

SESAME SAUCE

Salad with crispy salmon and sesame sauce



INGREDIENTS

Mix of dense lettuce leaves
Ripe avocado
Sesame sauce
Natural yogurt without additives
Mayonnaise
Fish sauce
Salmon fillet without skin
The biggest egg

300 g
3 pcs
100 g
100 g
100 g
1 tbsps
600 g
1 PC

芝麻酱
SESAME
SAUCE



COOKING

1. For the dressing, mix yogurt, mayonnaise and sesame sauce until smooth. Add fish. Pour the sauce into bowls and refrigerate until serving.
2. For the crispy salmon batter, pour 200ml cold water into a bowl and place in the freezer for 30-40 minutes. before cooking. Cut the fish into slices 2 cm thick, add salt and pepper.
3. Remove the dough water from the freezer and add a lightly beaten egg to it. Add flour, mix with chopsticks or a fork - but just a little. There should be some lumps in the dough.
4. Dust salmon pieces with flour, shake off excess, dip whole into batter, shake off excess and fry in oil until golden brown. Place the finished pieces in a sieve to drain excess oil.
5. Next, act quickly. Peel the avocado and cut into slices, mix with lettuce leaves, and place on plates. Place hot pieces of grilled salmon on the salad and serve the dressing separately.



KIMCHI SAUCE



CABBAGE KIMCHI

Kimchi is pickled Chinese cabbage, which is similar, for example, to our pickles.
Only much spicier and sharper!

INGREDIENTS

Chinese cabbage	1 PC
Salt	40 g
Kimchi sauce	200 ml

COOKING

1. Wash the Chinese cabbage and divide the head into two halves. Once again we make cuts at the base so as not to damage the dense part. Rub each leaf with salt and place it in water (preferably at room temperature) for 1.5 hours.
2. We wash the infused Chinese cabbage in advance to remove any remaining salt under water and carefully grease each leaf on all sides with Kimchi sauce.
3. Place the pickled heads of cabbage in a deep bowl or basin (as close as possible), cover the top with a flat plate and place any small weight. We remove the kimchi to marinate for a day, or better yet, two. This snack can be eaten directly or with rice or noodles.

KIMCHEE SAUCE

泡菜醬



SWEET CHILI SAUCE THAI



SALAD WITH CRISPY EGGPLANTS AND TOMATOES

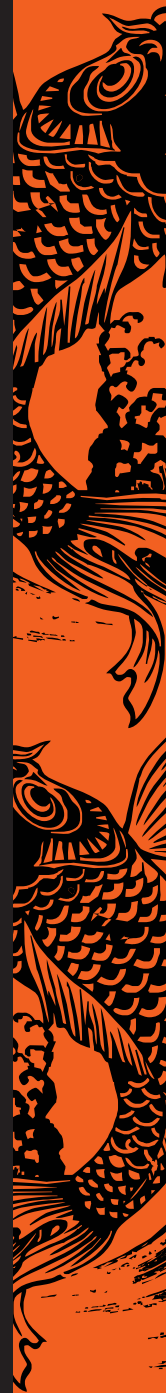
INGREDIENTS

Eggplant	1 PC
Corn starch	3 tbsp. l
Vegetable oil	2 glasses
Tomatoes	2 pcs.
Red onion	1/3 pcs
Fresh cilantro	taste
Sweet chili sauce	3 tsp

COOKING

1. Chop the eggplant coarsely. Add 2 tbsp to 1 liter of water. l. salt. Place the eggplants in salted water for 30 minutes. Then dry them very thoroughly with a towel.
2. Heat the oil for deep frying (170°C). Very carefully pour a portion of eggplants in starch.
3. Deep fry until golden brown. Place on a paper towel.
4. Chop the tomatoes and onions.
5. Place tomatoes, warm eggplants and onions on a dish. Drizzle with sweet chili thai sauce and garnish with cilantro leaves.

照り焼き



COOKING

1. Place the salmon on a baking sheet lined with parchment paper.
2. Brush the fillet with teriyaki sauce.
3. Bake in the oven at 175-180 degrees, 15-20 minutes, until cooked.

照り焼き



TERIYAKI SALMON TERIYAKI

INGREDIENTS

Teriyaki sauce	100 ml
Salmon fillets	4 pieces
Salt	taste
Pepper	taste



TONKATSU SAUCE



CRISPY PORK TONKATSU

INGREDIENTS

Eggs, lightly beaten	2 pcs
Flour	4 tbsp
Salt	1/4 tsp
Black pepper	1/4 tsp
Breadcrumbs	1 1/2 cups (75 g)
Pork tenderloin fillet: remove excess fat	4 things
Vegetable oil for frying	
Tonkatsu sauce	
Boiled rice	200 gr
Finely grated white cabbage	1/2 pcs
Onion/chopped onion	3 pcs

COOKING

1. Place eggs in a shallow bowl, flour, salt and pepper in a second bowl (mix), and breadcrumbs in a third bowl.
2. Dredge one of the pork fillets in flour, then dip in the egg and coat with breadcrumbs. Place on a plate and repeat with the remaining pork fillets.
3. Preheat the oven to 200c
Heat the oil in a large skillet and fry the pork fillets over medium heat for 2 to 4 minutes on each side until golden brown. Then place it on a baking sheet and cook in the oven for 7-10 minutes until the pork is no longer pink in the middle.
4. While the pork is cooking, you need to warm up the tonkatsu sauce a little so that it is not cold.
When the pork steaks are ready, remove them from the oven and cut into strips. Place four bowls of rice on top.
5. Serve with chopped raw cabbage and tonkatsu sauce. Top with chopped green onions and serve with remaining tonkatsu sauce.

UNAGI SAUCE



ROLL UNAGI ONIGARA MAKI



INGREDIENTS

Nori sheets
Sushi rice
Vinegar for rice
Smoked eel
Philadelphia cheese (Buko cheese)
Pickled radish Daikon Takuan
Unagi sauce
Sesame seeds

COOKING

1. Spread the makisa and wrap it in plastic cling film.
2. Place a sheet of nori, rough side up.
3. After wetting your hands with water, place the rice on the nori sheet, covering the entire surface of the sheet. And then carefully turn over the sheet of nori with rice. To do this, carefully pick up the corners of the seaweed with your fingers and quickly turn it over. In this case, the rice should end up on cling film.

4. Coat the middle of the sheet with mayonnaise and wasabi. And then put the desired ingredients on top. Please note that products should not be placed on top of each other - it is better to place them side by side.
5. Carefully roll the roll. Lift the edge of the makisu and continue to lift the makisu forward and upward, making almost a full rotation. Then press the roll into a makisa, compacting it slightly.
6. Carefully fold the edge of the makisu up so as not to roll the film inside. Roll the roll to the end using makisu. Then roll the roll back and forth and squeeze it a little inside the mat. Thus, you have prepared a ready-made thick roll.
7. The resulting roll can be decorated with sesame seeds or small flying fish eggs on the outside. 8. Then cut the roll first in the middle, and then each half into 3 parts. Wet the knife every time there is rice left on it. Sprinkle with unagi sauce before eating.

鳗鱼酱

传统的鱼露



MIRIN FU

SUSHI



INGREDIENTS

Rice	1 glass
Rice vinegar	1 tbsp.
Kombu seaweed	2 g
Mirin	2.5 tbsp.
Salt	taste
Salmon fillet/tuna fillet/eel fillet	
Wasabi	
Ginger	
Soy sauce	

COOKING

1. Rinse the rice first to remove any remaining husks. This procedure must be repeated 4-5 times until the water becomes almost clear.
2. Place the rice in a sieve and place the sieve on a bowl to allow all the water to drain completely. Leave the rice on the sieve for 10-15 minutes.
3. Place rice in a saucepan and add water. Japanese rice should be filled with water for cooking in a one to one ratio.
4. Season the rice with rice vinegar and mirin while it is hot. Once the rice has cooled, you can start making sushi.
5. Slice salmon, tuna, eel or other seafood. Form oval lumps of rice, place the fish on top of each, lightly pressing the rice and form sushi.
6. Serve with pickled ginger, wasabi and soy sauce.