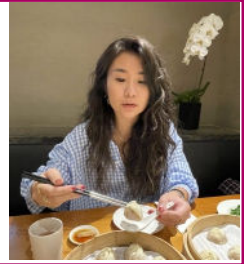




## FINDING UMAMI WITH JAMIE WEI

@chopsticksmeetfork

June 16, 2022



### Sesame Spinach with Tofu Salad 芝麻菠菜凉拌豆腐

#### Ingredients

Spinach, 1 bunch, 200g, cut into desired length

Silken tofu, 1 block, about 1 lb

White sesame seeds, 1 tsp, toasted

#### Dressing Ingredients

Tahini 40g

Natural peanut butter 40g

Cold water 50ml

Soy sauce 1 tsp

Rice vinegar ½ tsp

Sesame oil 1 tsp

Maple syrup ½ tsp

Salt ⅛ tsp



#### Instructions

- 1) Heat the oil in a frying pan, once hot, add in the spinach and turn off the heat after 5 -10 seconds. Stir the spinach constantly and use the residual heat from the pan to cook them through. Remove from the pan and transfer to a serving platter. Move the spinach towards the sides and create a well in the center.
- 2) Blanch the tofu for about 2-3 minutes. Remove from the pot and cut into 1" cubes. Transfer to the serving plate and place the tofu in the center of the plate. Cover the plate and leave in the fridge to chill.
- 3) Combine all dressing ingredients together, mix well and set aside.
- 4) When ready to serve, drizzle on the sesame dressing. Sprinkle on some white sesame seeds. Serve with more dressing on the side.

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## Taro Mushroom Congee 香菇芋頭粥

Yield: 2-3 people generously

### Ingredients

Sunflower oil, 1 TBS

Taro, 300-350g, peeled and cut into 1" cubes

Dried shitake mushroom, 10 medium florets

Celery, 2 stalk, finely chopped

Ginger, 1", peeled and finely chopped

Shallot, 1, thinly sliced

White rice ½ cup, washed and drained \*\*see notes

Kombu broth, 4 cups \*\*see notes

Salt ½ tsp, and more to taste

White pepper, to taste

Snap peas, 1-2 peas, blanched and cooled. Finely chopped. (optional)

### Instructions

- 1) Soak the dried mushroom in warm water for about 1 hour. Once softened, slice the mushroom and set aside.
- 2) Heat the oil in a large pot, add in the taro, stir frequently and cook for 3-4 minutes until golden brown. Remove from the pot. Add in shallot to the same pot, cook for 2 minutes until translucent and the edges start to get crispy and the color starts to darken, add in the ginger and celery, stir to combine and cook until aromatic, about 1-2 minutes. Then, add in the mushroom, continue to cook for another 1-2 minutes. Return the taro to the pot. Add in the rice, the broth, and ¼ tsp of salt. Bring to a boil and lower the heat to maintain a soft simmer. Cover and cook for about 25 minutes. Stir the rice every 8-10 minutes so the bottom won't get burned. Once the rice is cooked, taste and season with more salt and some white pepper.
- 3) Serve hot. If desired, top with the snap peas for a pop of color and some crunchy texture.

### Notes

- It's okay to substitute white rice with other grains, just adjust the cooking time accordingly
- To make the kombu broth, take 15g kombu, wipe it clean. Add it into the pot with 6 cups of water. Bring to a boil and lower the heat to maintain a gentle simmer. Cook for 10 minutes. Remove the kombu. Set the broth aside until ready to use.
- Save leftovers in an airtight container in the fridge for up to 3 days. Reheat the congee in a pot with some more broth or water to bring it back to desired consistency.

# Steamed Eggs with Fish and Mushroom 鮮魚香菇蒸蛋

Yield 2



## Ingredients

- Eggs 2 (about 100g) at room temperature
- Kombu broth 200g at room temperature \*\* see notes
- Salt ¼ tsp
- Soy Sauce 1 tsp
- Salmon 50g
- Dried mushroom 2 florets
- Snap peas (blanched and thinly sliced, to garnish)

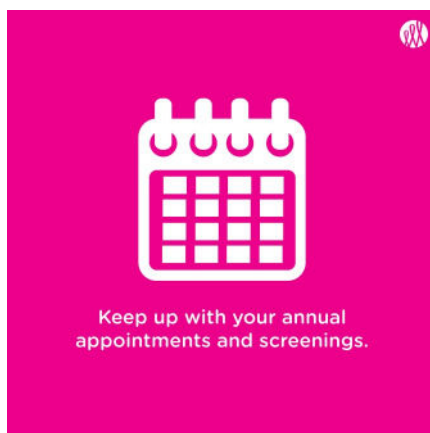
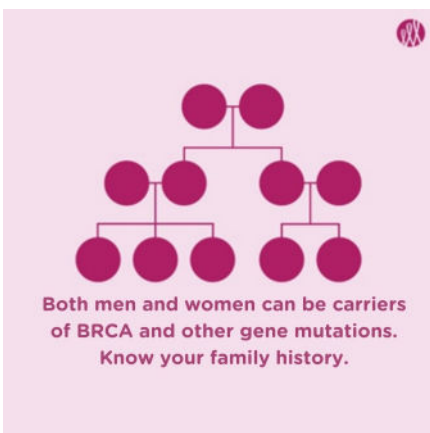
## Instructions

- 1) Soak the mushroom in the 200ml Kombu broth for about 1 hour until softened and then thinly slice the mushroom, reserve the broth.
- 2) Whisk the eggs and the broth until fully combined, at least 30 seconds. Take your time to whisk it, the more the eggs are broken down, the finer the texture will be later on.
- 3) Prepare two ramekins, divide the 50g salmon and place them in the bottom, place the sliced mushroom in. Pour the egg mixture into the ramekins through a fine sieve. This step is very crucial as it is the key to the silky texture later after the eggs are steamed.
- 4) Cover the ramekin tightly with plastic wrap \*\*see notes. Steam over high heat for 8 minutes. Remove from heat, leave the basket covered, let it sit for 3 minutes off heat.

Once ready, carefully remove the ramekins from the steam basket, unwrap the plastic wrap. Garnish with the snap peas and serve warm.

## Notes

- To make the kombu broth, take 5g of kombu, wipe it clean. Add it into the pot with 2 cups of water. Bring to a boil and lower the heat to maintain a gentle simmer. Cook for 10 minutes. Remove the kombu. Set the broth aside until ready to use.
- Make sure to use microwave-safe plastic wrap.



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