

2014
うま味レクチャー
in 東京

世界をつなぐ
“UMAMI”
のちから

うま味を知る！
料理は変わる！

... Recipes ...

... Umami of food ingredients ...



Umami Information Center (NPO)

HANA Hana Cooking College

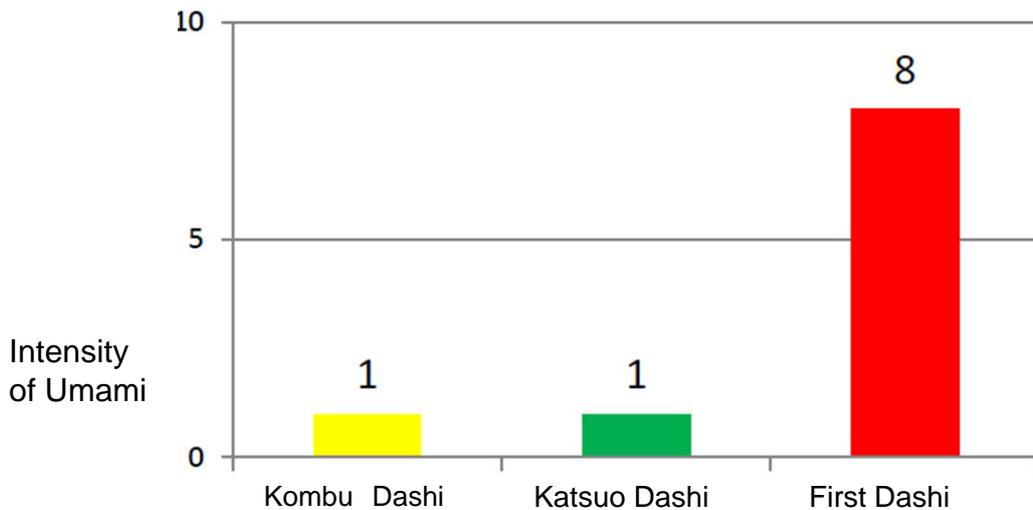
Lecture of Mr. Yoshihiro Murata, Owner Chef of "Kikunoi"

< Tasting samples >



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

Intensity of Umami of First Dashi (Schematic Diagram)



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

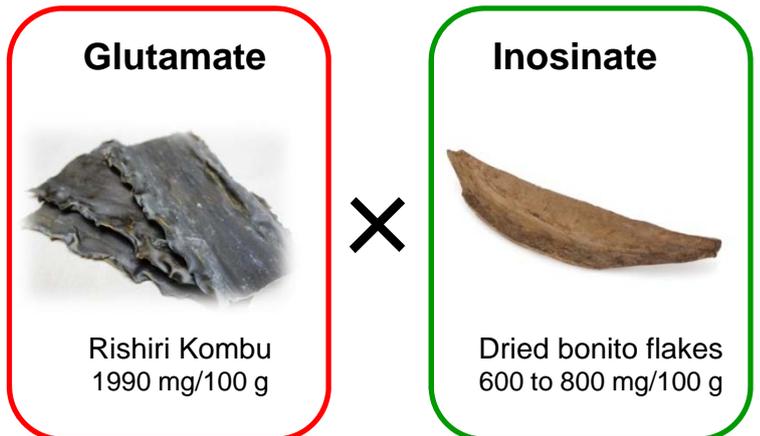
★ **First dashi**

< 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.



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

★ **New Style Dashi**

< Ingredients >

| | |
|-----------------------|----------|
| Dried morel mushrooms | 20 g |
| Dried tomatoes | 20g |
| Minced chicken breast | 200 g |
| Water | 2 liters |

(Makes 1.6 liters)

< Directions >

- (1) Place the dried tomatoes and dried morel mushrooms in 2 liters of water and soak them overnight.
- (2) Remove the fat and skin from the chicken breast and grind the chicken meat with a food processor.
- (3) Add the chicken to (1) and heat with medium heat until the chicken has cooked.
- (4) Strain the *dashi* through a cotton cloth.

Glutamate



Tokyo origin dried tomatoes

Glutamate 1140mg/100g
Guanylate 9mg/100g



Inosinate



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

Guanylate



Dried morel (Morel mushroom)
Glutamate 310mg/100g
Guanylate 40 mg/100 g

Mr. Yoshihiro Murata of Kikunoi
Lecture Handout

White *chawanmushi* (savory steamed egg custard)
-using the new style dashi stock and the Edo vegetable Kanamachi turnip-
(Recipe for sample tasting)

<Ingredients> servings for four

| | | | |
|-----------------|-------|------------------|----------|
| Egg white | 100g | Kanamachi turnip | 2 (120g) |
| Soy milk | 140ml | Dashi stock | 400ml |
| Dashi stock | 200ml | Light soy sauce | 10ml |
| Light soy sauce | 10ml | Salt | 2g |
| Salt | 3g | Mirin | 2.5ml |



| | |
|--------------------------|-------|
| *Thick and starchy sauce | |
| Dashi stock | 180ml |
| Light soy sauce | 5ml |
| Salt | 1g |
| Kudzu mixed with water | |
| Mogusa ginger | |

<Steps>

- (1) Strain the egg whites, then mix them with soy milk, dashi, soy sauce, and salt.
- (2) Cook the turnips, and then fill a bowl about two-third's of the way with the cooked turnips and the custard fluid from (1) . Steam for 15 minutes at 85 °C.
- (3) To make the thick starchy sauce, put dashi in a pot and simmer. Season it with soy sauce and salt. When it comes to a boil, pour enough kudzu mixed with water to thicken the sauce.
- (4) Put the thick starchy sauce over the steamed egg custard (2), and dress it with Mogusa ginger.

glutamate



Soy beans
glutamate
70-80mg/100g



Ginger
glutamate
20mg/100g



Turnip
glutamate
15-20mg/100g

The following ingredients from Tokyo were used for sample tasting today:

Dried tomato: dried cherry tomato

Chicken: Tokyo Shamo

Vegetables: Kanamachi turnip, ginger

Water: Natural water from Okutama

*Note: Mogusa ginger refers to the serving method in which grated ginger is placed in a conical shape as a topping.

**Mr. Yuji Wakiya of Wakiya Ichiemi Charo
 Lecture Handout**

<sample for tasting>



Jinhua soup with dried shiitake mushrooms from Tokyo and kombu



Jinhua soup with dried shiitake mushrooms from Tokyo and kombu

- Jinhua soup

<Ingredients>

| | |
|-------------------------|------|
| Pork shank | 600g |
| Mature chicken | 600g |
| Jinhua ham | 200g |
| Kombu | 20g |
| Dried shiitake mushroom | 20g |
| Water | 2.5L |

<Steps>

- (1) Chop pork shank, mature chicken, and Jinhua ham.
- (2) Boil the pork and chicken in water (not the water listed in the ingredients).
- (3) Boil Jinhua ham in a pot separate from (2).
- (4) Put water, kombu, dried shiitake mushrooms, pork and chicken (2) in a stockpot and boil.
- (5) When it comes to a boil, turn down the heat to low, and simmer it for about 30 minutes, while skimming the scum.
- (6) Add Jinhua ham (3) to (5), and simmer for another 3 hours.
- (7) Dilute it slowly with chinos (requires about 1.2L)

glutamate



Rishiri kombu
 glutamate
 1990mg/100g



Jinhua ham
 glutamate
 460mg/100g

inosinate



Pork
 glutamate 9mg/100g
 inosinate 225mg/100g



Chicken
 glutamate 20-50mg/100g
 inosinate 70-230mg/100g



guanylate



Dried shiitake mushrooms
 guanylate 150mg/100g
 glutamate 1060mg/100g

*Reference: Jinhua ham is a kind of ham made in the Jinhua area of Zhejiang Province, China. It from the Jinhua pig which is a small and white with black hair on its head and hindquarters, rendering it with the nickname "two ends black." It is fed fermented Chinese cabbage and used tea leaves only, no grains at all. Therefore, it has characteristically thin skin and low fat. The ham is salted for two months and matured for one year. (Source: Wikipedia)

Mr. Yuji Wakiya of Wakiya Ichiemi Charo
Lecture Handout

Dried conger eel scented with szechuan pepper and baijiu

<Ingredients>

| | | |
|----------------------|-------------------------------|--|
| Conger eel | one large piece (150-200g) | Green part of spring onion Ginger skin |
| Szechuan pepper salt | 2% | |
| Baijiu | | |
| Szechuan pepper | | |

<Steps>

- (1) Remove the head and the backbone of the conger eel and slice the body open.
- (2) Rub szechuan pepper salt on the conger eel (1), sprinkle baijiu and szechuan pepper, and hang to dry.
- (3) Sprinkle baijiu once again to the dried conger eel, and steam it for 10-15 minutes.
- (4) Peel the skin of the steamed conger eel (3), and serve the meaty part.

Oil-grilled conger eel scented with szechuan pepper and orange peel

<Ingredients>

| | |
|----------------------|-------------------------------|
| Conger eel | one large piece (150-200g) |
| Szechuan pepper salt | |
| Kombu powder | |
| Orange peel | |
| Szechuan pepper | |
| Garlic (sliced) | 4 bulbs |
| Coriander | |
| Ginger (sliced) | 1 piece |
| Soy bean oil | |

<Steps>

- (1) Remove the head and the backbone of the conger eel and slice the body open.
- (2) Season the meat of the conger eel (1) with szechuan pepper salt and kombu powder.
- (3) Put it on an oven tray with the skin facing up, add seasonings, and pour soy bean oil until it covers the skin of the conger eel.
- (4) Preheat the oven at 120 °C, put the conger eel (3), and grill for 30 minutes.

glutamate



Rishiri kombu
glutamate
1990mg/100g



Garlic
glutamate
50-160mg/100g



Ginger
glutamate
20mg/100g



inosinate



Fresh conger eel
glutamate 12mg/100g
inosinate 160mg/100g

Dried conger eel
glutamate 60mg/100g
inosinate 0mg/100g

Oil-cooked conger eel
glutamate 14mg/100g
inosinate 60mg/100g

**Mr. Yuji Wakiya of Wakiya Ichiemi Charo
 Lecture Handout**

Chinese rice porridge with umami of two kinds of conger eel

<Ingredients> (servings for four)

| | |
|------------------------|-------|
| Jinhua soup | 200ml |
| Dried conger eel | |
| Oil-grilled conger eel | |
| Plain rice | 200g |

| | |
|-------------------|-------|
| Burdock | 40g |
| Carrots | 40g |
| Small turnip | 40g |
| Red turnip | 40g |
| Komatsuna spinach | 40g |
| Jinhua soup | 300ml |



<Steps>

- Steam plain rice.
 - Prepare Jinhua soup (with dried shiitake mushroom from Tokyo and kombu).
- (1) Cut vegetables into bite-sized pieces, and simmer them in Jinhua soup.
 - (2) Put 50g of freshly cooked rice in a rice bowl.
 - (3) Put the vegetables (1) on the bed of rice.
 - (4) Pour Jinhua soup over it.

The following ingredients from Tokyo were used for sample tasting today:
 Rice: Takatsuki-seiryumai
 Fish: Conger eel from Tokyo
 Vegetables: Takenogawa burdock, carrots, Kanamachi turnip, traditional Komatsuna spinach
 Mushroom: dried shiitake mushroom
 Water: natural water from Okutama

glutamate



Burdock
 glutamate
 20mg/100g



Carrots
 glutamate
 40-80mg/100g



Komatsuna spinach
 glutamate
 30-40mg/100g

Mr. Hiroshi Yamaguchi of Kobe Kitano Hotel
Lecture Handout

Slow-cooked Akigawa beef

(Cook at 50 °C for 15-20 hours, then cooked further at 57 °C for 3 hours)

Slow-cooked Akigawa beef and Tokyo mushroom poudre

- Beef

<Ingredients>

| | |
|-----------------------|-----------|
| Beef loin | 2cm cubes |
| Refined oil | |
| Bouquet garni | |
| Salt and white pepper | |



<Steps>

- (1) Cut beef into 2cm cubes.
- (2) Put bouquet garni into refined oil, then put both the meat and bouquet garni into air-tight packs, making sure that the meat and bouquet garni do not get layered. Then, cook them in a convection vaporizer at 50 °C for 15-20 hours. (Cook air-tight packs for 1 minute at 80 °C , then put them into iced water.)
- (3) Remove ingredients from oil and dry oil off carefully with paper, then season the ingredients with salt and pepper.
- (4) Dress one piece with maitake mushroom poudre.
- (5) Dress the other piece with spring onion poudre.

- Mushroom poudre

<Ingredients>

| | |
|-----------|------|
| Mushrooms | 1kg |
| Olive oil | 15mL |
| Salt | |

<Steps>

- (1) Cut the mushrooms into manageable sizes.
- (2) Sauté the mushroom (1) on a Teflon-lined frying pan with minimal olive oil over high heat, and get rid of excess liquid.
- (3) Spread the sauteed mushroom (2) on a flat pan and dry it with a convection oven at 70 °C.
- (4) Crush (3) with a mill to make it into powder, and dry it with the convection oven again.
- (5) Sift (4) with a sieve, and crush whatever's left on the sieve again with the mill.

- Green onion poudre

<Ingredients>

| | |
|--------------|-----|
| Green onions | 1kg |
|--------------|-----|

<Steps>

- (1) Grill green onions on a baking tray as they are, and sear them a bit.
- (2) Spread the grilled green onions (1) on a Teflon-lined frying pan, and dry them with a convection oven at 70 °C.
- (3) Crush (2) with a mill to make it into powder, and dry it with the convection oven again.
- (4) Sift (3) with the sieve, and crush whatever's left on the sieve again with the mill.

- Champignon farce

<Ingredients>

| | |
|-----------------|------|
| Scrap meat | 400g |
| Mushroom | 500g |
| Onions | 250g |
| Olive oil | |
| Salt and pepper | |
| Jus de viande | 80cc |

<Steps>

- (1) Season the beef with salt and pepper, sauté it well, and mince it.
- (2) Mince the mushrooms and onions.
- (3) Pour olive oil into a heated pan, season onions with salt, and sauté them well.
- (4) Add (1) to (3), and sauté it until it is reduced by half, and season it with jus de viande, salt, and pepper.

Mr. Hiroshi Yamaguchi of Kobe Kitano Hotel
Lecture Handout

- Burdock confit

<Ingredients>

- Burdock
- Olive oil
- Salt and white pepper
- Jus de poulet

<Steps>

- (1) Peel the burdock, and cut them into about 3cm-long pieces.
 Add small portions of olive oil and salt, and put them in an air-tight pack.
 Put the air-tight packs in a convection vaporizer at 95 °C for about 50 minutes to cook.
 Pour olive oil on a frying pan, lightly sauté the burdock to cook the surface. Remove excess olive oil from surface. Boil down the jus de poulet a little, and toss it with the burdock.
- (2) Peel the tomatoes, cut them in quarters and remove the seeds.
- (3) Add minced garlic, thyme leaves, and salt to the tomatoes (2).
- (4) Pour a small amount of olive oil, and cook it for 20 minutes in an oven of 135 °C (humidity 0). Reduce the heat to 90 °C or 100 °C (humidity 0), and put for another 40 minutes, and dry the tomatoes.
- (6) Mince the dried tomatoes, add thinly sliced Italian parsley, toss it with a little olive oil, and put it over the above burdock confit.

<Finish>

Put the beef covered with mushroom poudre and the beef covered with spring onion poudre as well as the burdock confit, and decorate it with champignon farce.

glutamate

| | |
|---|---|
|  Burdock glutamate 20mg/100g |  Tomatoes glutamate 150-250mg/100g |
|  Onions glutamate 20-50mg/100g |  Mushroom (fresh) glutamate 40mg/100g |
|  Carrots glutamate 40-80mg/100g |  (spring onions) glutamate 40mg/100g |

×

inosinate

| | |
|--|--|
|  Beef in cold storage for 2 weeks glutamate 7mg/100g inosinate 50mg/100g |  Chicken breast glutamate 30mg/100g inosinate 150-230mg/100g |
|--|--|

Guanylate

| |
|--|
|  Mushroom poudre glutamate 50-350mg/100g guanylate 4-14mg/100g |
|--|

**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 Tokyo origin ingredient below are used as food material.

Beef: Akikawa Beef

Vegetables (Takinogawa burdock, Maitake mushrooms and Awabi mushrooms)

<Edo-Tokyo vegetables>

- **Traditional Edo vegetables**

This is a collective term for vegetables that have been passed down since the Edo period, and that were born in Tokyo where gardening was popular in the period between Meiji to Showa 30s.

- **Tokyo local vegetables**

Various vegetables grown in Tokyo.

<Akikawa Beef>

Akikawa beef is a kind of Japanese black beef grown in Takeuchi Farm in Sugao, Akiruno City, Tokyo. The 10-month-old cows from Iwate Prefecture, which is the same for Matsuzaka beef and Yonezawa beef, are grown with much care for 20 months. It is a brand beef with A4-5 rank. It is rare since only 140 cows of this kind are circulated in the market each year.

<Tokyo Shamo>

Shamo roosters, which arrived in Japan in the beginning of Edo era, were mainly bred for fighting purposes. The tastefulness of the meat also became an Edo specialty, “shamo pot”. The development of “Tokyo Shamo” was meant to realize the taste of traditional shamo meat once again. From 1971, they started to remove the aggressiveness of shamo, and improve the rearing rates. They tried breeding them with various chicken types, and they completed the current mating system in 1984. The meat of the Tokyo Shamo is hard and lean, with low fat, which makes for a light flavor. Compared with the general broiler chicken, they are grown longer (20 weeks).

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