

Gyoza ChoaChoa Kyoto Prefecture Hosted by Taher, Inc.

Learning Objectives and Goal

Cooking principles: harmony, respect, purity, and tranquility

Promote the true spirit of traditional cooking

Educate proper techniques

Share the integrity of roots-cooking



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料理 Japanese-American Roots Cooking
値 Celebrating Japanese Values
警備 Guarding Japanese Nuances
杉村 Sansei Japanese-American
洗う Nisei Japanese Chef

Roots cooking from the streets by Japanese-American, professionally trained and second-generation chef John Sugimura. A skilled chef celebrating and guarding the values of often-overlooked nuances and practices of traditional Japanese cuisine.

John Sugimura is corporate executive chef, brand ambassador, and equity partner at PinKU Japanese Street Food in Minneapolis and Minneapolis-St Paul International Airport. He is a second-generation, Japanese-American (Hapa), and professionally trained sushi chef, whose life-long love of sushi blossomed during time spent in Kyoto, Japan. Eating John's cuisine is like eating in his grandmother's restaurant in the 1930s. It is the ultimate expression of flavors, colors, and cooking methods, coming together in an authentic experience that is one-of-a-kind.

Chef Sugimura meets "SILVER" standards for his operation and management organization for "Certification of Cooking Skills for Japanese Cuisine in Foreign Countries" by the Ministry of Agriculture, Forestry and Fisheries. At the Japanese Embassy in Washington, D.C., it's being referred to as "Japanese Cuisine Skills Certification Guidelines."

Executive chef Sugimura is third-generation "Sansei" and meets Japanese nationality requirement, took lessons and acquired knowledge and skills regarding Japanese cuisine at a Japanese cooking institution Miyaki Sushi & Washoku School and Sushi Institute of America and has practical experience in a Japanese restaurant located in and outside of Japan. Sugimura is skilled to uphold the values of traditional Japanese cuisine, known as washoku and is skilled to reverse widespread misperception that Japanese authorities would like to correct. Japan takes its food seriously. And in 2013, washoku became one of only a handful of cuisines to be recognized by UNESCO as an Intangible Cultural Heritage.

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Welcome and Introduction

Learning Objectives and Goal

Safety Check

Lecture and Demonstration

Hands-On Learning

Tasting

Questions

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Filling		
<u>Hormel Lean Ground Pork</u>	1	Pound
<u>Nira</u> diced garlic chive	120	Grams
Minced green cabbage	105	Grams
Minced garlic	1.5	Tablespoon
Minced ginger	1.5	Tablespoon
Granulated sugar	3	Tablespoons
<u>Morton</u> iodized salt	0.5	Tablespoon
<u>JFC Katakuriko</u> potato starch	3	Tablespoons
<u>S&B Sansho</u> ground green Japanese pepper blend	0.5	Tablespoon
<u>Kadoya</u> pure sesame oil	3	Tablespoons
<u>Kikkoman</u> soy sauce	1	Tablespoon
<i>Measure vegetable, dry, and wet ingredients into a large bowl. Mix, then add pork</i>		
<i>Mix all ingredients together thoroughly</i>		
<i>Separate small amounts of the filling into separate labeled containers</i>		
<i>Cover and refrigerate immediately; remove from cooler in small batches</i>		

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Ginger Garlic Soy Sauce		
<u>Kikkoman</u> soy sauce	270	Milliliters
<u>Maruikan</u> genuine brewed rice vinegar	180	Milliliters
<u>Kadoya</u> pure sesame oil	2	Tablespoons
<u>S&B La-Yu</u> chili oil	1/2	Tablespoon
Minced ginger	2	Tablespoons
Minced garlic	2	Tablespoons
<u>McCormick</u> crushed red pepper flakes	1	Tablespoon
<i>Mix all ingredients together and portion into labeled bottles</i>		
<i>Be careful to stir while pouring to ensure an even mixture in each bottle</i>		

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1. Place 12 grams pork filling on JFC Myojo gyoza wrapper
2. Close wrapper with center pinch and two fold to the left and right with pork filling in the middle
3. Seal wrapper with water and Katakuriko potato starch
4. Place five gyoza on hot, vegetable oiled griddle with pleats forward and pointing up
5. Drizzle gyoza with five milliliters Kadoya pure sesame oil; drizzle grill with fifteen milliliters water to create steam and cover gyoza with lid to trap the steam
6. Cook until bottom of gyoza is golden and internal temperature is 165 degrees
7. Garnish evenly on bottom of gyoza 15 grams petite shredded purple cabbage; shred purple cabbage using the Benriner mandolin; mitigate gas by soaking at least 30 minutes; rinse, drain and spin dry; reconstitute by chilling
8. Place steamed and grilled gyoza with bottom/golden crispy side facing up
9. Evenly garnish gyoza with 30 milliliters of garlic ginger soy
10. Top all styles with 10 grams green onions prepared by slicing consistently to one sixteenth per inch; mitigate gas by soaking at least 30 minutes, rinse and drain; in a clean tea towel squeeze out water; reconstitute by chilling
11. One red radish wheel or watermelon radish one eighth wheel on side; slice red radish wheel using the Benriner mandolin; soak at least 30 minutes and air dry; reconstitute by chilling

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Common Japanese Phrases

Ohayo Gozaimasu	Good Day (First meeting for a day)
Hai	Yes
Sen Sei	Teacher, Instructor
Otsukare samadeshita	Thank you for your good work (When you finished work)
Arigato Gozaimasu	Thank you very much
Sumimasen	Excuse me, Sorry
Onegaishimasu	Please (When asking for something)
San	Mr, Mrs, Miss
Dono	Sir, Madam
Maguro	Tuna
Sake	Salmon
Unagi	Fresh Water Eel
Negi	Green Onions
Gari	Pickled Ginger
Shoyu	Soy Sauce
Makisu	Bamboo Sushi Roll Mat
Hiki Zukuri	Most popular Sashimi cutting
Sogi Zukuri	Most popular for Nigiri cutting
Usu Zukuri	Thinner than Sogi Zukuri