

ふろふき大根



Furofuki Daikon



Steamed *Daikon* in Piping Hot Broth with Yuzu Peel Steamed *Daikon* with Two-Colored *Miso* Sauces

Furofuki, literally “**blowing steam**,” is the name given to vegetables – most often *daikon* radish – that has been tender-prepped and then simmered in (kelp) broth. Served piping hot – so hot you will need to blow away the steam (that’s the origin of the dish’s name) – it is perfect wintertime fare. Serve it in the broth in which it was cooked (I like to garnish it with strips of fragrant *yuzu* peel) or sauced with *miso*, light or dark... or a bit of both.



The technique for **tender-prepping in *togi-jiru*** (starchy rice water) is a useful one to remember whenever you are cooking *daikon*, carrots or other firm root vegetables or tubers. Tender-prepping makes the vegetables very soft without falling apart (the natural oils in the rice water help them hold their shape). The par-boiling also makes them porous, getting them ready to absorb the flavor of the broth in which the final cooking takes place. When you wash rice, save the starchy water (called ***togi-jiru***) in a jar, storing it in the refrigerator if you do not use it the same day. After several hours you will notice a sediment forming at the bottom of the jar. When ready to use, stir it to recombine.

The flavored *miso* sauces used to finish the steamed radish in this recipe are also basic building blocks in the Japanese kitchen. The sauces can be used as a dip for sliced fruit (try crisp apples) or slathered on blocks of *tōfu* and finished under the broiler (a dish the Japanese call *dengaku*).



Serves 4 to 6.

- 4 to 6, 1-inch thick circles *daikon* (white icicle radish), each about 2 ounces
- 2 cups *komé togi-jiru*, (starchy, cloudy water from washing rice)
- 1 cup *kombu-jiru* (soak kelp in water for at least 20 minutes and up to several hours)
- 2 teaspoons *usukuchi shōyu* (light-colored soy sauce)
- 2 teaspoons *mirin* (syrupy wine)
- 1/4 teaspoon cornstarch (mixed with a few drops cold water)
- 1/4 teaspoon zest or peel from fresh *yuzu* (citron) or lemon
- 1/3 cup **Lemony Miso Sauce** and/or 1/3 cup **Pungent Red Miso sauce** (recipes below)

Peel the circles of radish, preferably in *katsura muki* fashion (set aside thin, broad pieces of peel to make *kimpira* (June 2, 2019 post). Bevel the edges of each circle of radish to keep it from crumbling as it simmers later in broth; use a vegetable peeler or a knife to do this.

Tender-Prepping Root Vegetables in *togi-jiru* (starchy rice wash)



Place the starchy rice-washing liquid (*togi-jiru*) in a deep pot just wide enough to hold the *daikon* pieces in a single layer. Slowly bring the liquid to a boil over medium heat. Large clouds of froth will form and rise in the pot (that is why you want to use a deep pot); adjust the heat to keep it from overflowing. Using an *otoshi-buta* (dropped lid) helps keep the *daikon* submerged throughout the tender-prepping process. Cook until the *daikon* is tender, (a toothpick or bamboo skewer meets little resistance), about 10 minutes. Drain; rinse away scum. Radish par-boiled in starchy water will have a luminous appearance.

Place the tender-prepped *daikon* radish in a saucepan filled with kelp stock, seasoned with *usukuchi shōyu* (light soy) and *mirin* (syrupy wine). Simmer the *daikon* radish until very soft and tender (a toothpick will meet with no resistance), about 8-9 minutes.

While the *daikon* radish is simmering, prepare one OR both *miso* sauces, each in a separate, small saucepan.

Lemony Miso Sauce (Makes about 1/3 cup)

- 1/3 cup *Saikyo shiro miso* (sweet, light bean paste)
- 1 and 1/2 tablespoons *saké*
- 1 teaspoon sugar (+ 1/2 teaspoon, optional)
- 1 tablespoon water
- 1 teaspoon finely-grated lemon zest



Combine the sweet, light bean paste with the *saké* and 1 teaspoon of sugar in a small, sturdy saucepan. Before placing the pan over heat, stir ingredients with a wooden paddle or spatula until ingredients are thoroughly mixed. Stir in the water until combined. Using a spice grater or fine-tooth microplane, scrape the skin of a fresh lemon to produce fine zest. Add half of this zest to the pan, reserving the other half for later.

Cook the sauce over medium heat, stirring constantly to prevent scorching. The sauce will bubble and splatter a bit, so use caution, and a long-handled wooden spoon or

spatula. Cook until the mixture is glossy and the consistency of tomato ketchup (when you stir, you should be able to see the bottom of the pan). The sauce will stiffen and thicken a bit as it cools so err to the side of thin (but not runny).

Use a spoon to take a small sample from the pot. Allow the sample to cool before tasting. Adjust, as needed, with a pinch more sugar (if too salty) and/or water (if too stiff). Add the remaining zest and stir to blend. Set aside to cool completely. Transfer the cooked and cooled sauce to a glass jar with a tight-fitting lid. Refrigerated, it will keep 3-4 weeks.



Pungent Red Miso Sauce

Makes about 1/2 cup sauce.

- 5 to 6 tablespoons *Sendai miso* (pungent *aka miso* or “red” *miso*)
- 2 to 3 tablespoons sugar
- 2 to 3 tablespoons *saké*
- 1 to 2 tablespoons water



Combine the ingredients directly in the pan in which the sauce will be made, ideally fairly deep (the sauce will splatter as it cooks). Before placing the pan over your source of heat, stir ingredients with a long-handled wooden spatula until they are thoroughly mixed.

Cook, stirring constantly, over medium-high heat until the mixture is glossy and the consistency of tomato ketchup. (The sauce will stiffen and thicken a bit as it cools.) The sauce will bubble and splatter a bit as you cook, so use caution.

Use a spoon to take a small sample from the pot. Allow the sample to cool before tasting. Adjust, as needed, by adding more sugar (if too salty) and/or water (if too stiff). Set aside to cool completely. Transfer the cooked and cooled sauce to a glass jar with a tight-fitting lid. Refrigerated, it will keep 3 to 4 weeks.