

Recipes



Wasabi, *Eutrema japonicum*

Tips for Cooking with Wasabi

- Wasabi is most commonly available as a paste made from fresh grated wasabi rhizome with vinegar, oil and other seasonings and sold in a tube or jar. It can also be made from dried, powdered wasabi.
- Imitation wasabi is a blend of grated horseradish, mustard, and green food coloring or dried spinach and also sold in a tube.
- Mix up your own wasabi by adding equal parts wasabi powder and water just prior to using.
- Wasabi blends well with butter, mayonnaise, avocados, pasta, bread, and sauces.
- Mix wasabi paste and soy sauce to taste then blend in small pieces of avocado to make a sauce or topping.
- Make wasabi mayonnaise by adding one teaspoon of prepared wasabi to mayonnaise, to taste.
- Create a salad dressing by mixing wasabi paste with vinegar and olive oil, then salt and pepper to taste.
- Add a small amount of prepared wasabi to mashed potatoes.
- For dessert, add wasabi paste to vanilla, chocolate, or strawberry ice cream or a fruit sorbet.

Potato Pancakes with Wasabi

Customize this recipe by adding chilies, cheese and other seasoning.

1 ½ pounds russet or red-skinned potatoes
¼ cup chopped green onions, including some of the greens
3 tablespoons fresh cilantro, chopped
2 tablespoons all-purpose flour
2 tablespoons prepared wasabi paste
2 teaspoons garlic, chopped
2 eggs
1 teaspoon salt
Vegetable oil for frying

Peel and grate the potatoes into a bowl and add cold water to cover. Let stand 15 minutes to extract the starch from the potatoes. Using a slotted spoon, remove the potatoes, drain, and let the water they were soaking in sit for a few minutes. Carefully pour off the water, leaving the sediment in the bowl. This sediment is the starch from the potatoes and will help the pancakes to bind. Place the potatoes in a clean towel and gently squeeze out any remaining water. Add the onions, cilantro, flour wasabi, garlic eggs, and salt to the bowl with the potato starch and mix to combine. Add potatoes and stir to mix. Heat a large, heavy skillet over medium heat, pour in the oil to a depth of ¼ inch, and when it's hot, spoon ¼ to ⅓ cup of the potato mixture into the oil. Flatten the pancakes to about ½-inch thick.

Fry the pancake until browned, turn over, and fry the other side until browned. Remove and drain the pancakes on a paper towel before serving. Garnish with more wasabi paste if extra heat is desired.

Serves 4-6

Adapted from realwasabi.com

Prepared Fresh Wasabi (from the rhizome)

Wasabi rhizome, washed and air dried

Peel about ¼ to ½ of an inch around the end of the rhizome.

Grate using a fine grater, or special wasabi sharkskin grater, enough for 1 serving or more.

Shape the resulting paste into a ball and let it stand for about 10 minutes for the flavor to develop. Wrap any leftover in a damp paper towel and then with plastic wrap. Note: wasabi is pungent so be careful not to get it in your eyes.

Also, the flavor quickly deteriorates.

To store wasabi rhizome: wrap the rhizome in muslin cloth, leaving the cut end exposed. Immerse the cut end in a little water and refrigerate. Change the water every 3 days. Wasabi will keep this way for about a month.

Adapted from foodandmeal.com

Wasabi Sesame Tuna

¼ cup soy sauce or tamari

3 teaspoons wasabi paste

½ teaspoon cracked black pepper

12 ounces ahi tuna steaks (¾ to 1-inch thick, 2 steaks)

¼ cup sesame seeds

In a shallow dish, combine the soy sauce, wasabi paste and cracked black pepper, mix well. Add the tuna and turn until thoroughly coated on both sides. Let sit for 10 minutes or marinate overnight in a zippered bag (preferred).

Coat a pan with vegetable oil or nonstick cooking spray and preheat over high heat. Place the sesame seeds in another shallow dish, add the tuna and turn to coat completely. Grill the tuna for 1 to 2 minutes per side, until browned or cooked to desired doneness. Slice thinly and serve with rice or stir fried vegetables.

Do not overcook or the tuna will be dry and chewy. Serves 2.

Adapted from Food.com

Firey Fruit Compote

3 cups water

1 cup sugar

½ cup raisins

1 cup sweet white wine

1 pound fresh mixed fruit: blue berries, strawberries, prunes, raspberries, pears, apricots peaches, apples, or figs

2 cloves, whole

1 tablespoon lemon zest

3 cinnamon sticks

1 tablespoon REAL WASABI™

In a large saucepan, stir in water and sugar over medium heat until sugar dissolves. Place all remaining ingredients EXCEPT the wasabi into the saucepan and stir. Simmer for about 25 minutes, stirring occasionally, until fruits are tender and liquid has reduced to a syrupy texture. Turn off heat and let mixture cool to room temperature.

Add prepared wasabi and stir. Pour into a large glass bowl, cover with plastic wrap and refrigerate for at least 4 hours. Serve on fruit cups, in long-stemmed goblets with a dollop or whipped cream, on warm pie, alongside poultry dishes or in the place of jelly.

Realwasabi.com

Do you have a recipe using wasabi to share? Please send it to Karen.k@herbsociety.org