

Asian Cooking Hacks

What Do I Mean “Asian Cooking Hacks”

- These are ideas to make meals better, faster, and more delicious based on forms and ingredients found in Asian Cooking, mostly Japan.
- By studying a cuisine or a region you can learn all sorts of great ideas for cooking.

There Are Four Kinds Of Hack

- Form – A way to deliver food that has advantages.
- Ingredients – Ingredients you can use to make a dish.
- Substitutes – Ingredients to specifically replace others.
- Additions – Things you can add to ingredients with specific advantages.

And On To The Food . . .

Japanese Curry

Japanese Curry itself is a hack – adapted from the British adaption of Indian Curry, it’s a way to make delicious food fast out of nutritious ingredients.

- It can be made fast – so make a lot of it!
- There are many recipes you can learn from to teach you different ideas and to try substitutions.
- It can make anything delicious – and thus nutritious!

Chazuke

Rice with green tea dumped on it, sometimes with other ingredients. A classic snack/comfort/you-wore-out-your-welcome food – it provides a great template for meals and some useful ideas.

- Use this formula: 1 cup grain, 1 cup vegan protein (beans), 1 cup steamed or other green vegetables – with 1 to 1 ½ cup tea. (or drop the grain and up the protein and greens)
- Try different teas.
- Try different additional spices
- Remember you can make this under many conditions – even in your hotel room!

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Japanese Curry

Okonomiyaki

The “Japanese vegetable pancake” is already a hack, providing cheap food fast, but you can take it further!

- I use chickpea flour instead of regular flour for protein.
- Try multiple different ingredients.
- Bake it to make it extra healthy!

Bowl Meals

These exist in many forms, from bibimbap to gyudon. They’re fast and easy to make and is a classic “form hack.”

- I use 1 cup each of rice, a protein, and vegetables, or 1 ½ cup of greens and 1 ½ cup of protein.
- A simple sauce like brown sauce makes a bowl a meal.
- Simple additions like kimchi, seaweed, soy sauce, etc. can jazz this up into a full meal!

Hack Elements And Ingredients

- Pickled Food – From Kimchi to simple Tsukemono, these can jazz up any meal.
- Doenjang and Gochujang – The fermented Korean pastes are powerful and delicious ways to spice up sauces, salads, and more.
- Soy Sauce – This simple savory sauce can improve any meal.
- Chickpea Flour – From India, as shown above, is a fast source of protein and flour substitute.

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Japanese Curry

Steve's Hacked Japanese Curry

A thick protein-packed curry thickened with beans and vegetables. Make 6-8 servings.

Ingredients:

- 1 Tbsp onion powder or one dry-sautéed diced onion.
- 1 small butternut squash (about 2 pounds unpeeled), peeled, seeded, cut into cubes.
- 2 tomatoes, diced.
- 3 cups cooked garbanzo beans (2 14.5 oz cans)
- 4 cups low-sodium vegetable stock
- 2/3 cup red wine (shiraz and zinfandel are good)
- 4 tablespoons curry powder.
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 1 tbsp maple syrup
- 4 tablespoons soy sauce (If you use store-bought not-quite sodium free vegetable broth, use 2 Tbsp)
- 4 Tbsp crushed garlic
- 4 1/2 tsp cocoa powder
- 4 Tbsp peanut butter

To cook:

- 1) Place everything into a pot, bring to a boil, then simmer.
- 2) When the squash is soft, mash with potato masher to break it and the beans and tomatoes up.
- 3) Either puree with immersion blender or let cool and puree in regular blender.

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Japanese Curry

Steve's Chazuke Hacks

Chazuke hacks usually involve different ingredients or teas for broth. Experiment!

My usual Chazuke is 1 to 1 ½ cup tea to either:

- 1 cup rice, 1 cup greens, 1 cup vegan protein (beans, tofu)
- 1 ½ cup greens and 1 ½ cup vegan protein (beans, tofu)

Try these combos:

Basic:

- 1 cup cooked rice
- 1 cups steamed green vegetables (note leafy vegetables reduce, so you want to double before steaming them)
- 7 ounces firm tofu, diced (can also use garbanzo or other light beans. May double if hungry)
- 1 tsp soy sauce
- seaweed.

Barley Tea:

- 1 to 1 ½ cup barley tea
- 1 cup cooked brown rice or similar strong grain
- 1 cup steamed spinach (start with about 2 cups spinach, it reduces)
- 1 cup garbanzo beans or cubed firm tofu
- 1 Tbsp soy sauce
- Shredded seaweed to taste.

Lemon Tea:

- 1 ½ cup lemon tea
- 1 tsp crushed garlic (one clove)
- 1 tbsp soy sauce
- 3 cups steamed green vegetables – I use broccoli, collard, spinach.
- Either 1 cup garbanzo beans or 7 ounces of tofu, cubed. (Use 1 ½ cup beans/14 ounces tofu if really hungry or add a cup of rice)
- ¼ cup frozen corn. (leave out if you use rice)
- 1 tbsp chives.

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Japanese Curry

Steve's Okonomiyaki Hack

Turn the classic fried pancake into a healthy baked meal!

Ingredients:

- About 3 cups shredded cabbage.
- $\frac{3}{4}$ cup chickpea flour (with more if needed)
- 1 tbsp baking soda.

To cook:

- 4) Preheat Oven to 420 degrees.
- 5) Place baking paper on cookie sheet.
- 6) Toss baking soda in with cabbage.
- 7) Toss chickpea flour in with cabbage.
- 8) Let sit 5 minutes – the chickpea flour adsorbs water from cabbage. It becomes a bit like a dough.
- 9) Add a bit of water – up to $\frac{1}{4}$ a cup – to loosen up the “dough”
- 10) Place on baking paper and flatten.
- 11) Cook at least 20 minutes on a side – until it can be peeled off the paper.
- 12) Flip over and bake 10-20 minutes to finish – depending on preference (some like it more cakelike, some looser).
- 13) Serve!

Don't forget to try other ingredients like:

- Shredded Kimchi
- Shredded Onion.
- Sautéed mushrooms

Also try making these as small mini-pancakes to freeze and reheat easily!

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Check out my books and more at <http://www.InformoTron.com/>.

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