

Cook-a-long

Traditional Japanese
dumpling soup

with Motoko Fujita





Country style Japanese dumpling soup

In winter, hot pot cooking is very common and popular in Japan. This country style dumpling soup called SUITON is one of the most simplest hot pot cooking.

When Grizedale Arts visited Kiwanosato village in south of Japan, Ms.Kawamura, a milk producer of the village, demonstrated how to cook her version of dumpling soup. Being inspired by her recipe, I planed today's version in a cook-a-long way.

In this session you will learn:

- How to make basic Japanese soup stock (vegan friendly).
- Philosophy of chopping vegetables.
- Easy dumpling making
- Joy of cook-a-long

Ingredients (approx. 3-4 people)

For the soup stock:

2 or 3 dried Shitake mushrooms

Combu (dry - about 10cm x 10cm cut size and/or Hondashi powder stock

*if you cannot get any of these you can use usual soup stock cube - it is different but it goes well with soy sauce)

Water 1L

Chunky Vegetables:

1 medium carrot

10cm length of Japanese radish (or 1/4 turnip or similar vegetable)

2-4 fresh mushrooms or use soaked mushrooms

1/4 Tofu block (deep fried or solid)

A handful of spinach (or any sort of leaf vegetables) *Vegetables can be replaced flexibly to anything in your fridge.

For the dumplings:

4-6 tbsp plain flour

Water

Spices

Japanese Soy sauce

Sake or Mirin

Sugar

Salt

To Garnish:

Fresh Chives

Method

1. Lightly wash the mushrooms and wipe combu with damp cloth.
2. Overnight method: On the day before the cooking session, prepare 1L water in a container with a lid. Put the mushrooms and combu in the water and leave overnight (24 hours) in the fridge. On the day method: One hour before the session, prepare 1L water in a pot. Put the mushrooms and combu in the pot and leave under room temperature.
3. On the day method need to heat the soaked water. (Demonstration on live)
4. Add soy sauce, mirin and salt.
5. Chop vegetables (demonstration on live), and put in the pot. Medium heat.
6. To make dumpling, mix flour and water and create a stick of the dough. Twist to make a dumpling and drop in the soup.
7. Cook until dumplings are cooked.
8. Serving: sprinkle chopped chive.
9. In Japan they say “ Itadakimasu” (Thank you for the meal) before eating.

