

## **EASY PEASY JAPANESEY DAIRY FREEZY FEAST**

Serves 4, takes 45 minutes, plus chilling and marinating time

### **Sesame (goma-ae) spinach**

- \* Spinach - 400g
- \* Sesame seeds - 3 tbsp
- \* Soy sauce - 3 tbsp
- \* Mirin - 3 tbsp
- \* Sesame oil - a glug

Place all the spinach into a large saucepan and pour over a freshly boiled kettle of water. Immediately turn the spinach into a colander to drain and leave to cool.

Heat a large frying pan over a medium high heat. Toast the sesame seeds for a few minutes in the hot pan, shaking the pan occasionally to turn the seeds, and trying not to throw them all over the floor. Once the seeds begin to colour (and smell DELICIOUS) pour them onto a sheet of baking paper. Be careful not to burn them as this can happen quite quickly. Use the baking paper to funnel the toasted seeds into a pestle bowl, and grind the seeds to a rough powder. It's easier to do this in a couple of batches.

In a large bowl, combine the soy, mirin, sesame oil and ground sesame.

Once the spinach is cool enough to handle, squeeze as much water as you can from the leaves. Then toss the spinach in the sauce and place in the fridge to infuse for a couple of hours, if you can.

Serve at room temperature with a sprinkling of toasted sesame seeds.

### **Mackerel dengaku (miso glazed mackerel)**

- \* Soy sauce - 3 tbsp
- \* Mirin - 3 tbsp
- \* Sugar - 1 1/2 tbsp
- \* Cooking sake - 1 1/2 tbsp
- \* White miso paste - 3 tbsp
- \* Mackerel - 8 filets

Preheat the oven grill to a high temperature.

In a small pan, mix the soy, mirin, sugar, sake and miso. Bring to a simmer and cook for a few minutes, stirring often.

Lay the mackerel filets out on a large baking tray lined with tin foil, skin side down. Pour the sauce evenly over the fish, coating each filet. Place under the grill and cook for five minutes, until the fish is just cooked through. Serve immediately.

### **Perfect sushi rice**

- \* Japanese short grain rice - 1.5 cup
- \* Sushi seasoning - 80 ml (or make your own by boiling up 4 tbsp of rice vinegar, 2 tbsp sugar and 1 tsp salt).

Start by washing the rice. Place the rice in a large bowl and cover with cold water. Swirl the rice around with your hands for about 10 seconds, then drain the rice. Repeat this process four or five times, then soak the rice in cold water for 30 minutes.

Drain the rice for 5 minutes.

Place the rice in a heavy based saucepan with 1.75 cups water over a high heat. Cover and bring to the boil. As soon as the water starts to boil (take a sneak peak under the lid) reduce the heat to low medium and leave for 12 minutes. Don't be tempted to take off the lid. Then remove the pan from the heat (without taking the lid off the pan, again) and leave to steam for a further 10 minutes.

Break up the rice using a large spoon (a rice paddle, if you're fancy enough to have one), working in circular, folding motions. Pour the seasoning over the rice and fold in. Serve immediately or place a tea towel over the pan and set aside for later.

### **Matcha Coconut ice cream with black sesame, honey and peanut sticky tuiles**

For the ice cream

\* *Coconut milk - 1 can, 400ml, ideally refrigerated in advance*

\* *Icing sugar - 5 tbsp*

\* *Matcha powder - 1 tsp*

For the black sesame tuiles

\* *Honey (comb) - 1/3 cup*

\* *Raw peanuts - 1/3 cup (or 1/4 cup ground peanuts)*

\* *Black sesame seeds - 1/2 cup*

\* *Sea salt - a pinch*

Ideally start by placing a 1 litre tupperware box in the freezer to chill for half an hour.

Sift the icing sugar into a large bowl with the chilled coconut milk. Add the matcha powder and whisk for a couple of minutes.

Pour into the chilled tupperware box and place in the freezer. After an hour, remove the ice cream from the freezer and whisk thoroughly with a fork. Repeat every half an hour for the next couple of hours, each time being sure to incorporate all the outer frozen crystals into the centre. You should finish with a smooth, whipped ice cream. Remove from the freezer 15 minutes before serving to allow the ice cream to soften.

For the tuiles: melt the honey or comb in a small saucepan over a low heat.

If using whole peanuts, blitz them in a blender to a rough powder.

Add the sesame seeds, peanuts and a pinch of sea salt to the melted honey and stir to combine. It will be very sticky.

Spoon the mixture onto a sheet of baking paper. Place another sheet of baking paper over the top and use a rolling pin (or a wine bottle) to flatten out the mixture. It should be a few mm thick.

Carefully peel off the top layer of paper and use a sharp knife to cut the mixture into cookie sized squares and triangles. Rinse the knife, then carefully remove each tuile from the baking parchment and place lightly on a fresh sheet of parchment (they will be less likely to stick permanently to the paper if you do it this way). Leave to set for a couple of hours. Store in an airtight container, they'll keep.

Serve a couple of tuiles with a scoop of ice cream.