

*Japanese traditional flavor
from Japan to
all over the world*

TERIYAKI FISH

*Japanese people call it
"TSUKUDA-NI"*

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TSUKUDA-NI means fish cooked in soy and sugar. This cuisine originated as a preservation method, developed by the wisdom of fishermen who understood the nutritional value of fish. The sweet and salty taste of tsukudani goes perfectly with rice, and today is indispensable to the Japanese dinner table. People from overseas find the taste similar to teriyaki and often refer to it as "teriyaki fish."

Since 1924, HIRAMATSU SEAFOOD COMPANY has been making traditional Japanese tsukudani (fish boiled in soy sauce) in Toyohashi City of Aichi Prefecture, a city blessed with an abundance of produce from both land and sea as well as fresh and clear water, and they have been striving each day to ensure that the traditional foods of Toyohashi are kept alive in the modern era.



NISHIN is herring, a small oily silver-skinned fish. Nishin is full of Omega-3, Vitamin D, DHA, and EPA. Herring is abundant with cancer-reducing effects and is a common staple in Nordic and Jewish cuisine. It can be pickled or cured. In Japan nishin is commonly grilled with salt, or in preserved form, tsukudani, nishin is eaten over white rice.

Nishin Recipes by Jimmy Lappalainen

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Chef Lappalainen

Jimmy Lappalainen grew up in a small town in southern Sweden. At the age of 16 Chef Lappalainen moved to Gothenburg to pursue a career in food. After graduating at the top of his class, he landed jobs in the finest restaurants in Gothenburg, Germany and then Spain.



In 2000 Chef Lappalainen took an offer to train in New York's Aquavit under Marcus Samuelsson. Chef Lappalainen, made his first and lasting culinary impression in the New York restaurant scene. He moved on to work at the prestigious Fredrick's lounge. Chef Lappalainen is currently the executive chef at Riingo. He creates modern menus that fuses the flavors of Japan into his innovative dishes.

Chef Lappalainen was very familiar with herring because of his Swedish background, but it was his first time trying and working with Nishin Tsukudani. His first impression was that he really enjoyed the flavor, and he says that he "wanted to try something different and enhance the flavor." Unlike Swedish style fish which is preserved in a brine-like salty liquid, which is always served cold, Tsukudani is a contrast. Chef Lappalainen says that Tsukudani is very easy to work with and there are "many ways of using it, it is very versatile." The sweetness and the saltiness can be highlighted by many different ingredients. The flavor of Tsukudani also changes when heated up which gives the dish another level of flavors to work with.

When asked how the American palate would take to Tsukudani, Chef Lappalainen replied that "it would take some time for Americans to understand the flavors" of Tsukudani. Herring is not a very popular fish in America, but other different types of Tsukudani such as tuna and sardines are preserved with the same soy flavor. Chef Lappalainen thinks that it would be very interesting to have Tsukudani on a menu.

Warm Nishin and Daikon Salad with Pickled Cherry Tomatoes

This dish can be made very quickly and easily at home. The daikon can also be substituted with other vegetables. The sweetness and saltiness is contrasted with the flower aroma of the Thai basil and cilantro, and the pepperiness of the watercress.



Serves 4

Ingredients:

1 piece daikon radish, peeled and cut into 12 squares
 ½ piece ripe avocado, cut into 12 pieces
 8 pieces pickled cherry tomatoes
 1 cup water cress, washed and stem removed
 12 leaves cilantro
 12 leaves thai basil
 2 tbsp marinated salmon roe
 2 cups dashi
 3 fillets of Nishin, cut into 16 pieces
 4 tbsp honey/miso vinaigrette
 Salt
 White pepper

Pickling liquid

½ cup rice vinegar
 ½ cup sugar
 1 cup water
 2 cardamom seeds
 1 cinnamon stick
 1 garlic clove, sliced
 ¼ piece thai chili, sliced
 1 small piece ginger, peeled and sliced

Put all the ingredients in a pot and bring to a boil. Cool down in an ice bath.
 Blanch the tomatoes very quick. Peel them and put in the pickling liquid.
 Pickle 24 hours before use.

Dashi

3 1/4 cups water
 2/3 oz katsuobushi (dried bonito) flakes
 1 small piece kombu

Put water in a deep pot and heat on medium heat. Just before the water boils, add katsuobushi flakes. When the water boils, skim off any foam that rise to the surface. Stop the heat. Strain the stock through a paper towel.

Salmon roe marinade

100 ml still water
 ½ tsp sake
 ¼ cup soba tsuyu

1 tsp hon tsuyu
¼ lemon, peeled skin

Rinse the salmon roe in cold water and drain excess water. Mix the rest of the ingredients and put the salmon roe in the liquid. Marinate at least 24 hours before serving.

Honey & Miso Vinaigrette

4 tbsp Honey
½ cup Mirin
½ cup Soy
¼ cup Rice vinegar
1 cup Olive oil
1 tbsp shiro miso

Bring the mirin up to a boil, let it cool down and then whisk all the ingredients together.

Directions:

1. Cook the daikon radish in dashi until its fork tender, soft with a little bite to it.
2. Warm up Nishin in a 350 degrees Fahrenheit, pre heated oven.
3. Place the daikon on a plate, then place the hot Nishin on top of the daikon, avocado, tomatoes are placed on top and next to the Nishin. Mix the watercress, cilantro and Thai basil, toss the salad with the honey & miso vinaigrette, salt and white pepper. Sprinkle the salmon roe around the plate.

Blackened Nishin with Chanterelle Mushrooms and Tomato Consommé



This is a wonderful dish that can be made with different types of noodles and vegetables. Chef Lappalainen wanted the noodles to be in a semi broth that was unlike broth noodles or sauteed noodles. This would be a great entree in any season.

Ingredients:

4 pieces Nishin, cut in half
4 cups cooked rice noodles
8 green asparagus, cut in 24 pieces
20 pieces chanterelle mushrooms, cleaned
½ cup fava beans, blanched and peeled

2 cups tomato consommé
4 baby golden beets, cooked and cut in 4
1 shallot, finely chopped
1 small knob ginger finely chopped
3 garlic cloves finely chopped
1 tbsp chopped parsley
12 cherry tomatoes
Salt
White pepper
4 tbsp vegetable oil
1 tbsp butter
Salt white pepper

Tomato Consommé:

2 qts plum tomatoes, rough cut
3 garlic cloves
1 piece ginger, peeled and sliced
1 stalk lemon grass
1 cucumber
3 shallots
1 can tomato paste, 6 oz
½ bunch cilantro
Salt
White pepper

1. Combine all the ingredients in a bowl. Mix everything smooth in a blender.
2. Bring the sauce up a boil and let it simmer for 10 minutes.
3. Season with salt and white pepper.
4. Strain the sauce through a strainer lined with a napkin.

Directions:

1. Pre heat the oven to 400 degrees Fahrenheit
2. Place the Nishin in a pan and blacken it under the boiler. Heat up a skillet on high heat and add 4 tablespoons vegetables oil and 1 tablespoon butter.
3. Add the chanterelle mushrooms to the pan and sautee for about 2 minutes on medium heat then add the beets, cherry tomatoes, green asparagus, shallots, ginger and garlic, sautee for another minute then add fava beans and the rice noodles, toss it so it well mixed.
4. Then add the tomato broth and season with salt, white pepper and chopped parsley.
5. Divide into 4 bowls and place the blackened Nishin on top.

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