

# FLOWER CRAB, HOKKAIDO UNI, MITSUBA



**SERVES 6-8 BOWLS**

## INGREDIENTS

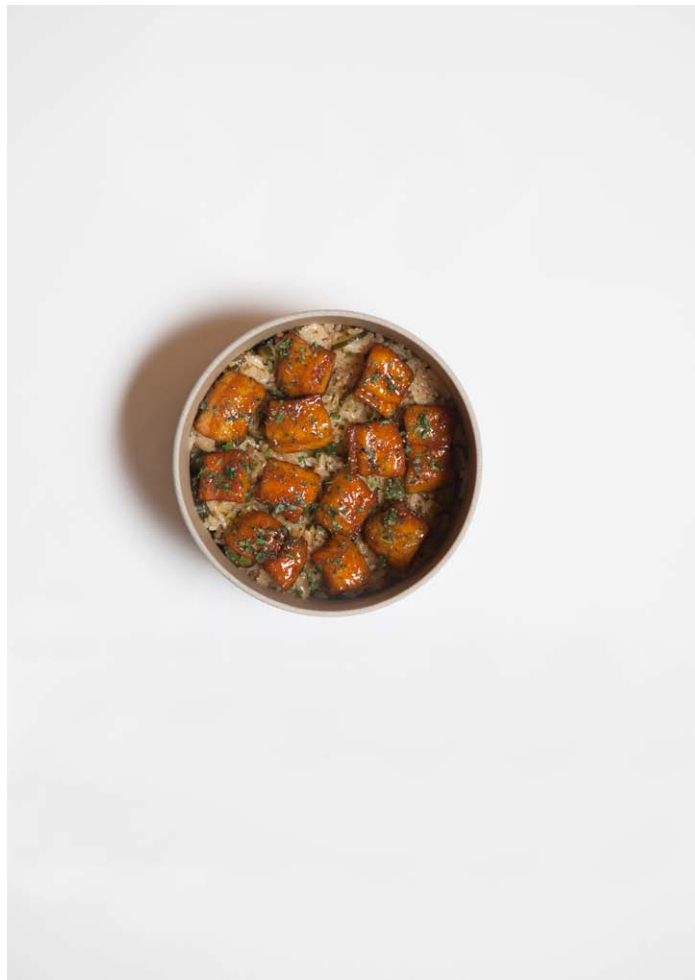
- 1 live flower crab (350-450g live weight)
- 40g fresh hokkaido uni tongues
- 5g finely chopped mitsuba stems
- 3g white unroasted sesame oil
- 2g fresh lime juice
- Zest of ½ sudachi
- Sea salt, to taste

## METHOD

Boil the live flower crab in water that is just barely simmering for 8 minutes. Remove the crab from the water and cover with a damp towel, until just cool enough to handle. While the crab is still warm, methodically remove all meat from the crab. Try and keep the pieces as chunky as possible, ensuring to discard the gills and being careful of any small shards of shell. Keep the main shell intact for presentation. Once all meat is completely removed, double check for shells. You should be left with somewhere between 90-120 grams of meat, depending on how thorough you are.

In a cold medium stainless mixing bowl, mash 30 grams of the uni with the back of a spoon, reserving the nicest looking tongues as garnish. Add the white sesame oil and mix. Add the crab, mitsuba, sudachi zest, lime and salt and gently fold in to the uni, as to just coat but not break up the crab too much. Gently pile the mixture on to the empty crab shell in approximate bite size pieces, so that when it is eaten it feels light and airy. Garnish with the reserved uni tongues and place on a bowl of crushed ice.

# UNAGI CHIRASHI



**SERVES 6-8 BOWLS**

# INGREDIENTS

- 1 whole fileted eel
- 1 Japanese cucumber
- 2g Japanese sansho
- 2g fresh kinome leaves 3
- 3g roasted sesame seeds

**UNAGI TARE**

- 900ml sake
- 450ml tamari
- 900ml mirin
- 300ml soy
- 450ml water
- 100g zarame sugar
- 300g roasted eel bones

**SUSHI VINEGAR**

- 625ml yusen vinegar
- 300ml chinkiang vinegar
- 125g sugar
- 90g salt
- 175g maple syrup

**RICE**

- 1l sushi rice

# METHOD

**UNAGI TARE**

Roast the eel bones until deep golden brown. Combine sake and mirin, heat over medium flame and torch it to burn off the alcohol. Add the zarame sugar and roasted eel bones and cook for 1 hour over low heat until reduced by approximately one third. Cover the bones with water and continue to simmer for an additional 20 minutes. Add both tamari and soy sauce and cook over low heat for 10 minutes, remove from heat and cover.

**UNAGI**

Place the eel (cut into two or three pieces depending on the length of the eel) in a large vacuum bag along with 250 ml cold unagi tare. Seal on high and cook in a water bath at 63C for 80 minutes. Remove from water bath and chill immediately in ice water. When cold, remove the skin and cut eel into small dice (approx 1.5 cm x 1.5 cm).

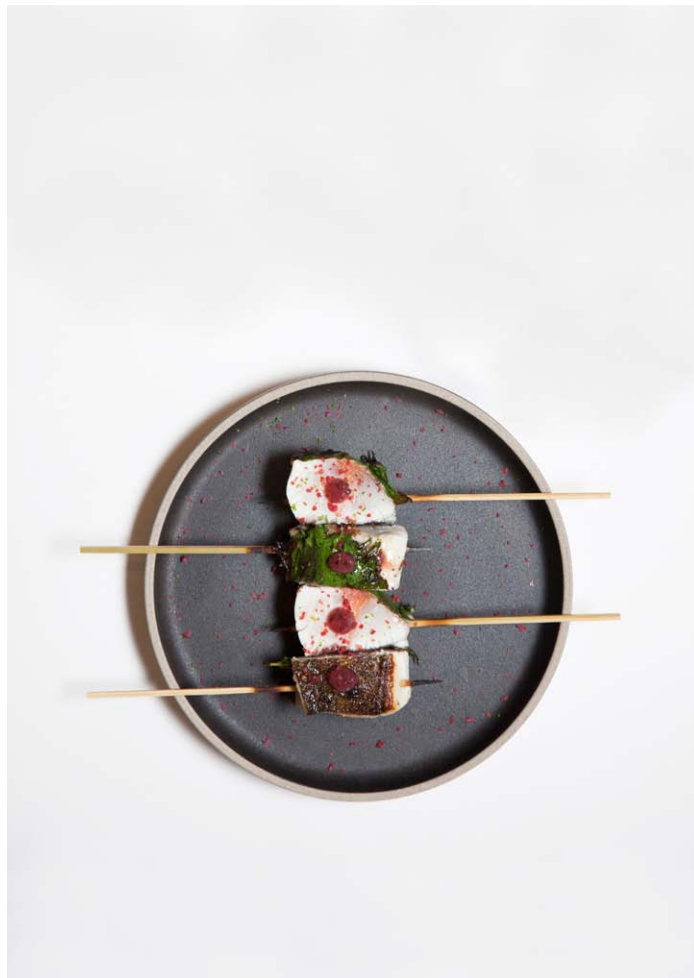
**SUSHI VINEGAR**

Dissolve the salt and sugar in the vinegars and combine with the maple syrup.

**ASSEMBLY**

Wash and cook sushi rice. Season the cooked rice with the sushi vinegar. Glaze the bite sized eel with unagi tare in salamander or broiler. Mix tosazu pickled cucumber, freshly ground sesame, sansho and kinome into the warm sushi rice and add unagi tare to taste. Place one portion of rice in bowl and top with the glazed pieces of eel. Spoon reduced tare over the eel. Garnish with kinome leaves and freshly ground sansho.

# KANPACHI, MENTAIKO, UME, SHISO



**SERVES 6-8 BOWLS**

## INGREDIENTS

- 200g kampachi amberjack
- 30g mentaiko cured cod roe
- 15g umeboshi paste
- 2 shiso leaves
- White sesame oil
- Sake
- Sea salt
- Bamboo skewers
- Dried umeboshi
- Sudachi zest and juice

## METHOD

Cut the kampachi amberjack fillet into two 100 gram square pieces, with the skin intact. Cut  $\frac{3}{4}$  through the flesh side and slather 15 grams of cod roe onto each piece. Spread 5 grams of umeboshi paste on the flesh side, using the paste to adhere one shiso leaf to each piece of fish. Place two bamboo skewers into the fish on either side with enough room to cut between and have the fish balanced over the charcoal. Brush all sides of the fish and shiso with white sesame oil and season with salt. Place the sake into a spray bottle and mist the fish. Begin grilling the fish skin side down; once the skin is golden, turn on each smaller side, finishing with the front with the shiso leaf. Continuously spray with sake as to not burn the shiso. Cooking to medium, where still pink in the center, should take approximately 3-4 minutes. Cut down the center and garnish with a sprinkle of dried umeboshi and sudachi juice and zest.

# PORK, SAKURA LEAVES, PICKLED CHERRY



**SERVES 6-8 BOWLS**

## INGREDIENTS

- 1 bone in kuro buta pork chop
- 20 salted sakura cherry blossom leaves
- 150ml amazu sweet vinegar
- 10 pieces slightly unripe golden cherries
- Sea salt
- Sakura leave infused sake
- White sesame oil

## METHOD

Wrap the pork chop with the sakura leaves and vacuum seal – the salt from the leaves will slightly cure the pork. Remove the pork from the bag, brush with white sesame oil and spray with sake infused with the cherry blossom leaves. Grill the pork over charcoal, spraying with the sake regularly as to not completely burn the leaves. Cook 3-4 minutes per side and let rest. Remove the cooked sakura leaves from the pork and season again. The pork should be slightly pink in the center. Slice into 2cm pieces and arrange on top of the fresh sakura leaves. Garnish with the pickled cherries. To pickle the cherries, slightly heat up the sweet vinegar and pour over the fresh deseeded cherries – they will be ready after 1 hour.