

BASIC

Japanese cooking



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**SUSHI, TEPPANYAKI AND OTHER JAPANESE
SPECIALTIES YOU CAN PREPARE AT HOME**

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LANNOO



TANUKI

A successful Japanese restaurant in Bruges for more than 26 years is possible only if you have a feeling for eastern philosophy, if you speak the language, if you breath Japanese as it were, and if you can rely on a good team.

Immediately after graduating from hotel and catering school, my wife Linda and I went to Japan to study the cuisine and gastronomic culture. I was already fascinated by Japanese gastronomy, partially because of the growing popularity of the cuisine nouvelle that found its inspiration in eastern cuisine with new raw materials, techniques and presentation at the table.

In Tokyo we were able to go to work immediately with Chef Tanzawa Taminori in the former kaiseki restaurant, Haku-unkaku. We immersed ourselves in the Japanese social environment because in learning the cuisine of Japan, knowledge of the language, culture and mentality is just as important as professional knowledge.

After a few years, we returned to Flanders to establish a small restaurant on the Minnewater in Bruges, that soon became too small. In 1995 we moved to our present location on the Oude Gentweg. Chef Tanzawa Taminori still selects and sends the right people to come and work for us.

Our customers have enjoyed eating here for twenty years largely - if not entirely - because of the quality and the authenticity of our cuisine. Our menu contains traditional Japanese dishes, but we also like to surprise our guests with less known dishes. This clearly appeals to 'westerners' but also to Japanese tourists who are homesick for their own cuisine.

Would you like to enjoy Japanese dishes at home? Then you can always order one of our takeaway menus. Or why not try it yourself? Armed with these handy recipes and an overview of the basic ingredients and terminology of Japanese cooking you are sure to be successful.

All the ingredients for Japanese food can be found in a supermarket, an eastern speciality shop or in the shopping nook of our restaurant. Make a selection from our assortment of various Japanese specialities, Japanese porcelain and small kitchen utensils.

Have fun cooking!

Ivan Verhelle and the Tanuki team

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鉄板焼き

TAPPANYAKI DISHES

Moyashi Itame

- SOY SPROUTS FRIED ON A TEPPAN -

INGREDIENTS

(for 4 people)

500 g of nice fresh soy sprouts
 100 g leek tops
 1 red and 1 yellow bell pepper
 50 ml peanut oil
 1 clove of garlic, cut in flakes
 10 g fresh ginger, cut into fine julienne
 10 ml sesame oil
 pepper from a mill (I use long pepper from the Japanese peninsula of Ichigaki, it is very aromatic and not too sharp in your throat)
 20 ml soy sauce
 a few roasted sesame seeds

PREPARATION

Clean and wash the soy sprouts. Pat them carefully dry in a towel.

Cut the leeks in slices of 3 millimetres. Wash them and spin them dry with a salad spinner.

Cut the bell pepper in slices.

Heat the teppan to 180 °C (or use a wok or large sauté pan). Put a dash of peanut oil on it.

Lay the garlic and the ginger on the teppan. Colour slightly and lay aside.

Fry the slices of paprika briefly with a couple of drops of sesame oil and lay them aside as well.

Fry the leeks briefly and add the soy sprouts.

Season well with pepper and sesame oil. Mix the garlic and the ginger with it.

Also add the soy sauce now.

Arrange in warm bowls or dishes and lay the slices of paprika on top.

Finally sprinkle some sesame seeds over it.

TIP

Fry the soy sprouts only briefly and while they are frying do not let them take up any moisture or cooking liquid. This prevents them from becoming limp and wilted.



Shake no Teppanyaki

- SALMON ON THE TEPPANYAKI WITH COARSE SEA SALT -

INGREDIENTS

(for 4 people)

600 to 800 g fresh salmon filets
(with skin and deboned)

5 cl peanut oil

pepper from a mill

coarse sea salt

1 fresh yuzu or lime

PREPARATION

Heat the teppan to a temperature of from 180 to 200 °C.

Cut the salmon in eight equal slices.

Put a little dash of oil on the warm teppan. Lay the salmon on it with the skin side up.

Season with pepper from a mill and a little coarse sea salt.

Turn the salmon over again carefully with a spatula once the skin side has been nicely seared. Let it fry for a while longer.

Set the temperature of the teppan a little lower and let the salmon fry until it is medium well done.

Arrange it on a warm plate.

Finish off with a little coarse salt and a quarter of fresh yuzu or lime.

TIP

Serve this dish with white rice in a separate bowl on the table.





