



## Sharsheret in the Kitchen - Finding Umami with Jamie Wei @chopsticksmeetfork

Follow Up

June 16, 2022

- Click [here](#) for Sharsheret in the Kitchen webinar – Finding Umami with Jamie Wei
- Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2022/06/SITK-June-2022-Jamie-Wei-@chopsticksmeetfork-Recipes-FINAL-Updated-6-14-22.pdf>

### **FOLLOW JAMIE HERE:**

- Website: <https://www.chopsticksmeetfork.com/>
- Instagram: <https://www.instagram.com/chopsticksmeetfork/>
- Facebook: <https://www.facebook.com/chopsticksmeetfork/>
- TikTok: <https://www.tiktok.com/@chopsticksmeetfork>

### **JAMIE'S TIPS:**

#### **Taro Congee**

- Congee is a favorite comfort food of Jamie's, especially when she is sick.
- If you don't have taro, sweet potato would work well as a substitute.
- Don't chop the taro too small or they'll melt.
- Stir the taro cubes frequently but not constantly; when they get crispy edges, you can remove them.
- Use a fruit peeler to peel the taro.
- Soak them in cold water if you aren't using them right away because the chopped pieces will get darker due to oxidation.
- You can use more ginger if you like; it's really to taste.
- For dried shiitake mushrooms, soak them in water or broth for at least an hour to soften them up. The water from soaking the mushroom can also be used as broth for other dishes; it's full of umami as well. The umami is much more intense with the dried mushrooms than with fresh ones! You can find very well priced ones in Chinese supermarkets.
- Taro or mushrooms are not required ingredients to make congee. You can make it plain with just broth/water and rice, with some ground meat, or seafood. Whichever ingredients that taste good to you will work!
- If you use a different type of rice like brown rice, you'll have to cook it longer so it's not hard.
- If you don't use kelp, you can use broth to add umami instead. She doesn't use vegetable broth in the congee because she wants the color to stay as light as possible.
- Taro tastes a bit like sweet potato. It is used a lot in East Asian dishes, both savory and sweet dishes. Fresh taro, a root vegetable, can be found in most Asian supermarkets and sometimes even Whole Foods, Wegmans, or Trader Joe's. You can also buy taro chips at stores like Whole Foods or Trader Joe's.
- Do not add the taro back too early or it will melt into the broth during the slow cooking process. Adding it last before bringing it to a boil will keep some pieces whole.

- Adding some chopped snap peas on top gives a different color and texture so it isn't a bowl of the same color.

### Sesame Spinach with Tofu Salad

- Spinach releases water when it's overcooked or burnt. So when stir frying them, pay extra attention to not overcook/burn it to avoid having soggy and watery spinach.
- Sunflower oil is one of the best oils for high temperature cooking like stir frying. Pay attention to what kind of oil you use for which cooking method is very important as not all oil can be used for high temperature methods.
- Chop the spinach into desired length. Use both the stems and the leaves.
- If you don't like tofu, Jamie thinks you should try again! There are many types of tofu and so many ways to prepare it. So maybe you haven't found the right tofu or recipe for you.
- You could substitute everything in this salad- a different type of greens if you don't like spinach. You could use potato or cold noodles, or anything else you'd like to eat with your greens. The dressing is delicious on anything!
- She blanches the tofu for 2 to 3 minutes for people who can't eat raw foods. It's totally fine to serve directly without blanching.
- You don't need to press the tofu, it is a technique to get rid of excess liquid from the tofu; it is useful when too much liquid is a concern in the recipe.
- For the dressing, it's easiest to mix the tahini, peanut butter, and water together first. And once the mixture is smooth, add in the rest of the dressing ingredients
- Maple syrup is a great way to use natural sugars instead of raw sugar.

### Steamed Eggs with Fish and Mushroom

- She doesn't use vegetable broth in the steamed egg because she wants the color to stay as light as possible.
- Make sure to whisk the egg very well, for 20-30 seconds. The more you whisk it, the smoother the texture will be when cooked.
- She likes the way it looks in a ramekin, but you can use any bowl that can withstand the heat.
- Using a fine sieve will give you the smoothest texture.
- Using plastic wrap helps as well, but you must make sure it is microwave safe. It helps retain the glossy surface so the water doesn't drip and make the surface change. If you don't care how it looks, you don't need to use it.
- [Here is the link](#) to a similar tool to the one she used to take the ramekins out of the basket.
- If you don't have a steamer basket, [here is a recent NY Times steamed egg recipe](#) for the microwave or you can use any steaming contraption.

### Miscellaneous Tips

- Not all Chinese dishes are salty and over seasoned. Jamie loves to utilize natural ingredients to provide flavor and umami instead of solely depending on a lot of salt.
- Sesame oil (toasted sesame oil), rice vinegar, soy sauce, rice liquor, white pepper, and chili crisp are her main Taiwanese ingredients to have on hand. For spices, most spices are really just used in braising and slow cooking dishes. And there are



tons of them - Chinese cinnamon, star anise, cloves, black cardamom to name a few.

- Most people in the US buy Japanese soy sauce, which the taste and texture and consistency are very different from Chinese soy sauce. Chinese ones are made in many different flavors ranging from light to dark. Depending on what you are using it for, there are different soy sauces for different cooking methods too. Light soy sauce or steaming soy sauce are normally not very salty.
- Eater has an amazing article [linked here](#) about soy sauce that teaches you how to use different types of soy sauce.
- When picking a wok, pick one that you are comfortable with the weight so you can comfortably use it. She uses steel, not cast iron, just a personal preference. Make sure to take good care of it so it can be used forever!
- Jamie recommends sunflower oil for stir fry. Grapeseed oil is more expensive, but works the same. Olive oil is not meant for high heat cooking, so she uses that for salads. She uses sesame oil for flavor.
- When Jamie's mom was going through cancer treatment, she wouldn't eat raw food, so they would blanch or steam vegetables. This is why she cooks the tofu in her recipe.
- Jamie likes using wax wrap instead of plastic wrap. She uses the Goldilocks brand which makes lots of cute floral prints. [Here's the link](#) to their website.
- You can cook a lot in the steamer: fish, sushi rice, vegetables, bao, etc. You can use it your whole life. You can use cheesecloth, [special liners](#) or parchment paper with holes in it when steaming food. Do not wash it, if you line it before putting food in it you won't really need to do much cleaning. Simply wipe with a damp cloth and let it air dry before putting it away.
- To convert the measurements from grams, you can use [this link](#) to help.



**SHARSHERET**<sup>®</sup>  
The Jewish Breast & Ovarian Cancer Community

## CANCER GENETICS FAST FACTS

**EVERYONE** who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.

Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.

If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.

**1 IN 40**  
Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.

Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

**Email [info@sharsheret.org](mailto:info@sharsheret.org) to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.**

This program was made possible with support by



The Cooperative Agreement DP19-1906 from the Centers of Disease Control and Prevention

This program was made in partnership with:



[@chopsticksmeeetfork | CHOPSTICKSMEETFORK.COM](https://chopsticksmeeetfork.com)

