

**Boston University
Presents**



Japan

With Robyn De Luca

Chilled Soba Noodles with Edamame

Ingredients:

- 1 Tbsp. sesame seeds
- 8 oz. package soba (Buckwheat) noodles
- 1 cup frozen shelled edamame
- 5 teaspoons soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons honey
- 2 teaspoons sesame oil
- 5 green onions thinly sliced

Directions:

Toast the sesame seeds in a dry pan over medium heat until they look golden brown. Pour into a bowl and set aside to cool.

Cook edamame according to package directions and chill until ready to use.

Bring a large pot of salted water to boil. Stir in soba noodles and cook about 6-8 minutes. The soba should be just cooked through but not mushy. Rinse under cold water and drain very well.

In a serving bowl mix the vinegar, soy sauce, honey and sesame oil. Add the soba and mix well. Stir in the edamame and green onion.

Garnish with the toasted sesame seeds.

Yakitori

Serves 4

Ingredients:

4 boneless skinless chicken breasts cut into 1-inch pieces

6 green onions cleaned and cut into 1-inch pieces

Bamboo skewers soaked in water for 30 minutes to prevent burning

For tare sauce

5 Tbsp. soy sauce

5 Tbsp. mirin

3 Tbsp. sake

1 Tbsp. light brown sugar

To make the sauce:

Mix sugar, sake, mirin, and soy sauce in a saucepan and stir well. Bring to a boil on high heat, turn down to low and simmer until slightly thickened about 10 minutes. Set aside to cool.

To make the Yakitori:

Thread chicken on skewers separating each piece with a green onion.

Brush with tare sauce and grill or broil the yakitori until chicken is cooked through.

Throw out any unused sauce that has come into contact with the raw chicken.

Mochi

Makes 16 Mochi

Microwave Method

Ingredients:

1½ cups sweet rice or glutinous rice flour

1½ cups water

½ cup sugar

Pinch salt

a few drops of food coloring of your choice

Corn starch for dusting

1 cup koshi an (smooth red bean paste)

Directions:

Mix rice flour, water, sugar, food coloring and salt in a bowl.

Lightly coat a microwavable tube cake pan or glass baking pan with vegetable oil.

Pour mixture into pan and cover with plastic wrap or a microwave cover.

Microwave 3 minutes on low, then 3 minutes on medium and 3 minutes on high, for a total of 9 minutes.

Cool in microwave 5 to 10 minutes, then turn onto a sheet pan lined with waxed paper. Dust with cornstarch and cut into 16 pieces.

Dust hands with cornstarch and flatten each piece into a small disk shape. Place 1 tablespoon of red bean paste in the center of each disk, bring edges together and pinch to seal.

Store Mochi in the refrigerator.