

# Tapas

A handful of  
ideas for  
Japanese  
Tapas

by **kikkoman** 





## DO IT DIFFERENT WITH KIKKOMAN - *Japas*

It's not only the Spanish whose cuisine includes a wide variety of small appetizers, known as tapas. In Japanese culture serving dishes in small portions in separate little bowls has been popular from ancient times. A traditional dinner according to *ichiju-sansai* rule should contain three small side dishes next to a staple (rice), soup and pickles. This nutritious and healthy combination has been the foundation of Japanese cuisine for centuries and highly likely one of the reasons for their world-famous longevity. And fermented foods, such as soy sauce, has played important role in being an indispensable part of Japanese cooking from its very beginning. Combined with a selection of other nutritious ingredients it helps to keep the digestive system in good condition, boosts the flavour, enriches the meal with umami and keeps the level of salt intake on a minimum level.

No wonder that in 2013 Japanese cuisine (*washoku*) has been recognized by UNESCO as an item of Intangible Cultural Heritage. And the Japanese dining style and *washoku* has become very popular outside of Japan. Especially sushi, Japanese noodles and teriyaki has won many enthusiasts throughout Europe and America.

However Japanese cooking is much more than that and today we would like to share with you *Japas*: Japanese style tapas. Some of them are authentic Japanese appetizers or snacks and some Japan-inspired but using local European ingredients. What they all have in common is the gentle touch of umami.

We hope that the following selection of small dishes, perfect for the cold season, will inspire you... And maybe even encourage you to try some of them? Perhaps you will develop your own *Japas* in the future?

Play with umami, mix different flavours and combine various culinary traditions. So the joy of your cooking becomes the joy of your guests who can then design their own *Japas* meal and share the mix of different tastes.

Let us take you for an adventure along with flavours that bring people together!

  
**kikkoman**  
seasoning your life



## HOW TO USE THIS BOOKLET

Each recipe is marked with icons for easy categorization in terms of type of starter (cold or warm), ingredients used (light&healthy, vegan, vegetarian, gluten free) and the character of dish, which might be helpful when considering certain ideas for your own menu. To some recipes we added hints and additional suggestions. Information about allergens is at the bottom under every recipe.

### ICONS LEGEND:



Cold dish



Warm dish



Light&healthy



Vegetarian



Vegan



Gluten free



Idea for restaurants



Idea for canteens



Idea for pubs



Hint



# JUICY PORK CUBES

## Ingredients for 4 servings:

Pork belly	600g
Fresh spinach	300g
Garlic	1 clove
Ginger	10g
Water	700ml
Kikkoman Naturally Brewed Soy Sauce	100ml
Sake	100ml
Mirin	100ml
Sugar	50g
Mustard	20g



Fry whole piece of belly in a frying pan until meat's surface is roasted. Chop into cubes of 3-4 cm. Put the meat into a pan, cover with water and boil for 4-5 minutes. Drain off the water and rinse the meat cubes.

Put water, Kikkoman Naturally Brewed Soy Sauce, sake, mirin, garlic and ginger into a pressure cooker (liquid must cover the meat so if needed add more water). Close the lid and turn on the heat. Bring to the boil and cook for 40 minutes on low heat. After that time open the lid and check if the meat is getting soft. Remove fat from the surface of the liquid. Close the lid again and cook some more until the meat is soft and juicy and the taste of marinade has reduced in strength enough to your liking.

Stir fry spinach and put on a plate. Serve few pork cubes on the spinach leaves, sprinkle with the broth from cooking. Serve with mustard.

*Allergens: mustard, soybeans, wheat\**

\*For gluten free version use our Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce



## BUTTERY SQUID WITH MUSHROOMS AND ASPARAGUS

### Ingredients for 4 servings:

Small squid tube	1 pc
Shiitake mushrooms	10 pcs
Green asparagus	5 pcs
Chives	4-5 leaves
Butter	20g
Kikkoman Stir-Fry Sauce	45-50ml
Salad oil	1 tbsp
Nori seaweed	1 sheet

Clean the squid and chop into small bite sized pieces. Clean asparagus and blanch for 1 minute, chop into pieces of similar size as squid. Remove the stalk from shiitake and chop them into thick slices.

Pour oil onto the frying pan and stir-fry everything. Add Kikkoman Stir&Fry Sauce and butter and toss well to coat all ingredients. Garnish with thinly chopped nori and chives.

*Allergens: squid, molluscs, milk, soybeans, wheat, sulphur dioxide*





# TEMPURA CAKES WITH TUNA AND CORN

## Ingredients for 4 servings:

### For tempura cakes:

Tuna in water	1 can (180g)
Corn	100g
Small onion	1 pc
Fish stock dashi or bullion	½ tsp
Wheat flour	70g
Egg yolk	1 pc
Cold water	100ml

### For Japanese style Aurora sauce:

Ketchup	100g
Mayonnaise	100g
Kikkoman Naturally Brewed Soy Sauce	20ml
Lemon juice	5 ml
TABASCO® Pepper Sauce	few drops

Chop onion finely and sprinkle with wheat flour. Remove all water from tuna and corn. Put cold water and egg yolk into a bowl and mix. Add flour and mix again. Add finely chopped onion, tuna and corn and mix all ingredients. Form small pancakes with tablespoon and fry at 170°C.

Serve with Japanese style Aurora sauce.

*Allergens: fish, eggs, soybeans, wheat*







## PRAWNS IN CHILLI SAUCE

### Ingredients for 4 servings:

Peeled prawns	8 pcs
Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce	1 tsp
Sake (or white wine)	1 tsp
Pak choi	1 pc
Salad oil	2 tbsp
Sesame oil	few drops

### For chilli sauce:

Garlic	2 cloves
Ginger	10 g
Leek (white part)	5-6 cm
Ketchup	100g
Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce	60ml
TABASCO® Pepper Sauce	few drops
Bullion	60ml
Sugar	


Chop very finely garlic, ginger and leek. Mix well all ingredients for chilli sauce.



Peel the prawns (leave heads), wipe off the moisture and season with Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce and sake. Preheat the oil on frying pan and fry prawns for a short while until they turn pink. Then remove from the pan. Add some more oil if necessary, add garlic and ginger and after they release the aroma add leek and fry on medium heat. Once softened add the sauce and bring to the boil.

Add the prawns to the sauce and stir fry until all heated through, then finish with a few drops of sesame oil at the end.

Serve with ¼ of fried pak choi and garnish with chopped chives and chilli strips, if liked.

 If gluten free is not your priority you can sprinkle the prawns with potato starch before frying to give the sauce more viscosity.

*Allergens: crustaceans, sesame, soybeans, sulphur dioxide*



# MINI SALMON TARTAR STEAKS WITH PONZU

## Ingredients for 4 servings:

Salmon	200g
Spring onion	1 pc
White radish	80g
Garlic	1-2 cloves
Olive oil	1 tbsp
Seven spices shichimi or chilli	
Kikkoman Ponzu Citrus Soy Sauce	

Cut salmon into one even block just like for sashimi. Sprinkle with a pinch of salt. Slice garlic cloves and fry until crispy. Grate white radish and mix with Kikkoman Ponzu Citrus Soy Sauce.

Preheat olive oil on the frying pan on a high heat and fry salmon on each side (to sear only surface).

Remove the fish from frying pan and leave for a short while to cool down. Cut into slices of chosen thickness and spread on plate. Garnish with garlic crisps, sprinkle with chili and serve with Kikkoman Ponzu Citrus Soy Sauce with white radish for dipping.

*Allergens: fish, soybeans, wheat*





# WHITE FISH WITH VEGETABLE SAUCE

## Ingredients for 4 servings:

Freshwater white fish like pike-perch	300g
Wheat flour	for the coating
Onion	1 small pc
Shiitake mushrooms	4-5 pcs
Red and yellow pepper	¼ pc each
Fish stock -dashi	250ml
Sake	3 tbsp
Kikkoman Naturally Brewed Soy Sauce	2 tbsp
Mirin	1,5 tbsp
Sugar	1 tbsp
Potato starch dissolved in water	3 tsp + 3 tsp
Chives	4-5 leaves
Oil for deep frying	

Start with the sauce: slice thinly red pepper, mushrooms and onion. Preheat oil in a pan and fry onion, pepper and mushrooms for a moment. Add fish stock or dashi, sake, Kikkoman Naturally Brewed Soy Sauce, mirin and sugar and bring to the boil. Thicken with the potato starch mixture and add chives at the end.

Chop the fish into bite-sized pieces. Sprinkle with flour and deep fry at 180°C. Put fish pieces on small plates and pour sauce with vegetables on the top.

*Allergens: fish, soybeans, wheat*






## HOT POT WITH CHICKEN AND VEGETABLES

### Ingredients for 4 servings:

Fish stock dashi or bullion	800ml
Chicken legs (fillets)	200g
Tofu	1/3 pc
Chinese cabbage	200g
Spinach	100g
Shiitake mushrooms	8 pcs
Shimeji mushrooms	100g
Carrot	1/2 pc
Kikkoman Sesame Sauce	
Kikkoman Ponzu Citrus Soy Sauce	

Chop the meat into bite-sized pieces. Repeat with tofu, shiitake and vegetables. The shimeji do not need slicing. Precook carrot until half-done. Bring to boil dashi or bullion in a pot, add meat, mushrooms and vegetables and cook for a while until all is soft. Serve in a small pot with Kikkoman Sesame Sauce and Kikkoman Ponzu Citrus Soy Sauce for dipping.

 In Japan hot pots (*nabe*) are made directly on the table in front of the guests on a special gas cooker. You can combine many different ingredients of your choice like pork or beef slices, fish or seafood, other vegetables, noodles etc.

*Allergens: fish, eggs, sesame, soybeans, wheat*















## GLAZED DUCK WITH FRIED EGGPLANT

### Ingredients for 4 servings:

Duck breast	150g
Eggplant	½ pc
Chives	5-6 pcs
Pepper	a pinch
Kikkoman Teriyaki Glaze	60ml
Salad oil	1 tbsp
Marmalade (orange)	1 tsp.

Clean the duck meat and make small cuts on the skin side. Preheat the oil and fry duck breast thoroughly on both sides. Turn again and fry under lid until medium-pink. Remove from frying pan, wrap with aluminum foil and leave to rest for a while.

Remove the rest of oil from the frying pan and add 2 tablespoons of water.

Slice eggplant into rings of 1cm. Cut them again into halves or quarters if slices are big (bite-sized).

Preheat oil in second frying pan and fry eggplant pieces on both sides.

Pour some Kikkoman Teriyaki Glaze in the other frying pan. Carve duck breast into slices of chosen thickness and fry for a short moment in the hot glaze until sauce coats evenly on all sides.

Put pieces of eggplant on a plate, place slices of duck on each piece. Garnish each slice of duck with marmalade. Sprinkle with chives and pepper.

*Allergens: soybeans, wheat, sulphur dioxide*



# CROQUETTES WITH TOFU AND VEGETABLES



## Ingredients for 4 servings:

Soft tofu	400g
Carrot	30g
Shiitake mushrooms	2 pcs
Green beans	5 pcs
Salt	2/3 tsp
Sugar	1 tsp
Egg	1 pc
Potato starch	1,5 tbsp
Mustard	
Kikkoman Naturally Brewed Soy Sauce Less Salt	

Put something heavy on tofu and leave it with this weight on for 1-2 hours. Remove moisture.

Chop carrot and green beans into strips of 3 cm length and precook. Remove stems from shiitake and slice thinly.

Process tofu in food processor until smooth, add salt, sugar, egg and potato starch. Mix well. Add precooked beans and carrots and shiitake. Mix all ingredients well. Form small balls and fry at 170°C. Turn few times and fry until golden brown for around 6 minutes. Drain on kitchen paper.

Serve hot with mustard and Kikkoman Naturally Brewed Soy Sauce Less Salt.

*Allergens: eggs, mustard, soybeans, wheat*







## CABBAGE PANCAKES WITH PORK (OKONOMIYAKI)

### Ingredients for 4 servings:

#### For the dough:

Wheat flour	125g
Fish stock dashi (or bullion)	250ml
Egg	1 pc
Pointy cabbage (or greens)	100g
Spring onion	1 pc

Thin slices of pork neck (or belly)	100g
Chives	3-4 pcs
Mustard	a bit
Kikkoman Sushi Sauce	a bit
Mayonnaise	a bit
Salad oil	2 tbsp

Cut cabbage and spring onion into pieces of 2-3cm, chop chives finely and slice pork into slices of 3-4 cm length.

Mix fish stock, egg white and flour in a bowl. Add chopped cabbage and spring onion and mix well again.

Preheat oil on the frying pan and form small pancakes, fry on medium heat. Put slices of pork on each pancake and sprinkle meat with salt and pepper. Turn pancakes and fry the side with meat. Turn again and fry until golden and done.

Garnish with mayonnaise, mustard and Kikkoman Sushi Sauce, sprinkle with chopped chives, katsuobushi and marinated pink ging

*Allergens: fish, eggs, mustard, soybeans, wheat*





# GRILLED EGGPLANT SLICES WITH CHICKEN FILLING

## Ingredients for 4 servings:

Eggplant (small)	1 pc
Spring onion	½ pc
Eringi mushrooms (small)	12 pcs
Kikkoman Teriyaki Glaze	for glazing
Mustard	
Salad oil	
Potato starch	

## For the filling:

Minced chicken meat	200g
Tofu	80g
Leek	½ pc
Egg white	1 pc
Bread crumbs panko	4 tbsp
Wheat flour	1 tbsp
Salt	¼ tsp
White pepper	a pinch

Chop spring into thin slices, rinse and dry.

Prepare the filling: finely chop the leek, remove moisture from tofu. Put all ingredients for the filling in a bowl and knead well until all mixed well and smooth. If too soft and fluffy, add more panko.

Slice eggplant into rings of 3mm thickness. Sprinkle one side of each slice with potato starch. Place some filling on that side and cover with another slice (also on side sprinkled with potato starch). Press gently and fix the round shape.

Preheat oil on frying pan and fry eggplant sandwiches on each side. When ready remove the oil from the pan, pour some Kikkoman Teriyaki Glaze and warm it up. Brush the glaze on each eggplant sandwich and serve hot cut in halves and with some mustard. Garnish with spring onion and serve with fried eringi mushrooms.

*Allergens: eggs, mustard, soybeans, wheat, sulphur dioxide*









# JUICY CHICKEN IN TERIYAKI (KARA-AGE)



## Ingredients for 4 servings:

Chicken leg fillets	500g
Kikkoman Teriyaki Marinade & Sauce	100ml
Grated ginger	¾ tbsp
Potato starch	a pinch
Oil for deep frying	

## For dipping sauce:

Mayonnaise	100g
Lemon juice	10ml
Kikkoman Naturally Brewed Soy Sauce	10ml



Chop the meat into bite-size cubes. Put meat cubes into a plastic bag, add Kikkoman Teriyaki Marinade & Sauce and grated ginger. Gently squeeze and massage the meat so the marinade spreads evenly on all cubes. Leave for 30 minutes, and then remove all marinade and moisture from the meat. Sprinkle with potato starch and fry at 170°C.

Serve with a slice of fresh lemon and dipping sauce.

*Allergens: eggs, soybeans, wheat, sulphur dioxide*

**kikkoman** 



# FRIED TOFU

## Ingredients for 4 servings:

Tofu	1 pc
Fish stock dashi	120ml
Mirin	40ml
Kikkoman Naturally Brewed Soy Sauce	40ml
White radish	80g
Ginger	10g
Spring onion	1 pc
Small green pepper	for garnishing
Wheat flour	for sprinkling
Seven spices shichimi or chilli	a pinch
Oil for deep frying	


Wipe tofu and remove the moisture, cut into bite-sized cubes. Grate white radish and squeeze out the water. Grate ginger. Chop spring onion into thin rings, rinse and dry.

Prepare the sauce: put mirin into a pan and bring to the boil. Add fish stock dashi and Kikkoman Naturally Brewed Soy Sauce, mix and warm up.

Coat tofu with wheat flour (or potato starch) and fry on deep oil at 170°C (preheat). Fry green pepper as well.

Put cubes of fried tofu and peppers in small deep bowls, garnish with grated radish, ginger and spring onions. Pour some hot sauce into each bowl (half of height of tofu) and sprinkle all with chilli. Serve hot.



 You can easily make this dish vegan by replacing fish stock with vegetable bullion.

*Allergens: fish, soybeans, wheat*







## PORK CRISPS

### Ingredients for 4 servings:

Pork belly (or neck)	300g
Potato starch	for coating
Salad oil	

### **For sauce:**

Kikkoman Sauce Soja Sucrée (sweet soy sauce)	80ml
Grated ginger	2 tsp
Finely chopped leek	3 tsp

Slice thinly pork belly, wrap in kitchen foil and flatten meat slices even more with meat tenderizer. Coat with potato starch and fry on high heat until crispy. Sprinkle with sauce and serve immediately.

*Allergens: soybeans, wheat, sulphur dioxide*





# FOIL GRILLED MUSHROOMS WITH BUTTER

## Ingredients for 4 servings:

Different mushrooms (shimeji, enoki, eringi, oyster mushrooms etc.)	100g
Shiitake	4 pcs
Lemon	1 slice
Butter	1 tbsp
White wine	2 tbsp
Salt	a pinch
Black pepper	a pinch
Kikkoman Naturally Brewed Soy Sauce Less Salt	

Clean mushrooms, make cross cuts in the caps of shiitake and cut off the stems. You can halve bigger ones. Leave enoki, shimeji and oyster mushrooms as they are, halve or slice eringi if they are bigger.

Spread aluminium foil out and place a sheet of baking paper on top. Spread some butter on the paper and put all mushrooms on the paper and sprinkle with some white wine, salt, pepper and remaining butter. Add slice of lemon and close the paper and foil around the mushrooms. Pierce little holes with a toothpick in the foil and put into the oven. Bake at 200°C for 9-10 minutes.

Sprinkle with some lemon juice, more butter and Kikkoman Naturally Brewed Soy Sauce Less Salt and serve hot.

*Allergens: milk, soybeans, wheat\*, sulphur dioxide*



\*For gluten free version use our Kikkoman Naturally Brewed Soy Sauce Tamari Gluten Free



kikkoman 



# KIKKOMAN PRODUCT VARIETY



Kikkoman Naturally Brewed Soy Sauce Fancy Grade 1L

*Available also in 10ml Sachet, 150ml dispenser, 150ml, 250ml, 500ml, 1.9L, 5L, 20L*



Kikkoman Wok/Stir-Fry Sauce 975 ml

*Available also in 250ml, 1.9L*



Kikkoman Naturally Brewed Soy Sauce Less Salt 1L

*Available also in 10ml Sachet, 150ml dispenser, 250ml, 20L*



Kikkoman Teriyaki Glaze 975 ml



Kikkoman Naturally Brewed Tamari Gluten Free Soy Sauce 1L

*Available also in 10ml Sachet, 250ml, 20L*



Kikkoman Ponzu Citrus Soy Sauce 1L



Kikkoman Sauce for Rice - Sweet / Sauce Soja Sucrée 975ml

*Available also in 250ml, 1.9L*



Kikkoman Sushi Sauce 975 ml



Kikkoman Teriyaki Marinade & Sauce 975 ml

*Available also in 250ml, 1.9L, 4L, 18L*



Kikkoman Sesame Sauce 1L



## BEHIND THE JAPAS SCENE

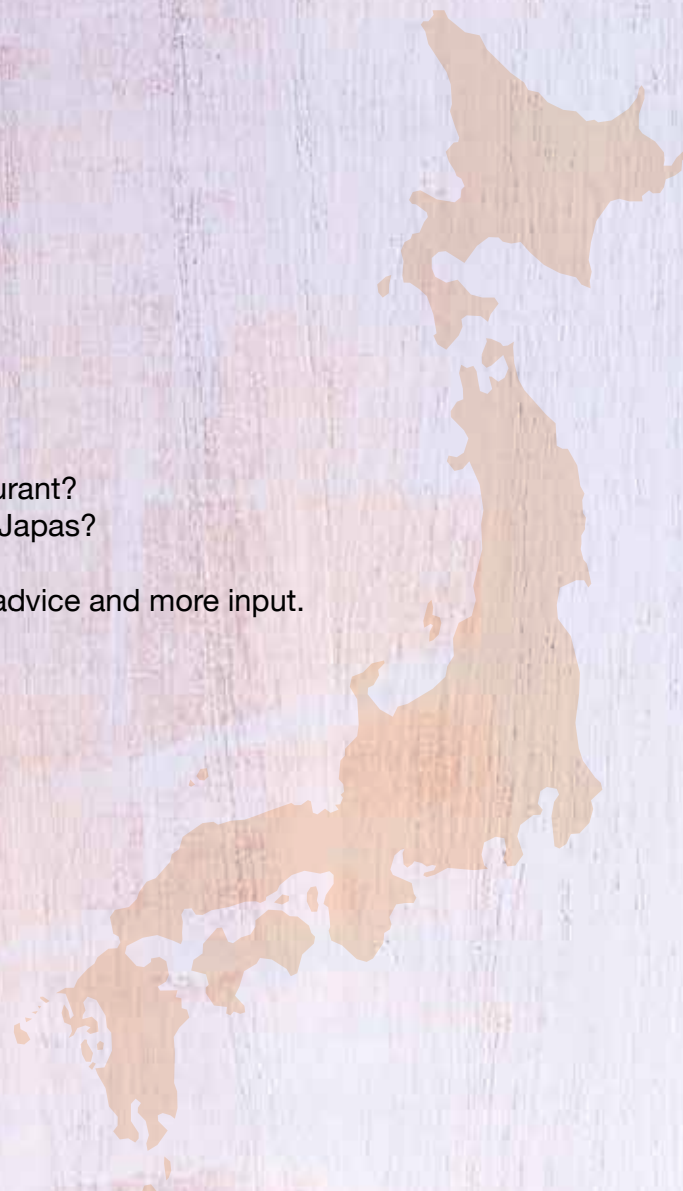


Mr. Kiyoshi Hayamizu has been cooking for over 30 years - starting as head chef of teppanyaki restaurant Daitokai in Cologne back in 80s and co-author of two cook books about Japanese cuisine. For the last 16 years he has been accompanying us on our travels throughout Europe and supporting Kikkoman in promotion of culinary exchange, healthy food and delicious cookery with soy sauce.

### Kikkoman culinary emergency!

Are you looking for an idea?  
Are you changing the menu in your restaurant?  
Or maybe you want to know more about Japas?

Contact our local distributor and ask for advice and more input.







Copyright © 2017 by Kikkoman Trading Europe GmbH.

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the publishers. Kikkoman is a registered trademark of Kikkoman Corporation, Japan. All other trademarks are the property of their respective owners.