

**South End Children Cafe 2021 Fundraiser
Companion Recipe Guide for the Recorded Cooking Demo**

Cooking Up Love Part 1 - Taste of Okinawa

(Live Zoom Broadcast with Q & A on Sunday March 21st 2pm.)

(Recordings for this Demo to be released on Youtube on Sunday March 21st.)

Mission of SECC

The mission of the South End Children's Cafe is to impact food security, address food equality and food justice, enhance academic success and positively influence the physical and mental health of children residing in the South End of Albany, New York by offering free, healthy dinner time meals along with homework help, academic enrichment, mentoring, exercise and participation in the arts Monday through Friday. Community volunteers join the children daily, assisting with school projects, homework, goal setting and acquiring needed resources for good health and overall wellness. Family Members are invited to participate in all of the programs and to dine with the children in a family style atmosphere. The South End Children's Cafe is fiscally sponsored by Streams of Dreams.

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| South End Children's Cafe 25 Warren Street Albany, New York 12202 http://www.southendchildrenscafe.com/ | Donations may be mailed to: South End Children's Cafe PO Box 10581 Albany, New York 12201 |
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Message from the Chef:

Thank you so much for participating in this virtual cooking demo for the benefit of the South End Children Cafe. I was beyond grateful that Tracie Killar and her amazing staff would entrust me with helping them with this fundraiser. For the cooking demo I have decided to explore the cuisine of my heritage; namely Okinawan(Southern Japanese) and Filipino. The simple moments during my formative years spent in the kitchen with my mother, I would not realize until my later years after reflecting on the memories of how much of an impact it had on me. It was only years after college and pursuing my culinary career that I could truly appreciate how much time and love my mother put into cooking for our family. Food memories last lifetimes because it engages all of our senses; taste, touch, smell, sound and the heart. Please enjoy these dishes and I hope you are able to share moments in the kitchen with your loved ones.

Sincerely,
Jose Kishimoto Arteche III

Amazuzuke (Sweet Pickled Vegetables)

This is a simple pickle recipe I grew up eating. I recall watching my mother making batches in the kitchen. Pickles are a traditional side dish in most Japanese households. It is used as a way to add ready to eat vegetables to every meal and also in Japanese cuisine it is referred to Hashiyasume which translates to “let the chopstick rest.” Pickles are a way to cleanse the palate in between the rice and main dish. It allows the chopstick to rest so that the meal can be savored. Simple flavors but sweet pickles bring up wonderful childhood memories of eating my mother’s meals..

Ingredients:

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| • Mirin | 1 Cup |
| • Rice Wine Vinegar | 1 Cup |
| • Salt | 1 Teaspoon |
| • Sugar | ½ Cup |
| • Chili Pod | 1-2 Pods (Optional) |
| ○ | |
| • Carrot | 4 Ounce |
| • Daikon | 8 Ounce |
| • Cucumber | 4 Ounce |
| • Salt | 2 Tablespoon |

1. Put into a sauce pot the Mirin, Rice Wine Vinegar, Salt(1 Teaspoon) and Sugar. Bring to a boil to ensure the salt and sugar have completely dissolved. Remove liquid from the stove and pour into a temperature safe container(Ball Jar/Quart Container).
2. Cool the pickling liquid overnight if possible. The pickling liquid can be used for 4-5 batches and stored in the fridge for several weeks.
3. Cut the vegetables into rectangular sticks/strips.
4. Place into a bowl and toss the vegetables with Salt(2 Tablespoon). Set aside for 20-30 mins.
5. Rinse the vegetables with water to rinse off the excess salt and liquid. Let the vegetables drain in a colander. You can put the vegetables in a salad spinner to speed up the process and remove all the excess remaining liquid.
6. Put the cut vegetables, pickling liquid(½ Cup) and chili pods(optional) into a gallon size ziplock bag. Remove the excess air in the bag and seal it. Allow the liquid to marinate for an hour before consuming. Pickles can be stored for a week. The longer the vegetables marinate they will become softer. This style of pickle is best consumed within the week it is made.

Goya Chanpuru (Okinawan Bittermelon Stirfry)

Let me start off by saying as a child I hated this dish. This is the dish my mother would make from time to time growing up and I grew up in a household where you finished everything in front of you. As I have gotten older I can appreciate the nuances of bitterness and what it brings to the dish. This dish pairs well with beer, red wines and of course sake. This is considered the quintessential classic dish from the island.

Goya(bittermelon) is a superfood high in Vitamin C, Vitamin A, Folate and has tons of antioxidants.

Ingredients:

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|------------------------|--|
| • Bittermelon | 1 Count (You can substitute with Squash) |
| • Egg | 2 Count |
| • Spam / Luncheon Meat | ½ Can |
| • Sliced Onions | 2 Ounces |
| • Hondashi | ½ Teaspoon |
| • Soy Sauce | 1 Tablespoon |
| • Sake | 2 Tablespoon |
| • Sugar | ½ Teaspoon (Optional) |

1. Slice the bittermelon length wise and while using a spoon remove the seeds and core. Then you can slice strips at a 45 degree angle.
2. Optional step if you want to remove more of the bitterness you can blanch the strips in boiling water for 30 seconds.
3. Lightly oil the wok/saute pan and start lightly brown the spam. Then add the onion and saute until slightly caramelized.
4. Add the bittermelon and saute. Add the dashi, soy sauce, sake and sugar then toss until everything is coated.
5. In a separate bowl whip the eggs then pour into the pan and lightly coat all the ingredients and cook through. Feel free to add additional seasoning to taste.

Rafute (Okinawan Braised Pork Belly)

Smell of braised pork belly in the house is a delightful memory that reminds me of several dishes my mom made with it. This is a classic Okinawan dish that was originally served to Okinawan royalty. It is one of the dishes that every household in the Southern islands have their own version. The unctuous texture and umami packed flavors is great by itself over rice, in noodle dishes or in stir fried entrees. This was also a means of preservation before the advent of refrigeration.

Ingredients:

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| ● Pork Belly | 2 lbs (refer to glossary for more info) |
| ● Water | 6 Cup |
| ● Katsuobushi | 2 Cup (By volume do not compress) |
| ● Kombu | 1 Strip |
| ● Awamori | 1 Cup (substitute with sake/white wine) |
| ● Okinawa Black Sugar | ½ Cup (substitute with brown sugar) |
| ● Soy Sauce | ⅓ Cup |
| ● Ginger | 1 knob |

1. Combine the water, katsuobushi and kombu and bring to a boil. Turn down and let it simmer. After 30 minutes use a strainer and drain the stock into a bowl and remove the katsuobushi and kombu.
2. Start by searing the skin side either in a deep pan/wok. After add cold water to cover the pork belly and bring to a boil.
3. Once the pork belly is brought to a boil then let it simmer for 30 minutes. After the time has lapsed remove the pork from the pot and drain the liquid.
4. Take the ginger and use the side of a knife to smash the knob to expose the aromatic. Add all the remaining ingredients(awamori, sugar, soy sauce, ginger and stock.)
5. Once the sugar has been absorbed into the liquid and add the pork belly. So at this point if you are doing this over the stovetop you can simmer this for a minimum of 2 hours with the lid on. If you have a sous vide machine you can simmer at 170F for 8-10 hours.
6. (Optional Step for Uniform Shape otherwise just cool in the fridge with liquid) Once the cooking time has lapsed you need to remove the pork belly from the liquid and place it in a ziplock with 2 ounces of liquid then place between 2 pans and refrigerate overnight. Pressing the pork belly creates a uniform shape.
7. Reserve the remaining liquid and refrigerate.
8. Next day you can slice and portion the pork belly. In the zip lock you can store this for up to 2 week in refrigeration due to the fat and liquid acting as a preservative.
9. The reserve liquid should look separated and there is a fat and jelly layer.
10. With a spoon you can scoop the fat and use it to sear the sliced pork belly. Add 2 ounces of the pork jelly into the pan and 1 ounce of soy sauce to finish the glaze for the pork belly. Serve with rice or over noodles.

Sata Andagi (Okinawan Fried Donuts)

Before there were donut shops or bakeries everywhere there was my mother's kitchen. This would be the occasional Sunday treat made at home. I can recall the sweet smell of the fried dough sizzling in the oil. I remember being excited to sneak the treats from the cooling tray and slightly burning my mouth trying to enjoy it. In Okinawa this is what you would see made by vendors at every major Festival.

Ingredients:

- Large Eggs 2 Count
- Condensed Milk 6 Ounce
- Vanilla Extract $\frac{1}{2}$ Teaspoon
- All Purpose Flour 2.5 Cups
- Sugar 1 Cup
- Baking Powder 2 Teaspoon
- Salt Pinch

1. In a large bowl combine all the dry ingredients (flour, sugar, salt and baking powder.) Using a whisk lightly mix all the ingredients evenly.
2. In another bowl whisk the eggs until frothy. Then add the condensed milk and vanilla extract. Whisk until all the wet ingredients are combined.
3. Pour half the wet ingredients into the dry and start mixing with a spatula. After most of the ingredients are absorbed then add the remaining wet to the dough mix.
4. Combine and mix with spatula until the dough is smooth. Before frying let the dough rest for about an hour. The dough can be wrapped and stored for up to a week until you are ready to fry.
5. When you are ready to fry if you are using a stovetop oven put 3-4 cups of vegetable oil and raise the temperature to 325F.
6. Use a purple portion scoop(.75oz). If you do not have a portion scoop you can lightly oil your hands and portion the doughnuts by hand into small ping pong size balls. The dough will expand while cooking.
7. Cook the doughnuts in the oil for between 7-10 minutes. Using tongs or chopstick rotate the balls half way through the cooking process to cook the all the sides.
8. Once cooked set aside on cooling trays. Enjoy while warm. Once cooled the doughnuts can be stored in an airtight container for upto 3 days.

Afterwords

Thank you again for donating and contributing to the South End Children's Cafe. As part of your continued support of SECC I will be releasing another set of recipes and videos in the middle of April with **Part 2 - Taste of Philippines**.

Glossary:

Okinawa - Is a prefecture of Southern Japan. It is unique compared to the rest of Japan because they originally had their own royalty, language and cuisine. It was the original culinary melting pot of Asian with culinary influences from China, Southeast Asia and America.

Amazuke - If you break down the word “Amazu” refers to the sweet and “zuke” refers to pickling. There are many different styles of pickles, but in general Tsukemono refers to the pickle category. The two most well known pickles in the United States that are associated with Japanese restaurants is Takuan(pickled yellow daikon) and gari(pickled sushi ginger)

Hashiyasume - “To let the chopsticks rest” pickle is akin to an intermezzo. Meant to pause bites. The pickles are meant to cleanse the palate between the bites.

Mirin - Is Japanese sweet rice cooking wine with a low alcohol content. It is originally made from steamed glutinous rice, koji and distilled rice liquor. You can substitute with a nice semi dry wine. Although koji the ingredient in mirin is very good for tenderizing and removing any off scents/flavors.

Rice Wine Vinegar - Is fermented rice wine that has been converted to acetic acid vinegar. It is sweeter and less acidic compared to distilled white vinegar. Additionally rice wine vinegar is very good for digestive health has it helps the body absorb more nutrients.

Daikon - Is a radish that is predominant in Asian cuisine. High in potassium, Vitamin C, and Phosphorus. The enzymes are very good for regulating digestive health. The ingredient can be eaten raw and cooked in numerous ways.

Goya Chanpuru - Is a unique blend of culture. The original word for Chanpuru originated from Indonesian word Campur which means to mix. The introduction of Spam as an ingredient was from the US Navy during the occupation after WW2. Before the dish was simply a vegetable stir fry with whatever protein was available at the time.

Goya/Bittermelon - Is part of the gourd family of squash, zucchini, pumpkin and cucumber. This vegetable is utilized across many cultures due to the nutritional value. Also between the fiber and enzymes it is great for regulating blood, cholesterol and weight loss.

Glossary Part 2:

Hondashi - Is a staple of all Japanese households. This is a quick time saver for making bonito stock at home which is then used in a variety of ways; from clear soup stock, miso soup, tempura sauce, and stir fries. If you do not have access and time to make a stock from scratch from Kombu and Katsuobushi then this is what you need to have in your pantry.

Sake - Is Japanese rice wine made generally from only 4 ingredients, rice, koji, yeast and water. True sake is categorized under Junmai. Sake is further distinct with the way the rice is polished and method of aging. The mineral/spring water also affects the finish of the alcohol. Very good Japanese sake has many distinct flavors despite being made from 4 ingredients.

Rafute/Pork Belly - This was the original food that was only served to Okinawan royalty when they did trade with China. There are many ways to execute this dish. For purposes of restaurants we cook the pork belly whole to control the soy sauce absorption and allow for easier cutting later after it is cooked. You can cut into smaller pieces prior to braising and the pork will absorb into each bite. However this will make the pork belly more intense with sodium.

Katsuobushi - Smoked preserved shaved bonito. Bonito is a type of Tuna. This is an amazing ingredient that can be eaten as a topping over rice and other dishes. If you are vegetarian you can make a dashi stock with just kombu and dried shiitake mushrooms.

Kombu - Is dried sea kelp. It is high in nutritional value with Iodine, fiber and amino acid. It imparts a high amount of glutamic acid which gives additional layers of umami to a dish. The enzymes have the ability to break down complex sugars that then contributes to help with stomach digestion.

Awamori - Distilled Liquor made from Indica rice that is unique to Okinawa which was originally introduced from Thailand. It is believed that this beverage even predates Japanese shochu. The beverage has been produced with virtually the same method for more than 500 years. It is aged for generally 3 years and richness is comparable to whiskey.

Black Sugar - Unrefined sugar cane sugar. Nutritionally because this is unprocessed it has minerals such as iron, calcium and potassium. Despite the color it is not as sweet nor does it have caramel undertones like brown sugar.

Ginger - Is a medicinal root that is amazing for adding spice to dishes without the capsaicin. It is excellent in helping with digestive health and regulating blood.