



Basic Shojin Cooking Courses

Tokyo Cook

Class No.	Class title	Details (key items to learn)	Duration	Fee(JPY)
1	Introduction to <i>Kaiseki</i> and <i>Shojin</i>	Lecture focusing on basics of <i>kaiseki</i> and <i>shojin</i> cuisine. For <i>kaiseki</i> basics, the instructor will teach the history of how <i>kaiseki</i> style cuisine was established, menu structure, tablewares and presentation. <i>Shojin</i> lecture will be provided focusing on the philosophy of <i>shojin</i> , and the unique methods and characteristics of <i>shojin</i> . This class gives students a deeper understanding of the two major high end Japanese cuisine styles. A full course meal from Restaurant <i>Shojin Sougo</i> will be given with this class.	3hrs	30,000 (50,000)
2	<i>Dashi</i> and Japanese Seasonings	1) Proper Japanese broth ( <i>dashi</i> ) Detailed instruction on how to make three key <i>dashis</i> (kelp broth, <i>ichiban-dashi</i> and <i>niban-dashi</i> ) and the different types and quality of kelp and dried bonito (not used for vegan request) and their usages. 2) Japanese seasonings Detailed instruction on key Japanese seasonings such as <i>miso</i> , soy sauce, <i>mirin</i> and <i>sake</i> and their appropriate and various usages. Demonstration on how to add flavor in <i>dashi</i> will be given. 3) Proper <i>dashi</i> proportions for soup, and light, and thick sauce The base of Japanese flavors consist of a combination of <i>dashi</i> and key seasoning ingredients such as soy sauce, <i>miso</i> and <i>mirin</i> . In this class, you will learn appropriate <i>dashi</i> proportions for soup, light and thick sauce, and how to use each soup/sauce in different dishes. Students will learn two grilled dishes, and one simmered dish.	6hrs	70,000 (120,000)
3	Preparation Technique (through Steamed Dish)	1) Preparation of Ingredients Instructions on cutting methods and knife skills on a variety of Japanese ingredients in order to maintain the ingredient's color, as well as adding flavor as a preparation. 2) Steamed dish Preparation techniques will be taught by cooking one of the most popular steamed dish, " <i>chawan-mushi</i> " (egg custard pudding with <i>umami</i> broth).	6hrs	70,000 (120,000)
4	<i>Miso</i>	1) Introduction to <i>Miso</i> Instruction and demonstration on <i>miso</i> basics. Students will learn how to make <i>miso</i> from scratch and the various ingredients used, its history, and certain <i>miso</i> elements that make <i>miso</i> the basis of a multitude of Japanese dishes. The class will focus on four major types of <i>miso</i> used in many Japanese dishes. 2) <i>Miso</i> Marinated Dish Instruction and demonstration on marinating with <i>miso</i> . Focus will be placed on two major techniques for marinating various ingredients with <i>miso</i> through demonstration of two recipes for vegetables, and egg yolk. 3) <i>Miso</i> Dressing/Sauce This class will focus on making popular <i>miso</i> based dressing/sauce such as (a) sesame & <i>miso</i> paste, (b) <i>miso</i> & vinegar dressing, and (c) flavored <i>miso</i> sauce. The instructor will teach three dishes that utilizes good ingredient pairings for each sauce.	6hrs	70,000 (120,000)
5	Deep Fried Dish	1) How to make good <i>tempura</i> and dipping sauce Focus on <i>tempura</i> making process from proper ingredient preparation, how to make batter, and appropriate frying techniques for different ingredients. Instructor will teach how to make <i>tentsuyu</i> ( <i>tempura</i> dipping sauce) and the base sauce for <i>tempura</i> ( <i>tempura</i> rice bowl). 2) Fried Dish Arrangement <i>Shojin</i> cuisine has a variety of deep fried dish other than batter based <i>tempura</i> . The instructor will teach popular <i>shojin</i> deep frying methods in <i>shojin</i> cuisine using <i>yuba</i> , <i>okaki</i> (crispy rice cracker), <i>somen</i> -noodles and sesames in lieu of batter.	6hrs	70,000 (120,000)

6	Rice Dish	<p>1) Appropriate Rice Preparation/Cooking Learn the basics of proper white rice preparation and cooking skills to achieve consistently delicious rice.</p> <p>2) Rice Dish Variation Learn rice dish recipes such as sushi, and seasonal vegetable rice dish.</p> <p>3) Pickles <i>Shojin</i> cuisine always comes with a variety of pickles to consume the rice. Learn various pickles and their food pairings.</p>	6hrs	70,000 (120,000)
7	<i>Modoki</i>	<p>1) <i>Modoki</i> <i>Modoki</i> is the cooking method to make fish-like or meat-like dishes often using <i>tofu</i> or <i>gluten</i>, and is a representative cooking method that highlights the unique nature of <i>shojin</i> cuisine. Demonstration of two <i>modoki</i> dishes, one using <i>tofu</i> and another with <i>gluten</i> will be given.</p> <p>2) Sesame <i>Tofu</i> <i>Modoki</i> dishes can also refer to <i>tofu</i>-like dishes that use other vegetable ingredients (not just meat/fish-like dishes). In <i>shojin</i> cuisine, <i>tofu</i>-like dishes made with sesame, or seasonal vegetables are a staple dish. Demonstrations on making "sesame <i>tofu</i>" one of the most popular <i>tofu</i>-like <i>shojin</i> dishes.</p>	6hrs	70,000 (120,000)
8	<i>Soba, Udon and Somen</i> Noodles	<p>1) <i>Soba, Udon and Somen</i> noodles Learn three pillars of Japanese noodles; <i>soba, udon and somen</i> noodles. Demonstration on making <i>soba</i> from scratch, and how to properly cook <i>soba, udon and somen</i>.</p> <p>2) Noodles Arrangements Learn common and not so common, interesting <i>shojin</i> recipes using the above three noodles.</p>	6hrs	70,000 (120,000)

\* Price in ( ) is applied for a single participant private lesson.

\*\* Instructor is Chef Shinichi Yoshida.