

Tapas

vol.2



A handful of ideas for Japanese Tapas

by **kikkoman** 



DO IT DIFFERENTLY WITH KIKKOMAN - *Japas*

Japas is a mixture of ideas and ingredients inspired by Japanese style tapas. Some of them traditional, some more European but still with the gentle touch of umami.

We hope that the following ideas will serve up some new inspiration to you. Play with umami, mix different flavors and combine various culinary traditions for a taste sensation. Have fun experimenting with your own Japas and allow your guests to enjoy the mix of different tastes.

Let us continue our exciting adventure along with flavours that bring people together!

kikkoman 
seasoning your life

HOW TO USE THIS BOOKLET

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

ICON LEGEND:



Cold dish



Warm dish



Light & healthy



Vegetarian



Vegan



Gluten-free



Ideal for restaurants



Ideal for canteens



Ideal for pubs



Hint




WHITE FISH CARPACCIO WITH PONZU DRESSING

Ingredients for 4 servings:

White fish (fresh sea bass or another type suitable for eating raw)	250g
Onion	50g
Radish	2 pcs
Cherry tomatoes	4 pcs
Kikkoman Ponzu Citrus Soy Sauce	60ml
Olive oil	30ml

Mix Kikkoman Ponzu Citrus Soy Sauce and olive oil in a shaker. Then cut the fish in thin slices. Slice onion and rinse well with water. Spread the slices of fish on a plate. Garnish with sliced onion, radish and cherry tomatoes and sprinkle with the dressing.

 If you are not able to get fresh fish suitable for eating raw for carpaccio you can use cooked octopus sliced thinly instead.

Allergens: fish, soybeans, wheat

MINI PANCAKES WITH PRAWNS

Ingredients for 4 servings:

Prawns (white tiger, defrosted or fresh)	200g
Onion	40g
Mayonnaise	50g
Potato starch or corn flour	a pinch
Kikkoman Naturally Brewed Soy Sauce	½ tsp
Nori (dried seaweed)	1 sheet
Vegetable oil suitable for deep frying	

To garnish:

Kikkoman Sushi Sauce
Mayonnaise
Shichimi (seven spices) or chili

Cut the nori seaweed into pieces of approximately 4x6cm. Peel the prawn, remove the vein. Chop roughly and mince into rough surimi in food processor.

Chop the onion finely and sprinkle with potato starch or corn flour. Put the mix into a bowl, add the surimi and mix thoroughly. Form small pancakes (20g each) and wrap each in a nori sheet. Sprinkle with potato starch or corn flour then deep fry in the oil preheated to 170°C.

Serve hot and garnish with Kikkoman Sushi Sauce and mayonnaise, sprinkle with chili or shichimi (seven spices).

Allergens: crustaceans, soybeans, eggs, wheat







CRISPY SPRING ROLLS WITH SEAFOOD FILLING

Ingredients for 4 servings:

Chicken breast	100g
Spring onion	1/3 pc
Garlic	1 clove
Ginger	5g
Cabbage	200g

Peeled prawns	50g
Salmon	50g
Squid	50g
Dough for gyoza dumplings	24 pcs
Salt	a pinch
Pepper	a pinch
Kikkoman Naturally Brewed Soy Sauce	1/2 tsp
Sesame oil	1/3 tsp
Vegetable oil	2 tbsp

For the dipping sauce:

Kikkoman Naturally Brewed Soy Sauce	50ml
Vinegar	2 tsp
Sesame oil	1/2 tsp
Chili paste	a bit

Chop garlic, ginger, cabbage and leek very finely. Sprinkle with salt and squeeze out the water e.g. in a cotton tea towel.

Mince the chicken breast, add to the vegetables and mix well with spices.

Clean the squid, prawns and salmon, chop roughly. Put into a bowl and sprinkle with Kikkoman Naturally Brewed Soy Sauce. Leave in the fridge for 10-15 minutes. Add to the filling made of vegetables and chicken and mix all ingredients.

Place a tablespoon of the filling on the gyoza dough and form a thin cylinder down the centre, fold the dough and form tight rolls (dough will seal better if you moisten its edges with water).

Preheat the oil for deep frying in the pan and fry the rolls crispy and gold (3-4 minutes). Serve with dipping sauce and a salad of choice.

Allergens: crustaceans, fish, molluscs, sesame, soybeans, wheat





LAMB CHOPS IN TERIYAKI GARLIC GLAZE

Ingredients for 4 servings:

Lamb rack	300g
Garlic	5 cloves
Thyme	1 sprig
Vegetable oil	1 tbsp
Kikkoman Teriyaki Glaze	100ml
White roasted sesame seeds	2 tsp
Salt	a pinch
Pepper	a pinch
Cooked edamame	few beans

Clean the meat, remove unwanted fat. Sprinkle with salt and pepper. Preheat oil in deep frying pan and seal the meat along with garlic cloves and thyme. Cover with lid and put into oven, roast until done to liking. Cut the lamb rack into chops.

Clean the pan. Add Kikkoman Teriyaki Glaze and white sesame seeds and warm on low heat. Add lamb chops and fry for a moment on both sides so the glaze coats each side evenly. Garnish with fried garlic cloves, thyme sprig and green edamame beans.

Allergens: sesame, soybeans, wheat, sulfur dioxide




OCTOPUS SKEWERS

Ingredients for 4 servings:

Octopus	200g
Cucumber	1/3
Wasabi paste	a pinch
Kikkoman Less Salt Soy Sauce	

Cook octopus and cut into cubes (bite size). Chop cucumber into cubes of the same size and leave for 20-30 minutes in water with salt (2%). Drain off water and thread the cubes of octopus and cucumber onto skewers. Serve with wasabi and soy sauce for dipping.

 You can also mix octopus with cucumber and wakame seaweed and serve as salad instead of skewers.

Allergens: molluscs, soybeans, wheat



JUICY BEEF WITH SWEET SOY SAUCE

Ingredients for 4 servings:

Beef fillet (or rump)	300g
Garlic	2 cloves
Chives	3-4 pcs
Kikkoman Sauce for Rice - Sweet / Sauce Soja Sucrée as dressing	

Chop the beef into cubes of 4-5 cm. Preheat oil in frying pan and fry briefly on each side until medium done. Wrap with aluminium foil and leave to rest.

Slice the garlic thinly and fry in hot oil until crispy. Chop chives very finely.

Slice the beef, arrange the slices on a plate and serve with Kikkoman Sauce for Rice - Sweet / Sauce Soja Sucrée sprinkled on top. Garnish with garlic crisps and chives.

Allergens: soybeans, wheat, sulfur dioxide





SPINACH WITH CREAMY SESAME DRESSING

Ingredients for 4 servings:

Spinach 200g
Vegetable oil
Yellow pepper
Kikkoman Sesame Sauce



Stir fry spinach leaves for a minute, rinse with cold water and squeeze out all the moisture. Place a spoonful on a small flat plate, garnish with strips of blanched yellow pepper and serve cold with Kikkoman Sesame Sauce.

Allergens: eggs, sesame, soybeans, wheat

GRILLED CHICKEN WINGS IN HONEY GLAZE

Ingredients for 4 servings:

Chicken wings	20 pcs
Grated onion	150g
Honey	200g
Kikkoman Naturally Brewed Soy Sauce	200 ml
Vinegar	few drops
Black pepper	

Place onion, honey, Kikkoman Naturally Brewed Soy Sauce and Vinegar into a bowl and mix well. Then marinate the chicken wings in a plastic bag with the marinade overnight.

Preheat the oven and roast chicken wings at 210°C for 7-8 minutes. Sprinkle roughly with ground black pepper.

Allergens: soybeans, wheat




FRIED EGGPLANT IN JAPANESE SAUCE

Ingredients for 4 servings:

Eggplant	1 pc
White radish	80g
Ginger	10g
Leek (white part)	4 cm
Chives	3-4 pcs
Chili	
Fish stock dashi	200ml
Kikkoman Naturally Brewed Soy Sauce	25ml
Mirin	25ml
Sugar	½ tsp

Chop leek thinly, rinse with water and dry. Chop the chives finely. Grate both ginger and white radish the squeeze the water out of the radish.

Chop eggplant into bite-size pieces. Preheat oil in frying pan and fry the pieces of eggplant for a few minutes. Remove from oil and leave for a few minutes on kitchen paper. Pour fish stock, Kikkoman Naturally Brewed Soy Sauce, mirin and sugar into a pot and bring to the boil. Put the pieces of eggplant into a small bowl, pour over the hot sauce and garnish with grated radish and ginger, chopped leek, chives and chili strips.

 For vegetarian version use vegetables stock instead of fish stock, for gluten free version use our Kikkoman Naturally Brewed Tamari Gluten-Free Soy Sauce.

Allergens: fish, soybeans, wheat





MUSSELS IN WINE AND SOY SAUCE

Ingredients for 4 servings:

Mussels	500g (25 pcs)
Red and yellow pepper	40g each
Zucchini	40g
Water	120ml
White wine	60ml
Kikkoman Naturally Brewed Soy Sauce	20ml
Butter	5g + 25g

Chop red and yellow peppers and zucchini into very fine cubes, stir fry in butter.

Mix white wine, Kikkoman Naturally Brewed Soy Sauce, water and butter in a pot and bring to the boil. Add mussels, cover with lid and bring to the boil on strong heat. Pour some of the liquid into a small pot and boil on low heat. Keep mussels warm in the meanwhile. Adjust the taste with more Kikkoman Naturally Brewed Soy Sauce if necessary and add fried vegetables.

Remove one half of each shell and put the other halves with mussels on a plate. Pour sauce with vegetables into each shell. Garnish with fresh herbs of your choice.

Allergens: molluscs, milk, soybeans, wheat, sulfur dioxide







VEGETABLES WITH BALSAMIC DRESSING

Ingredients for 4 servings:

Cherry tomatoes	6 pcs
Yellow pepper	½ pc
Small green peppers	6 pcs
Baby corn	6 pcs

For balsamic dressing:

Balsamic vinegar	90ml reduced to 30ml
Kikkoman Naturally Brewed Tamari Gluten-Free Soy Sauce	20ml
Olive oil	50ml
Pepper	a pinch

Chop yellow peppers and baby corn into bite-size pieces. Stir fry all vegetables in olive oil and put on a deeper plate. Pour the Kikkoman Naturally Brewed Tamari Gluten-Free Soy Sauce and reduced balsamic vinegar in the mixer and add the olive oil slowly. Sprinkle vegetables with the dressing, garnish with fresh herbs of choice and serve hot.

Allergens: soybeans, sulfur dioxide



SCALLOPS WITH CHILI



Ingredients for 4 servings:


Scallops	12 pcs
Spring onion	1 pc
Spinach	120g
Vegetable oil	10ml
Butter	20g
Pepper	a pinch
Kikkoman Naturally Brewed Less Salt Soy Sauce	4 tbsp
Shichimi (seven spices) or chili	½ tsp
Chili strips	few strips

Slice spring onions into very thin rings, rinse well with water and remove all moisture.

Clean spinach, dry and chop. Preheat oil in frying pan and stir-fry spinach for a moment. Add butter and season with pepper.

Pour Kikkoman Naturally Brewed Less Salt Soy Sauce into a bowl and mix well with shichimi or chili.

Preheat oil in frying pan and fry scallops on both sides until medium done. Remove frying pan from the heat and leave aside. Add soy sauce with chili and put on the heat again. Shake frying pan so the sauce coats scallops on all sides. Serve hot scallops on fried spinach, sprinkle with remaining sauce and garnish with spring onions and chili strips.

 For gluten free version use our Kikkoman Naturally Brewed Tamari Gluten-Free Soy Sauce.

Allergens: molluscs, milk, soybeans, wheat









TERIYAKI SKEWER MIX

Ingredients for 4 servings:

For prawn skewers:

Prawns (with head on) 5 pcs
Kikkoman Teriyaki Glaze

For beef skewers:

Roast beef 200g
Green asparagus 1 bunch
Kikkoman Teriyaki Glaze

For scallop skewers:

Scallops 8 pcs
Zucchini 1 pc
Kikkoman Teriyaki Glaze

Cut each prawn vertically and open the belly, remove the veins. Skewer whole prawns and grill. Brush with Kikkoman Teriyaki Glaze to finish.

Cut off tough ends of asparagus, peel and precook. Cut into 4 cm pieces.

Slice roast beef into 15 g slices, wrap with foil and flatten more with meat tenderizer.

Wrap pieces of asparagus with meat slices and skewer. Roast on grill and brush with Kikkoman Teriyaki Glaze before serving.

Cut zucchini into vertical thin slices (use a peeler). Wrap each scallop with zucchini slices and skewer. Fry skewers in frying pan on both sides and brush with Kikkoman Teriyaki Glaze before serving.

Allergens: crustaceans, molluscs, soybeans, wheat, sulfur dioxide





FRIED SQUID RINGS IN SWEET SAUCE

Ingredients for 4 servings:

Squid	2 pcs
Potato starch or corn flour	for the coating
Oil for deep frying	

For sweet sauce:

Kombu dashi or fish stock dashi	100ml
Kikkoman Naturally Brewed Soy Sauce	50ml
Mirin	50ml
Sugar	a pinch
Potato starch or corn flour solved in water	2 tsp + 2 tsp



Clean the squid, remove the water and cut into rings of 7-8 mm width. Sprinkle the rings and tentacles thoroughly with potato starch or corn flour and deep fry in preheated oil (170°C).

Prepare sweet sauce: bring Kikkoman Naturally Brewed Soy Sauce to the boil in a pot. Add mirin, kombu stock dashi and sugar and bring to the boil once again. Sprinkle sauce over fried squid and serve hot. Garnish with deep fried parsley leaves.

Allergens: molluscs, fish, soybeans, wheat



NEW POTATOES WITH GARLIC AND PEPPER SAUCE

Ingredients for 4 servings:

New potatoes	200g
Dried tomatoes	30g
Butter	15g
Parsley	3-4 twigs
Kikkoman Naturally Brewed Less Salt Soy Sauce	50ml
Garlic	2 cloves
Black pepper (roughly ground)	

Soak dried tomatoes in lukewarm water for a while to soften, after that remove from the water and squeeze out the excess water. Cook potatoes until almost done (fork should go through).

Mix Kikkoman Naturally Brewed Less Salt Soy Sauce, grated garlic and black pepper. Fry halved potatoes in butter, add rehydrated tomatoes, stir. Serve with garlic pepper sauce and fresh parsley.

 For gluten free version use our Kikkoman Naturally Brewed Tamari Gluten-Free Soy Sauce.

Allergens: milk, soybeans, wheat



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 is the 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.



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