

Zest Quest Asia Upskill Day 13th June 2023

<https://www.apassiontoinspire.co.uk/> <https://academy.grandecuisine.co.uk/>

<https://infusions4chefs.co.uk/>

Recipes



Cyrus Todiwala – Café Spice Namaste

<https://www.cafespice.co.uk/> <https://zestquestasia.org/>

PATRANI MACCHI

Patrani machchi is a classical Parsee fish preparation and is very popular at weddings and other festive occasions. If the banana leaf is not available substitute with aluminium foil. You may also use the chutney for directly grilling the fish under a grill or, use a whole fish.

INGREDIENTS

Pomfrets	3 whole (Cut into 1 inch thick slices.) Pomfret is a flat roundish fish quite like a pompano. You can use filleted plaice or any other white fish if you like but there is no doubt pomfret is the best.
Banana Leaves	As required. (These are available in Thai or Phillipine stores and certain Indian stores)
Coconut	1 whole grated or use fine ground desiccated approximately 200 Gms. If using desiccated coconut you will have to use water when grinding in the blender. Use gradually as required, however the chutney has to be thick.
Coriander	One bunch as available in Indian stores. Not as in supermarkets.
Green chillies	Four to five
Garlic	Six to eight cloves
Cumin seeds	One heaped teaspoon
Sugar	One tablespoon
Salt to taste	
Lemon juice	One lemon but preferable use a large sized lime. You may need more depending upon your taste.

Mint One bunch again as available in Indian stores.
Turmeric ½ Teaspoon.

METHOD

Rub each slice of fish with salt and turmeric and set aside whilst you proceed with the chutney.

Grind all the ingredients into a paste using only as much water as you think the machine needs to grind, do not use too much water.

Coat each slice of the fish with the coconut chutney on either side.

Remove the stems on the banana leaves and string the sides.

Cut them into squares big enough to wrap each fish piece.

The leaves have to be warmed over an open flame to make them soft and supple.

To do this just run them over the burner or hot plate and you will see it change colour and become soft . Do not over do it, just one pass on either side is often sufficient.

Place the coated fish on the banana leaf and cover the fish with the leaf. Tie with a string to prevent the chutney from coming out.

Steam the fish till done. To steam you can preheat an oven to gas mark five or equivalent in electric. Place the wrapped fish in a flat tray, sprinkle some vinegar over the parcels, a little water and put in the oven. Malt vinegar is the preferred choice. The steaming process takes about twenty minutes.

Just before serving remove the strings. The fish is served with the banana leaf.

To avoid all the extra work wrap the fish in foil or grease proof paper and follow the same principle. However I cannot guarantee the same flavour.

Akemi Yokoyama and Jessica Sharp – Gohan London – Mizkan

[Chef Akemi](https://www.gohan.london/) <https://www.gohan.london/> <https://www.tazakifoods.com/>

Pickled yuzu daikon with amazake

INGREDIENTS

500g Daikon (Mooli)
15g Sea Salt (3% of Daikon)

50g Amazake (10% of Daikon)
2Tbsp Pure Yuzu Juice
3Tbsp Mizkan Shiragiku Rice Vinegar
2Tbsp Mizkan Honteri

MAKE AMAZAKE

Amazake is an umami rich and sweet non-alcoholic drink made with just koji-rice and water. Complex flavour of sweetness with rich umami, amazake can be substituted or used in addition to other sweeteners.

100g Dried Rice Koji
150ml Water

1. Add all ingredients in a sous vide container, or vacuum bag, seal loosely. Rice expands by up to 20%. Maintain 58°C for 8 hours for saccharification f.
2. Store amazake in fridge. Enzymes will continue to breakdown rice further in the fridge. Consume within 1 week.

PICKLING

1. Peel skin of daikon, cut into 5cm blocks, then cut vertically into 1cm sticks. Cutting daikon along with the fibre maximizes the crunchy texture.
2. Draw water out of the daikon. In a medium bowl, sprinkle sea salt and shuffle with hands few times. Leave for 15 min. With both hands, squeeze the water out of the cucumber as much as possible
3. Add the rest of the ingredients and the daikon in a Ziploc bag, push the air out of the bag. Store in the fridge. Ready to eat after 1 hour but it will improve overnight

Japanese Pickled Cucumber

INGREDIENTS

1	Cucumber
1 tsp	Sea salt
2Tbsp	Soy sauce
2Tbsp	Sugar
2tsp	Mizkan Shiragiku Rice Vinegar
5g	Ginger, thinly sliced and cut into fine strips
1	Chili, chopped
A pinch	Salted Shredded Kombu

PREPARATION

1. Cut cucumber in half lengthwise, remove the soft flesh with a tea spoon.
2. Cut into 1cm chunks
3. Draw water out of cucumber. In a medium bowl, sprinkle sea salt and shuffle with hands few times. Leave for 15 min. With both hands, squeeze the water out of the cucumber as much as possible.

PICKLING

1. Add the cucumber, soy sauce, vinegar, sugar and ginger to a saucepan. Bring to a boil over medium heat, keep stirring to cook for 30 seconds.
2. Strain the sauce and cool down the cucumber and sauce separately to prevent the cucumber from overcooking.
4. When cooled, combine the cucumber and sauce, add chopped chili and shredded salted kombu. Transfer the mixture to a Ziploc bag, push the air out of the bag. Store in the fridge. Ready to eat after 1 hour but it will improve overnight.

Chicken Namban Zuke

INGREDIENTS

300g	Skinless Chicken Thighs
350ml	Dashi*
200ml	Rice vinegar
50ml	Soy sauce
50ml	Mirin
50ml	Maple syrup (or sugar)
30ml	Ginger (skin removed)
1	Medium onion
1	Red pepper
2	Red chili
60ml	Katakuriko (potato starch powder)
	Sunflower oil for frying

*Dashi is a Japanese stock that is important for the depth of umami. You can make dashi in several ways. The easiest is to use the dashi powder (simply add to water to make dashi) or the dash sachets (boil the sachets with natural ingredients in water to make dashi). Follow the manufacturer's instruction for each product to make 350ml dashi stock.

1. Make dashi vinegar sauce by adding vinegar, soy sauce, mirin, maple syrup to dashi stock. Blend well.
2. Prepare vegetables. Slice onion very thinly. Slice ginger very thinly and cut into fine strips. Cut red pepper in half and remove the core, then cut into 1cm strips. Remove the seeds from red chilli and slice thinly. Put them aside.
3. Prepare Chicken
 - Cut chicken into small bite size.
 - Coat the chicken pieces in katakuriko by shuffling them by hands several times in a bowl.
4. Deep fry chicken at 180°C for 3-4 minutes or until cooked and the skin gets very hard and crispy. Rest the cooked chicken on a rack or on kitchen towel to absorb excess oil.
5. Add the dashi vinegar sauce in a container, add the chicken first. Add the onion, ginger, red pepper and chilli on top, cover with a clingfilm and gently press down. Store in the fridge for 2 hours to overnight.

[Chef Jessica Sharp](#) <https://www.mizkan.co.uk/>



やがて、いのちが変わるもの。

BRINGING FLAVOUR TO LIFE

**AT MIZKAN WE HAVE A VERY SIMPLE AIM, TOCRAFT JAPANESE
VINEGARS AND SEASONINGS THAT BRING FLAVOUR TO LIFE.**

Pioneering creativity has been at the heart of the Mizkan story since 1804. Our beginnings start with our founder, a humble sake brewer. He started making vinegar with leftover lees from sake brewing, creating richer umami flavours with tangy acidity that harmoniously balanced with sushi rice and cooking ingredients. Even today, through 9 generations, the Nakano family continues to craft ingredients that embody true Japanese flavours.

TOGETHER WITH YOU THE CRAFT CONTINUES.



MIZKAN PRODUCT AVAILABILITY
<https://www.mizkanchef.com/en/distributors/>

Shiragiku 1.8L



Wholesalers;
[JFC](#)
[Tazaki Foods \(UK\)](#)
[Wismettac Harro Foods \(UK\)](#)

Yuzu Ponzu 1.8L



Wholesalers;
[JFC](#)
[Hyperama Wholesale / JK Foods UK](#)
[Wood Foodservice](#)



Honteri 1.8L



Wholesalers;
[JFC](#)
[Tazaki Foods \(UK\)](#)
[Wismettac Harro Foods \(UK\)](#)
Also available at most Asian supermarkets
in 275ml and 568ml bottles.
<https://www.mizkanchef.com/en/japanese-ingredients/kitchen-essentials/>



Lamb Yakitori with Yuzu Ponzu Chimichurri

Grilled tender lamb skewers marinated in the Shiragiku for softness, serve with a fresh aromatic citrus Yuzu Ponzu Japanese style green chimichurri.

Ingredients

100x Lamb shoulder 1cm dices
10g x Yuzu Ponzu
10g x Soy sauce
10g x Shiragiku
10ml x Thickened Yuzu Ponzu gel
50g x Yuzu chimichurri (recipe on page below)

Directions

1. Mix the lamb shoulder with soy sauce and Shiragiku and leave to marinate for 12 hours.
2. Skewer the lamb onto wooden sticks.
3. Grill on each side until browned and slightly pink in the middle.
4. Glaze with Yuzu Ponzu gel.
5. Serve with the Yuzu chimichurri.



Yuzu Ponzu Chimichurri

Ingredients

100g x Brown onion
100ml x Olive oil
10g x Long green chili
8g x Garlic clove
5g x Fresh ginger
100g x Coriander
100ml x Yuzu Ponzu
20ml x Shiragiku
50g x Coriander fresh
25g x Mint picked
Salt to season

Directions

1. Slice the brown onion and place into a pan with oil.
 2. Place onto a high heat and cook whilst stirring until the onions begin to brown – this should take around ten minutes.
 3. Peel the garlic then chop along with the ginger and green chili. Add this to the pan and cook for 30 minutes.
 4. Remove from the heat and leave to cool before adding the Yuzu Ponzu and Shiragiku.
 5. Blend until chopped and let it cool down completely.
- Once cold, blend through the herbs.



Sea Bass Crudo with Yuzu Ponzu Dressing

Fresh sea bass served raw, slightly pickled with the flavors of Yuzu Ponzu and sesame. Perfect as a light starter on a Japanese fusion menu.

Ingredients

100g x Seabass
100ml x Yuzu Ponzu dressing
4g x Micro herbs
Yuzu Ponzu Dressing
250ml x Yuzu Ponzu
50ml x Toasted sesame oil
50g x Fresh coriander stalk
5g x Fresh hot chili

Directions

1. Thinly slice the seabass and lay onto a plate to create a rounded shape.
2. To make the dressing, finely slice the chili and the coriander stalks and then mix all ingredients together.



Mochi Donut Balls with Matcha, Miso & Sesame Glaze

Ingredients

1 tsp x Baking powder
200g x Glutinous rice flour
50g x Plain flour
50g x Caster sugar
5g x Butter room temp
Pinch of salt
250ml x Hot water
Frying oil



Honteri Matcha Glaze

100ml x Honteri, 6tbsps x Icing sugar, 2tbsps x Corn flour, 1/2tsp x Matcha tea powder

Honteri Miso Caramel

150ml x Honteri, 1tbsp x White miso, 60ml x Double cream, 50g x Brown sugar
Heat the Honteri in a heavy bottom pan at a medium heat until it reduces by half before adding in brown sugar and miso to dissolve. Turn off the heat and then add the cream and stir to make the caramel sauce.



Mochi Donut Balls with Matcha, Miso & Sesame Glaze

Directions

1. Add both flours, sugar, baking powder and salt – mix well and then add the softened butter to a large bowl.
2. Then slowly add hot water and mix with a spatula until everything is nicely combined. Leave this to rest for an hour covered with cling film.
3. Cut the dough into 8g pieces and roll into equal balls.
4. Deep fried these in hot oil, making sure they are evenly brown, drain on blotting paper and leave to cool ready for decorating.
5. Whisk the glaze ingredients together. Dip each ball (while they are still warm) into the glaze.

Place them onto a rack as excess glaze drips down and sprinkle with sesame seeds. Leave the glaze to set then serve with ice cream or just on their own

Mark Poynton – owner MJP Restaurants

<https://www.mjprestaurant.com/> <https://www.mjpatcaistorhall.co.uk/>

<https://www.hnwines.co.uk/>

Halibut, fennel, brown shrimp, seaweed

Components

Halibut x 100g per 2 people
Parsley and lemon mousse x 50g per 2 people
fennel puree
fennel and Shallot reduction
cucumber and brown shrimp
dill oil
seaweed sauce

seaweed butter

1kg butter
250g wakame powder

Blend in robo coupe, set and cut in cubes.

Fennel puree

6 fennel bulbs finely sliced.
1 cauliflower finely chopped.
1 tsp fennel seeds
Flat leaf parsley
Chervil
Lovage leaves
Cream
Horseradish vinegar

Sweat fennel until soft, add fennel seeds and cauliflower. Add water and cream to cover and cook until all is soft, blend and add herbs to achieve a bright green colour, chill over an ice bath. Season with vinegar.

Seaweed sauce

750ml fish stock
100g shallots, sliced
100g button mushroom, sliced
800g white wine
1 litre cream
Seaweed Butter

Sweat shallots and mushrooms for 5 minutes before adding wine, reduce by 1/3, add fish stock and reduce by half. Pour in cream and reduce till coats spoon, strain. To order monte butter fill sauce consistency, season.

Fennel and Shallot reduction

1kg fennel, finely chopped.
1kg shallots, finely diced
100g garlic, minced
1 litre white wine

Sweat down shallots, fennel and garlic, making sure not to colour. Add liquid and cook on a medium heat with a cartouche until dry but making sure not to colour. Season.

Halibut

Brine 10%

Halibut whole 4/5kg fish

Prep fish, keeping bones for stock and trim for mousse. Place fillets in brine for 5min, wash and wrap in cloth to dry.

Fish mousse

400g Halibut trim

6g salt

200g double cream

Place trim in paco container and freeze. Add salt and Spin 3 times before passing and then beating in cream.

Flat leaf parsley, chopped.

Lemon zest

Add the above to the mousse, add 50g on top of each portion and wrap tightly in cling film, reserve.

Cook at 75c for 6 to 7 minutes, carve in to 2 portions.

James Read – Tilda Rice

<https://www.tilda.com/>

Tilda Garlic & Mushroom Rice



Ingredients

- 250g Pure rice pouch or two cups Tilda easy cook basmati (with 4 cups of water)
- 2 tbsp sesame oil
- 6-8 garlic cloves, garlic pressed

- 2 spring onions, chopped (keep white and green part separate)
- 200g or 2.5 cups of mushrooms sliced.
- 3 tbsp of soy sauce
- 2 tbsp of sriracha sauce
- ½ tsp black pepper

Instructions

1. Cook the rice, 2 cups rice with 4 cups of water.
2. Heat the sesame oil in pan on medium heat. Once hot, saute the garlic and spring onions until golden brown.
3. Then add in the sliced mushrooms and stir-fry them on high heat for around 2 minutes.
4. Once the rice is cooked, toss it into the pan. Add in the soya sauce and sriracha and mix them well
5. Season with the green part of spring onions and black pepper and salt if required.

Mango Rice Pudding with Fragrant Tilda Jasmine Thai Hom Mali Rice and Desiccated Coconut



INGREDIENTS

- 150g Tilda Fragrant Jasmine Rice

- 25g caster sugar
- 140ml milk
- 160ml coconut cream
- 50ml double cream
- 1 small mango, diced (approx. ½ inch cubes)
- Toasted desiccated coconut (optional)

METHOD

- 1) Bring a pan of water to the boil and stir in the rice. Return to boil, cover and simmer for 9-10 minutes. It is best kept as 'al dente'. Drain in a colander.
- 2) Add the drained cooked rice to a saucepan, along with the milk and coconut milk and heat over on a medium setting and stir as it heats up. It will start to thicken.
- 3) Keep gently heating until it thickens. Check the rice is cooked through, then add the cream to finish the pudding. If still a little too thick, add more milk until you have the desired consistency. Add the sugar and stir through.
- 4) Serve in suitable dishes, and add the diced mango on top of the pudding.
- 5) Optional garnish, sprinkle with toasted desiccated coconut. This can be done in a dry frying pan over a low heat until toasted to a light brown colour.

Culinary Legend Willie Pike

Always inspiring and creating – a wonderful Culinary adventure for lecturers and students – log on to this great website and start your journey www.schoolofpulledsugar.com and recipes [Culinary legend Willie Pike's Recipes](#)