

# Koshigoe Wakame Recipes

*The following recipes were donated by community members of Koshigoe, Kamakura.*

## Rice with Wakame

Makes 4~5 servings

- 3 c. Japanese rice
- 3. tsp. dried and salted wakame *mazegohan* mix

1. Cook the rice according to directions.
2. When rice is done, add salted wakame mix and fluff with spoon lightly. Let steam 2-3 minutes more. (Optional: For extra flavor, add one pitted and minced *umeboshi*—salted, pickled plum.)

## Miso Soup with Wakame, Tofu and Abura-age

Makes 4~5 servings

- 1 Tbsp. *niboshi* (small, dried sardines)
- 5 c. water
- 6g (about 6 rounded tsp.) ready-to-cook cut wakame, rehydrated and drained (see Notes below)
- 1 sheet *abura-age* (deep-fried tofu)
- 1/2 block tofu, pressed to remove water, cut into 1/2 inch cubes
- 2~3 sprigs *konegi* (green scallion or chives) minced
- 50~60g (about 4 Tbsp.) miso

### To prepare *dashi* (stock)

1. Remove heads and bellies of *niboshi*.
2. Pour water over *niboshi* into a deep pot. Let stand about 2 hours.
3. Bring *niboshi* and water to a boil. Cook for 5~10 minutes.
4. Remove from heat. Let stand until *niboshi* sink to bottom of pot. Strain gently and discard *niboshi*. Makes 4 cups *dashi*.

### To make the soup

1. Pour boiling water over the *abura-age* to remove excess oil. Drain, pat dry and cut into thin strips.
2. In a soup pot, bring *dashi* to a boil. Add *abura-age* and cook 4~5 minutes.
3. In a bowl dissolve miso into 1/2 c. of the broth. Mix gently back into broth in pot.
4. Add tofu cubes and wakame and stir gently.
5. Add minced *konegi* and bring miso soup just to a boil. Remove from heat immediately.



## Wakame and Seafood Sunomono (see Notes below)

Makes 4~5 servings

1 c. plus 3 Tbsp. rice vinegar  
3 Tbsp. sugar  
1 tsp. soy sauce  
1 tsp. plus 1/2 tsp. salt  
5g (about 5 rounded tsp.) ready-to-cook cut wakame, rehydrated (see Notes below)  
40~80g (1.3oz) octopus or 1~2 medium shrimp, cooked  
5g (0.2oz) dried *kanten* (agar-agar) threads—optional  
3 Tbsp. vinegar  
2 cucumbers  
roasted sesame seeds  
lemon juice  
*ki-no-me* (bud of Japanese pepper tree)—optional garnish

### To make the vinegar dressing

Mix together 1c. rice vinegar, sugar, soy sauce and salt. Set aside.

### To prepare the wakame *sunomono* dish

1. Rinse and soak *kanten* in water for 15 minutes. Drain well.
2. Slice cucumbers thinly. Put in a bowl and sprinkle with 1/2 tsp. salt. Let stand 5~10 minutes. Rinse, drain well then squeeze out water.
3. Slice the boiled octopus or squid thinly.
4. Put all ingredients except vinegar sauce into a large bowl. Cover with plastic wrap and refrigerate for 30 minutes to 1 hour.
5. Add vinegar sauce and roasted sesame just before serving.
6. Garnish with *ki-no-me*.

## Stir-fried Wakame and Chirimenjako

Makes 4~5 servings

6g. ready-to-cook cut wakame, rehydrated and cut into 1-inch pieces (see Notes below)  
1/3 c. *chirimenjako* (boiled, dried baby sardines—see Notes below)  
10g (1/3oz or 1 knob) minced fresh ginger  
1 Tbsp. olive oil  
1/2 Tbsp. rice wine  
1 tsp. soy sauce

### To prepare

1. Heat skillet over low heat. Add olive oil and minced ginger. Stir-fry about 30 seconds.
2. Add *chirimenjako*. Stir-fry several minutes.
3. Add wakame. Stir-fry another few minutes.
4. Add rice wine and soy sauce; mix well. Remove from heat immediately.



## Wakame and Tsukune Nimono (see Notes below)

4~5 servings

10~20g (about 3~6 rounded Tbsp.) ready-to-cook cut wakame,  
rehydrated

200g (about 1/2 pound) ground chicken

1/2 Tbsp. plus 3 Tbsp. sugar

1/4 *naganegi* (long onion), minced

1 small egg, beaten

1/4 tsp. salt

1 tsp. grated ginger juice

2 c. *dashi* (see Notes below)

3 Tbsp. soy sauce

2 Tbsp. sake



### To prepare the soup stock

Mix together *dashi*, 3 Tbsp. sugar, soy sauce and sake in a saucepan.

### To prepare the meatballs

1. In a bowl, mix together ground chicken, *naganegi*, grated ginger, 1/2 Tbsp. sugar, salt and egg.
2. Mix well and form into 1-inch meatballs.
3. Heat the stock and add meatballs to the stock. Cook about 5 minutes.
4. Add the wakame, cook until wakame is just heated. Remove from heat.

## Wakame salad

Makes 4~5 servings

Prepare assorted seasonal fresh salad vegetables

- For example:
- 1 medium size tomato, sliced or chopped
  - 1 cucumber, thinly sliced
  - 1 avocado, pitted, sliced or chopped, drizzled with lemon juice
  - 2 stalks asparagus, cut into pieces and lightly steamed or boiled
  - 1/2 red onion, thinly sliced
  - 8 leaves of lettuce, torn
  - 8g (8 heaping tsp.) ready-to-cook cut wakame  
rehydrated, cut into 1/2-inch pieces (see Notes below)

### To make the salad

Mix all the ingredients lightly and serve with your favorite dressing.

## Three Dressings

- ① 1 Tbsp. rice vinegar  
1 Tbsp. soy sauce  
1/2 tsp. wasabi  
2 Tbsp. oil

- ② 1/2 c. mayonnaise  
2 Tbsp. yogurt  
1 tsp. lemon juice  
1~2 tsp. light miso

- ③ 2 small to medium tomatoes,  
chopped  
1/2 small onion, minced fine  
2 Tbsp. olive oil  
2 Tbsp. white wine vinegar  
1-2 tsp. French mustard  
1/2 tsp. salt

## Notes:

***abura-age***—deep fried tofu. Pour boiling water over sheets of *abura-age* to remove excess oil. Drain, then pat dry.

***chirimenjako***—boiled and dried baby sardines. These are used in all sorts of dishes.

***dashi***—a Japanese soup stock. It can be made using dried sardines or by heating water with *konbu* seaweed (kelp) and bonito flakes. Concentrated and instant dried *dashi* can be purchased as well.

***kanten***—agar-agar, a pure form of gelatin made from *tengusa* seaweed (available in dried, powdered, thread and block forms). It is used in various dishes and when flavored with fruit and chilled is a common summer dessert. *Kanten* sets quickly and seals in the flavors of fruits.

***ki-no-me***—the bud of the Japanese pepper tree. It has a strong spicy flavor.

***miso***—fermented bean paste. Miso is a staple food in Japan and has been part of the Japanese diet for centuries. It is used in a variety of dishes, but most commonly in miso soup.

Traditionally a Japanese meal has three basic elements—rice, soup and main dish. There are many varieties of miso soup, but for basic miso soup has included wakame, tofu, scallions and *abura-age*. Light miso is preferred in the winter months, darker saltier miso in the summer. There are regional preferences and generally east of Nagoya miso flavors are preferred; in western Japan soy flavors are often preferred.

***niboshi***—small dried sardines. Affordable *niboshi* are often used to make *dashi* broth for miso soup, an everyday food for breakfast.

***nimono***—simmered foods. In Japanese cooking there are many different varieties of simmered foods, characterized by their seasoned simmering liquid. Along with *dashi*, common stock seasonings for *nimono* are sake, mirin, salt, soy sauce and miso.

***sunomono***—vinegared dishes. In Japanese cooking, *sunomono* fall into the *aemono* (dressed dishes) family of side dishes. They are essentially salads and are especially enjoyed in summer.

***umeboshi***—salted, pickled plum, a traditional Japanese food.

***wakame mazegohan mix***—cut wakame that is dried, minced, salted and flavored for mixing with rice. Wakame rice is a popular school lunch item at Koshigoe Elementary school. Wakame *furikake* mixes are also available, and these salted, flavor mixes are used for sprinkling over individual bowls of rice.

***wakame***—wakame seaweed (*Undaria pinnatifida*). Wakame plays a supporting role in Japanese cooking and features prominently in spring and summer dishes. Packaged, ready-to-cook cut wakame is available in various forms (salted and dried are most common). Rehydrate dried wakame by soaking in hot water for 2 minutes or luke-warm water for 5 minutes, then drain. Sometimes dried, cut wakame is added as is to soups, but generally it is best to rehydrate and drain the wakame first. To calculate the amount of dried, ready-to-cook cut wakame, for soups use about 1 rounded teaspoon per person; for salads and vinegared dishes use about 2-3 rounded teaspoons per person.