

# DEEPLY REGIONAL JAPAN®

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## JAPANESE COOKING CLASSES, CANBERRA WINTER SEASON (MAY–AUGUST) 2021

### HOW TO BOOK YOUR CLASS

- To book or enquire about a class, please select the type of class you wish to attend and complete the **BOOKING FORM** available via our website. Please e-mail your completed form to **hashimoto@grapevine.com.au**.
- **Bookings are required at least 7 days in advance** (preferably 3 to 4 weeks).
- At the time of booking, please indicate **if you have any dietary requirements or preferences**, e.g. vegetarian, gluten-free, food allergies.
- Please select recipes you wish to learn from the list for your chosen class. Your **final selection of recipes is required at least 7 days before the class date** (preferably longer). Please e-mail your selection to **hashimoto@grapevine.com.au**.
- **Payment is required at least 7 days before the class date** unless otherwise arranged in advance. Before making your booking, please read **IMPORTANT INFORMATION** regarding our classes available via our website.
- **Discounts** apply for bookings of 3 or more persons, enrolment in 2 or more classes, and those officially eligible for educational discounts or concession... please enquire at time of booking.
- A **\$20 surcharge/person** applies if you would like your class **held in your own home kitchen**.

# CLASSES AND RECIPES COVERED

[N.B. V – vegetarian, VO – vegetarian option available, GF – gluten-free option available]

**A. JAPANESE HOTPOTS AND STEWS:** winter warmers to share with family and friends

**SELECT 3 RECIPES**

**COST: \$140/person**

- A1. Nabé (VO/GF): meat, vegetable and dumpling cooked in dashi-based broth (no meat for vegetarian option)
- A2. Oden (VO/GF): fish cake, tofu and vegetable simmered in soy-dashi broth (no fish cake for vegetarian option)
- A3. Karē-raisu (VO/GF): meat and vegetable simmered in thick Japanese-style curry broth, served with rice
- A4. Tsumiré-jiru (GF): minced seafood or chicken dumplings in dashi-based broth
- A5. Fish nitsuké (GF): whole fish (or fish fillets) stewed in soy-dashi broth
- A6. Chāshū-men (GF): ramen noodle bowl with soy-stewed pork belly

**B. TRADITIONAL IZAKAYA DISHES:** small food to match your favourite drinks

**SELECT 5 RECIPES**

**COST: \$140/person**

- B1. Yakitori and kushiyaki (VO/GF): grilled chicken or vegetarian skewers basted with sweetened soy sauce
- B2. Dengaku (V/GF): grilled vegetarian skewers with sweetened miso paste
- B3. Tamagoyaki (V/GF): Japanese rolled egg omelette
- B4. Yaki-onigiri (VO/GF): grilled rice balls filled with umeboshi (salty–sour pickled plum) or salted flaked salmon
- B5. Agédashi-dōfu (V/GF): lightly fried tofu marinated in dashi-based dressing
- B6. Tatsuta-agé (VO/GF): fried ginger and garlic-marinated fish, chicken or spongy tofu
- B7. Ikayaki (GF): street-style salty-sweet grilled squid
- B8. Sunomono (VO/mEAGF): cucumber and wakame salad in sweetened vinegar dressing (with seafood or steamed chicken for non-vegetarians)
- B9. Poteto-sarada (V/GF): Japanese-style potato and vegetable salad
- B10. Kamaboko (GF): steamed smooth fish cake

## **C. DUMPLINGS AND MOCHI: savoury and sweet winter comfort foods**

### **SELECT 4 RECIPES**

**COST: \$130/person**

- C1. Oyaki (V): filled baked wheat dumplings; savoury and/or sweet
- C2. Mushi-manjū (VO): filled steamed wheat buns; savoury and/or sweet

- C3. Daikon-mochi (V/GF): pan-fried mochi with daikon radish and vegetables
- C4. Negi-mochi (V/GF): mochi 'pancake' with shallot
- C5. Imo-mochi (V/GF): sticky potato mochi with flavoured miso paste
- C6. Gohei-mochi (V/GF): mashed rice mochi grilled on skewers with flavoured miso paste
- C7. Shōbiki-mochi (GF): grilled mochi filled with salted flaked salmon and wrapped with nori
- C8. Anko-mochi (V/GF): mochi filled with sweet adzuki bean paste

**D. CLASSIC WINTER FAVOURITES: piece together your Japanese-style winter menu with traditional and contemporary recipes**

**SELECT 4 RECIPES**

**COST: \$140/person**

- D1. Fukumeni (VO/GF): winter vegetables and spongy tofu (with optional chicken) slow-stewed in thick soy-mirin broth
- D2. Nibitashi (V/GF): lightly fried and stewed vegetables in dashi-based broth
- D3. Ika-daikon (GF): tender squid and daikon stewed in soy broth
- D4. Shira-aé (VO/GF): blanched vegetable salad (with optional shredded chicken or flaked fish) in creamed sesame and tofu dressing
- D5. Isobé-agé (VO/GF): nori-wrapped fritters of miso-walnut-tofu cake or fish cake

- D6. Ganmodoki (V/GF): ground tofu and vegetable fritters
- D7. Shōga-yaki (VO/GF): ginger-soy braised meat, fish or spongy tofu
- D8. Uguisu-ankaké (VO/GF): saké-steamed fish, chicken or tofu in green herbal glaze sauce
- D9. Dorai-karē (VO/GF): Japanese-style dry curry of finely chopped vegetables, meat or seafood, served with rice

**E. FERMENTATION & PICKLING: traditional Japanese preserving methods for the colder months**

**SELECT 5 RECIPES (VO/GF available for all recipes)**

**COST: \$140/person**

- E1. Home-made miso (soybean, adzuki bean OR chickpea)
- E2. Hakusai-zuké (lacto-fermented Chinese cabbage pickles)
- E3. Senmai-zuké (lacto-fermented sliced turnip OR daikon pickles)
- E4. Miso-zuké (miso-fermented vegetable pickles, e.g. daikon, ginger, celery)
- E5. Shōyu-zuké (soy sauce vegetable pickles, e.g. daikon, carrot, cucumber)
- E6. Sweet-vinegar pickled sliced ginger (sushi accompaniment)
- E7. Amazu-zuké (sweetened vinegar vegetable pickles, e.g. daikon, carrot, Chinese cabbage)
- E8. Tsukudani (sweet-soy relish; select from vegetarian OR non-vegetarian options)

**F. MIX n' MATCH: make your own customised class**

**SELECT 5 RECIPES FOLLOWING THE INSTRUCTIONS BELOW**

**COST: \$150/person**

- Select up to 1 RECIPE from 'Japanese hotpots and stews'
- up to 3 RECIPES from 'Traditional izakaya dishes'
- up to 3 RECIPES FROM 'Dumplings and mochi'
- up to 2 RECIPES from 'Classic winter favourites'
- and/or up to 3 RECIPES from 'Fermentation and preservation'
- ...to make up a **TOTAL OF 5 RECIPES**