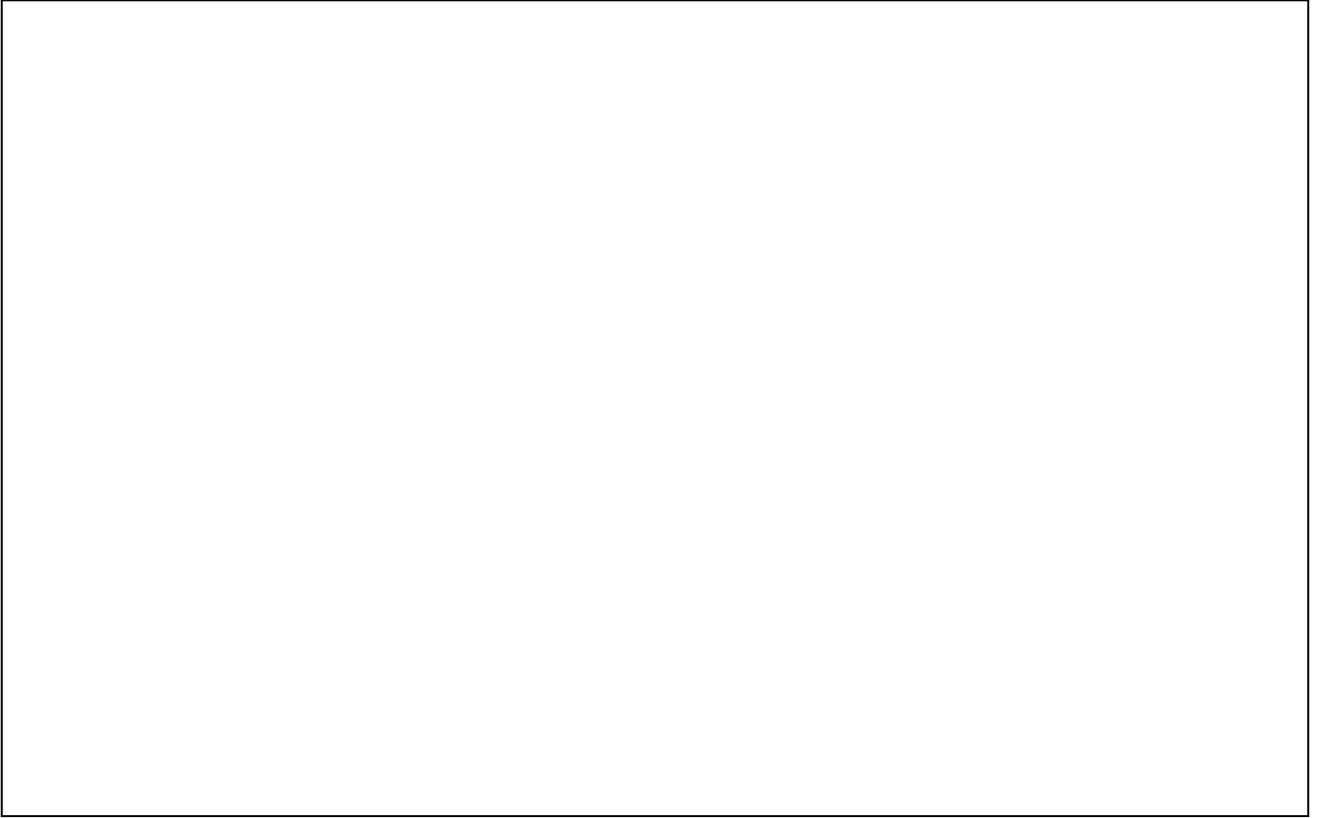
#### <Finish>

(5) Scoop the dumpling dough into a nice round shape, drop it in salted kombu broth, and heat until cooked.

(6) Warm the ichiban dashi, season with salt and usukuchi shoyu to make the base soup.

(7) Place the prawn dumpling and mustard bud in the soup bowl, pour in the base soup, and garnish with a sansho leaf bud.

Photo of the dish (one or more photos)



# The 5th Washoku World Challenge [Recipe form for “FUCHIDAKA MORI”]

Example: Fuchidakamori (assorted delicacies arranged on one plate)

|                       |
|-----------------------|
| Name                  |
| Taro Nihon            |
| Affiliated restaurant |
| Kappo Nihon Taro      |

|  |
|--|
| Recipe number                              |
| (Space to be filled in by the secretariat) |

\*Your name and affiliated restaurant will not be disclosed to the jury.

|                                      |  |
|--------------------------------------|--|
| Name<br>(or title)<br>of the dish    | <p><b>*Reference</b></p> <p>Fuchidakamori: assortment of 7 delicacies</p> <ul style="list-style-type: none"> <li>● Small Japanese omelet</li> <li>● Bamboo shoots dressed in sansho leaf bud paste</li> <li>● Skewered treats (prawn and young cucumber)</li> <li>● Grilled trout flavored with sansho leaf bud lotus root sliced in the shape of a flower</li> <li>● Stewed chicken flavored with sansho</li> <li>● Jade-colored broad beans</li> </ul> <p>Rolled smoked salmon and radish; lily root</p> |
| Appeal of<br>the dish<br>(150 words) | <p>Write down your ideas behind the recipe or what you wanted to express in line with the theme “Umami” (within 150 words)</p> <p>*Please be sure to fill in the name and appeal of the dish.</p>  |

|   |  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
|---|--|---------------|-------|--------------------------------|-------|----------------|-------|-------|------|-------------------------|-------|------|-------|------------------|-------|-------|-------|--------------|-------|
| Recipe and<br>ingredients<br>(5 servings) | <p>*Please describe the amount (weigh/volume) of the ingredients in the most easy-to-understand way possible.</p> <p>4 eggs; 5 Teppo-gushi (bamboo skewers); 5 prawns; 1 young cucumber with a flower attached; 2 and a half bamboo shoots; 1/2 bunch of spinach; appropriate amount of sansho leaf buds; 5 pieces of trout (60g per piece); 30 grams of lotus root; 1/2 chicken breast; 5 pods of broad beans; appropriate amount of smoked salmon; appropriate amount of Japanese radish; 5 cloves of lily root; appropriate amount of kombu and katsuo (bonito flakes)</p>  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Seasonings                                | <p>*Please make sure to specify all the seasonings regardless of the amount. You do not need to write the ratio of the seasonings.</p> <table border="1" style="width: 100%;"> <tr> <td>Ichiban dashi</td> <td>xx ml</td> </tr> <tr> <td>Usukuchi (light colored) shoyu</td> <td>xx ml</td> </tr> <tr> <td>Koikuchi shoyu</td> <td>xx ml</td> </tr> <tr> <td>Konbu</td> <td>xx g</td> </tr> <tr> <td>Mirin (sweet rice wine)</td> <td>xx ml</td> </tr> <tr> <td>Salt</td> <td>xx ml</td> </tr> <tr> <td>Sake (rice wine)</td> <td>xx ml</td> </tr> <tr> <td>Sugar</td> <td>xx ml</td> </tr> <tr> <td>Rice vinegar</td> <td>xx ml</td> </tr> </table> <p>*Please describe in detail so that it is easy-to-understand.</p> | Ichiban dashi | xx ml | Usukuchi (light colored) shoyu | xx ml | Koikuchi shoyu | xx ml | Konbu | xx g | Mirin (sweet rice wine) | xx ml | Salt | xx ml | Sake (rice wine) | xx ml | Sugar | xx ml | Rice vinegar | xx ml |
| Ichiban dashi                             | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Usukuchi (light colored) shoyu            | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Koikuchi shoyu                            | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Konbu                                     | xx g   |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Mirin (sweet rice wine)                   | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Salt                                      | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Sake (rice wine)                          | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Sugar                                     | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |
| Rice vinegar                              | xx ml  |               |       |                                |       |                |       |       |      |                         |       |      |       |                  |       |       |       |              |       |

## Cooking procedure

### < Small Japanese omelet >

- (1) Stir the eggs, season with the given amount of dashi and usukuchi shoyu, make a rolled omelet, and cut it into 5 even pieces when it's cold.

### < Bamboo shoots dressed in sansho leaf paste >

- (1) Precook the bamboo shoots, cut them into even pieces, then cook in dashi seasoned with sake and usukuchi shoyu.
- (2) Pick the leaves (remove the stems) of the spinach, boil, chop, then grind it in a mortar and pass it through a sieve to obtain a smooth green paste.
- (3) Finely grind the sansho leaf buds using a mortar, add dengaku miso (sweet miso preparation used for dressing dengaku) to flavor and the green paste obtained in step 2 to give a nice color.
- (4) Drain off the moisture from the bamboo shoots and dress with sansho leaf paste.

### < Teppo-gushi, prawn, young cucumber >

- (1) Shell and prepare the prawns, then cook in dashi seasoned with sake, usukuchi shoyu and mirin.
- (2) Cut the young cucumber into 5 pieces of even size, and pickle in salted kombu water (about as salty as seawater).
- (3) Put the prawn and cucumber on the teppo-gushi.

### < Grilled trout flavored with sansho leaf bud >

- (1) Slice the trout into even serving size, grill them while applying the sauce, and garnish with sansho leaf buds to finish.
- (2) Slice the lotus root into 5 pieces in the shape of a flower, briefly boil, and let them cool on a strainer. Sprinkle some salt as they cool. When they are completely cooled, pickle in sweet vinegar.

### < Stewed chicken flavored with sansho >

- (1) Heat the given amount of seasonings in a pan and bring to boil. Add the chicken and cook for about 10 minutes while skimming off the foam.
- (2) When it's cooked, slice the chicken into bite-sized pieces.

### < Jade-colored broad beans >

- (1) Pod the broad beans, peel off the inner coat, cook in seasoned broth, and quickly cool to keep the bright jade color.

### < Rolled smoked salmon and radish >

- (1) Thinly peel the radish in katsuramuki style and put it in salt water. When the radish becomes softened, take it out of the salt water and pickle in sweet vinegar.

(2) Use evenly cut salmon slices as the core and roll the radish around the salmon. Cut the roll into 5 even pieces.

< Petal-like lily root >

Separate the cloves of the lily root. The cloves naturally have a shape similar to flower petals. Cook them in colored syrup to make them look more like petals.

Photo of the dish (one or more photos)

\* Please send this via email setting the subject line as “ WWC5th Application Form”. The result will be sent by email. If you have any questions, please contact us from "CONTACT" on the official web.

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