



Japanese  
Cook Book



## INGREDIENTS

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- 160 ml dashi stock
- 10 gr miso paste
- 2 gr hondashi
- 10 gr Japanese tofu
- 5 gr slice leek
- 5 pcs asahi (clam)
- 2 gr wakame



## PREPARATION

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Pouring dashi stock, miso paste and hondashi , after boil put asari (clam), Place slice leek, japanese tofu and wakame in a serving bowl then pouring soup that already cook with the clam.



# Asari Miso Soup

Miso Soup Garnished  
with Clams and Leek

# Negima Yakitori

Chicken Leg & Leeks  
Skewered.  
Grilled on Barbecue



## INGREDIENTS

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- 100 g chicken leg
- 30 g leek
- 2 pcs sate stick
- 10 ml cooking oil
- 20 ml yakitori sauce



## PREPARATION

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Cut the chicken leg cube bigger size and leek become lengthwise, take bambop skewer and stick chicken leg and leek.

## FINISHING/PLATING

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Grill negima yakitori until half cooked and then basting for 3 times until cooked.  
Served in terracotta plate.

# California Roll and Nigiri



## INGREDIENTS

### Awase sauce (for sushi rice)

- 180 ml rice vinegar
- 140 gr sugar
- 250 gr salt
- 5 gr konbu (dry seaweed)

Pouring rice vinegar, salt, sugar, konbu into the pan then heat it on low heat, keep stirring until the sugar, salt dissolves, then turn off the heat. Awase sauce is ready to use.

### Sushi rice

- 1 kg rice
- 300 ml awase sauce

Cook 1 kg of rice with 1 liter of water, after the rice is cooked put hot rice in hangiri (Japanese rice tray) stirring in a tray then add awase sauce slowly then stir until smooth then cool, the sushi rice is ready to use.



Note: during the process of mixing rice with awase sauce, the rice must be in a hangiri so that the rice and sauce can blend together.

### Nigiri sushi

- 20 gr sushi rice
- 10 gr salmon fresh
- 5gr wasabi
- 5 gr gari pickle

Slice fresh salmon for about 10-15 gr then put it in your left hand, after that shape the sushi rice becomes round about 8-10gr then add on top of the salmon slice that you are holding.

Press gently until the surface of the sushi rice is covered by salmon slices and form a circle. Salmon nigiri is ready to be served with wasabi, gari sushi, shoya sauce as a companion.

### California roll

- 80 gr Sushi rice
- 20 gr tobiko (flying fish roe)
- 30 gr salmon fresh
- 5 gr slada
- 15 gr slice avocado
- 10 gr mayonnaise
- 1 pcs nori
- 20 gr cucumber slice

First put nori on top of makisu, then take sushi rice put on top of nori until all nori surfaces are covered with sushi rice, after that flatten the tobiko on top of the sushi rice until the sushi rice is covered in tobiko

Flip the nori that contains sushi rice so that the surface of the nori is above. Put mayonnaise, lettuce, salmon, avocado, cucumber on top of the nori then roll gently using makisu until it becomes a box or round.

Cut into 8 pcs or 6 pcs. After cutting, prepare a plate with wasabi, gari, shoya sauce as a companion.

# Agedashi Tofu

## Crispy Fried Tofu and Tendashi



## INGREDIENTS

- 120 g tofu
- 30 g katakuriko
- 50 ml tendashi sauce
- 30 g daikon
- 10 g ginger
- 5 g spring onion
- 2 g pepperomia
- 50 ml sunflower oil

### Tendashi Sauce

- 400 ml Dashi stock
- 100 ml mirin
- 100 ml usukuchi shoyu

Boil dashi stock, then add mirin and usukuchi shoyu, heat until just boil and take out from the heat.



## PREPARATION

Cut the tofu into 3 pcs with same shape and weight, coat the tofu with katakuriko flour and fried in the medium heat oil until the coat get crispy and mild golden brown color, take out the tofu from the oil and let it dry.

## FINISHING/PLATING

Plate the tofu in the bowl, put the grated daikon and ginger on the side, pour the tendashi sauce and garnish with slice spring onion and pepperomia.

# Gyu Teriyaki

Beef in Teriyaki Sauce



## INGREDIENTS

- 160 g beef strip loin
- 20 gr katakuriko
- 50 ml teriyaki sauce
- 20 gr daikon
- 30 gr cucumber
- 30 gr carrot
- 10 gr spring onion
- 2 gr sesame seeds

Dust the beef with katakuriko, sear the beef in the pan with some oil, glazed with teriyaki sauce.



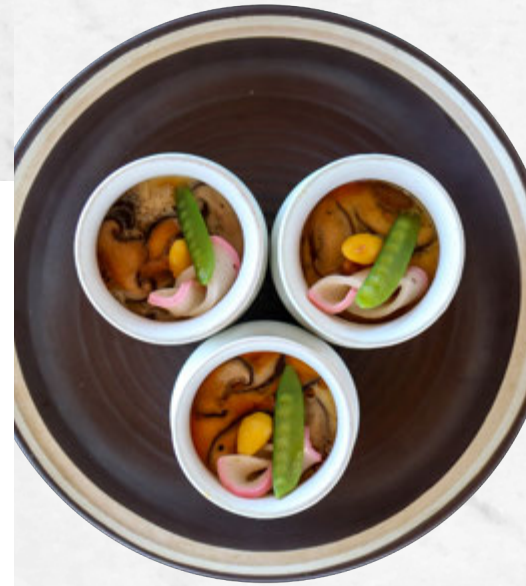
## Teriyaki Sauce

- 400 ml sake
- 400 ml mirin
- 300 ml koikuchi shoyu
- 100 ml tamarin shoyu
- 120 ml sugar

Boil sake and mirin reduce it until flambé continue to cook until fire disappears add koikuchi shoyu, tamarin shoyu add sugar and cook until thick, cool it and then keep in the chiller.

## FINISHING/PLATING

Serve on the plate with mix daikon, cucumber and carrot salad.



# Chawanmushi

Steamed Egg Custard,  
Crab Meat  
and Poached Shitake



## INGREDIENTS

- 500 ml dashi stock
- 4 pcs egg
- 10 ml mirin
- 10 ml sake cooking
- 15 ml shoya sauce
- 2 gr salt
- 4 slice kamaboku (fish cake)
- 2 pcs shitake
- 4 pcs ginkgo nuts
- 80 gr chicken leg
- 4 pcs oba leaf



Pouring dashi stock, egg, mirin, sake, shoya sauce, salt to one bowl and stir all the ingredients until smooth and strain.

Arrange the pieces of chicken leg, ginkgo nuts, slice shitake & kamaboku into a ceramic bowl, heat the steamer and steam chawanmushi for 10 minutes.

## FINISHING/PLATING

After chawanmushi is steam for 10 minutes, the chawanmushi is ready to be served with a little extra shoya sauce on top and boil oba leaf.



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