

## Shojin Cooking Recipes

Kakuho Aoe from Ryokusenji Temple Tokyo Japan

### \*\*\*\*\* Soybean-dashi \*\*\*\*\*

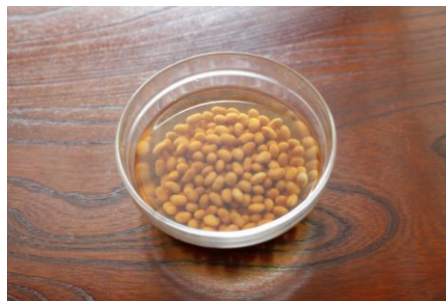
#### <Ingredient>

Water...1Litter

Dry Soybeans...150g

#### How to make

- 1) Place the soybeans in a sauté or frying pan and over medium heat.
- 2) Roast the soybeans while shaking the pan and it should not be burn.  
The sound of soybeans changes from rattling to heavy rolling. Sounds will become a light rattling sound again then it will be ready.
- 3) Boil water (turn off the heat) then, add sauteed soybeans little by little. Leave for half a day.
- 4) Strain the liquid. This will be the soybean dashi. Reserve the soy beans.



### \*\*\*\*\* Soybean miso soup (for 2 people) \*\*\*\*\*

#### <Ingredient>

Soybean-dashi...400cc

Miso\*...2 tablespoons

Tofu (silk or soft) ...1/4 block (Approx. 90g)

Deep fried tofu skin...1/2 piece

#### How to make

- 1) Dice the tofu. Parboil the fried tofu in water then cut into strips.
- 2) Put soybean-dashi in a pot on medium heat.
- 3) Before boiling, turn off the heat, dissolve the miso and add both type tofu.
- 4) Start low heat and turn off before boiling again and serve it.



\*Any kind of Miso can use however, different type of miso has vary % of salt. Please adjust amount of Miso

**\*\*\*\*\* Amakara Soybeans\*\*\*\*\***

\*This is the left-over soybeans from soybean-dashi.

**<Ingredient>**

Soybeans...200 g  
Potato starch... 2 tablespoons  
Salad oil... 2 tablespoons  
Soy sauce... 2 tablespoons  
Sugar...2 tablespoons  
Aonori...pinch

**how to make**

- 1) Dry the water off the soybeans on paper towels and sprinkle them evenly with potato starch.
- 2) Heat salad oil in a frying pan over medium heat, add the dried soy beans and fry for about 5 minutes while shaking the frying pan.
- 3) When the surface of the soybeans becomes crispy and browned, turn off the heat, add soy sauce and sugar, heat again, and mix well.
- 4) Put on a plate and sprinkle with green seaweed

\* Can be stored in a storage container for 4-5 days.

**\*\*\*\*\*Steamed turnip (for 2 people) \*\*\*\*\***

**<Ingredient>**

Turnip\* 2 pieces (400g with leaves)  
Yam potato...50g  
Potato starch...1 tablespoon  
pinch of salt  
Kelp stock\*\* 100 cc w light soy sauce...2table

spoons

Dissolve potato starch in water\*\*\*



\*White or Yellow or Purple Turnip

\*\*Kelp Stock

Kelp...Size L 15cm x W7cm

Water...500ml

Add kelp into cold water for 7 or 8 hours. Then, starts to warm the stock very slowly low heat. Once you see small bubble in surface, stop heat, take out Kelp from the water.

\*\*\* Dissolve potato starch and water are same amount

**how to make**

- 1) Wash the turnips well, separate the stem and leaves from the turnip (cut bottom of stem and reserve). Grate the turnip with the skin on, and place in strainer. Strain off any liquid from the turnip and reserve for later use. .Grate the yam into a heat resistant bowl.
- 2) In the bowl mix well the grated turnip, yam and 1 tbsp potato starch with a pinch of salt and put in a heat resistant dish.
- 3) Sprinkle with a pinch of salt the bottom part of the stem. Steam the turnip and yam mixture for 5 minutes then add the bottom part of stem to the turnip-yam mixture and steam for another 15 minutes. Keep warm.
- 4) Quick blanch the top part of the turnip stems and leaves in boiling water, drain well and soak in kelp stock for about 15 minutes.
- 5) Put turnip water in a pot and put it on medium heat. When it boils, reduce the heat to low, carefully to remove the harshness, add light soy sauce while checking the taste, and thicken with water-soluble potato starch\*\*.
- 6) Serve the turnip-yam mixture in it heat resistant dish and add turnip sauce on the top and decorate the soaked leaves and stem bottoms

**\*\*\*\*\* Homemade deep-fried tofu with vegetable sauce (for 2 people) \*\*\*\*\***

**<Ingredient>**

1/2 block of tofu  
Appropriate amount of leftover vegetables.  
10g..Carrot skin  
10g..asparagus skin, bottom  
2 peas  
1 sheet of kombu left over from Konbu dashi\*  
pinch of salt  
1 tablespoon salad oil  
Potato or corn starch dissolved in water (1 tablespoon water plus ½ tbsp potato starch)



**\* Konbu dashi**

3/4 cup (150ml) kombu dashi  
1 teaspoon mirin  
1/2 teaspoon light soy sauce

**how to make**

- 1) Take off all water with Kitchen paper. Cut the tofu into easy-to-eat pieces and fry slowly in oil (not listed) at 170°C. Set aside.
- 2) Cut the leftover vegetables into thin strips, add vegetable oil, and sauté it until tender with medium heat until brown color.
- 3) Add the vegetables to the konbu dashi and thicken with potato or corn starch water and pour it over fried tofu in a bowl.