

# Japanas

vol.3

A handful of ideas for Japanese Tapas by **kikkoman**®





## DO IT DIFFERENTLY WITH KIKKOMAN - *Japas*

Japas (Japanese tapas) are inspired by cuisines from all over the world and complemented by the culinary art of Japan.

Our new set of recipes will take you on the next stage of your journey through an exciting universe of flavours. Our recipes have been created using the very best, carefully selected ingredients and by adding our delicious new sauces – Tonkatsu, Yakisoba and Teriyaki Ginger – we have provided an amazing new taste dimension for you to discover.

These small-sized portions coupled with sophisticated garnishes deliver an innovative flavour twist to inspire you and your guests.

They are the perfect addition to your menu – ideal as a mouth-watering starter or for everyone to share and enjoy.

  
**kikkoman**  
seasoning your life



## HOW TO USE THIS BOOKLET

The recipes are marked with icons for easy categorization in terms of the type of starter (cold or warm), ingredients used (light & healthy, vegan, vegetarian, gluten-free) and the character of the dish, which might be helpful when considering certain ideas for your own menu. To some recipes, we have added hints and additional suggestions. Information about allergens are declared under each recipe.

### ICON LEGEND:



Cold dish



Warm dish



Light & healthy



Vegetarian



Vegan



Gluten-free



Ideal for restaurants



Ideal for canteens



Ideal for pubs





## KING PRAWNS ON FRIED BEAN-THREAD NOODLES

### INGREDIENTS

Bean thread noodles	150 g
Yellow bell pepper	1 small
Vegetable oil	80 ml
Salt and freshly ground pepper	
Tiger prawns (ready to eat)	10
Kikkoman Yakisoba Sauce	75 ml
Sprigs of coriander	3-4
Paprika powder	

### METHOD

1. Cook the noodles according to the pack instructions. Halve the pepper, trim, wash and dice it, then fry in 1 tbsp. hot oil. Season with salt and pepper, place aside and keep warm.
2. Fry the prawns in 1 tbsp. hot oil, season with salt and pepper, place aside and keep warm. Fry the noodles in the rest of the oil, add Yakisoba Sauce and continue simmering to reduce the liquid.
3. Arrange the bean thread noodles on plates, put the pepper and prawns on top, garnish with coriander and paprika and serve hot.



10 portions



Preparation: 25 min  
Cooking: 25 min



Nutrition values (per portion):  
kJ/kcal: 666/161  
Protein: 5.9 g  
Fat: 7.8 g  
Carbohydrate: 15.9 g  
Bread units: 1.5



Allergens:  
shellfish and shellfish products,  
soy and soy products, wheat



# OKONOMI YAKI-STYLE POTATO FRITTERS



## INGREDIENTS

Potatoes	1200 g
Soft cheese	180 g
Vegetable oil	60 ml
Cherry tomatoes	10
Bunch of chives	1/2
Kikkoman Tonkatsu Sauce	150 ml
Mayonnaise	100 g
Medium hot mustard	80 g

## METHOD

1. Peel, wash and finely grate the potatoes. Mix together the grated potato and soft cheese, divide into portions and fry in the oil at a medium heat for approx. 6 minutes to form 10 fritters. Turn over the fritters and cook for approx. 6 minutes on the other side.
2. Wash the tomatoes. Add them to the frying oil and cook for approx. 2 minutes. Trim and wash the chives, then cut them into fine rings. Brush the fritters with Tonkatsu Sauce and garnish with mayonnaise and mustard. Sprinkle with chives and fried cherry tomatoes and serve hot.



10 fritters



Preparation: 40 min  
Cooking: 25 min



Nutrition values (per fritter):  
kJ/kcal: 1203/286  
Protein: 5.8 g  
Fat: 18.2 g  
Carbohydrate: 22.4 g  
Bread units: 2



Allergens:  
milk and dairy products (including lactose), mustard  
and mustard products, eggs and egg products,  
celery and celery products



# SPARE RIBS WITH TONKATSU MARINADE



## INGREDIENTS

Spare ribs	1200 g
Vegetable oil	3 tbsp.
Kikkoman Tonkatsu Sauce	200 ml
A pinch of freshly ground black pepper	

## METHOD

1. Heat up the oil. Sear the spare ribs on both sides, then place in a pan containing 2 litres of water and 80 ml Tonkatsu Sauce and bring to the boil. Simmer the spare ribs at medium heat for approx. 45 minutes. Add the remaining Tonkatsu Sauce and the pepper, then boil the liquid down to a thick syrup.
2. Place the spare ribs on a baking tray lined with baking paper and cook in the oven at 240°C (convection oven: 220°C) for approx. 5 minutes. If you like you can serve the spare ribs with grilled vegetables.



10 portions



Preparation: 20 min  
Cooking: 1 h 15 min



Nutrition values (per portion):  
kJ/kcal: 1862/444  
Protein: 27.8 g  
Fat: 30.2 g  
Carbohydrate: 14.0 g  
Bread units: 1







## SEAFOOD IN TONKATSU CRÈME

### INGREDIENTS

Spinach	200 g
King oyster mushrooms	150 g
Olive oil	60 ml
Salt and freshly ground pepper	
Tiger prawns (ready to cook)	20
Scallops (ready to cook)	10
Dairy cream	200 ml
Kikkoman Tonkatsu Sauce	100 ml

### METHOD

1. Trim and wash the spinach leaves. Trim and slice the mushrooms thinly. Fry the spinach and mushrooms separately in approx. 1 tbsp. olive oil, season with salt and pepper and keep warm.
2. Fry the prawns and scallops in the rest of the olive oil briefly, add the cream and Tonkatsu Sauce, and continue cooking until ready.
3. Arrange the mushrooms and spinach on plates, put the seafood in Tonkatsu crème on top, garnish with chervil if you like, and serve.



10 portions



Preparation: 25 min  
Cooking: 20 min



Nutrition values (per portion):  
kJ/kcal: 1736/418  
Protein: 32.8 g  
Fat: 27.0 g  
Carbohydrate: 9.5 g  
Bread units: 0.5



Allergens:  
shellfish and shellfish products,  
milk and dairy products  
(including lactose)






## STIR-FRIED PRAWNS WITH TERIYAKI GINGER SAUCE


### INGREDIENTS:


Small cucumber	1
Vegetable oil	60 ml
Tiger prawns (ready to cook)	30
Kikkoman Teriyaki Ginger Sauce	300 ml
Mineral water	100 ml
Sesame seed oil	1 tsp.


### METHOD

1. Wash and trim the cucumber. Then cut it lengthways into fine strips. Soak the cucumber strips in cold water for approx. 10 minutes and drain well.
2. Heat up the oil in a pan. Fry the prawns on all sides for approx. 3-5 minutes.
3. Combine the Teriyaki Ginger Sauce, mineral water and sesame oil in a pan and reduce at high heat. Serve the prawns and cucumber strips with a drizzle of ginger sauce.

 10 portions

 Preparation: 20 min  
Cooking: 20 min

 Nutrition values (per portion):  
kJ/kcal: 1019/249  
Protein: 27.3 g  
Fat: 6.5 g  
Carbohydrate: 17.1 g  
Bread units: 1.5

 Allergens:  
shellfish and shellfish products, sesame seeds  
and sesame seed products, soy and soy products,  
wheat, sulphur, contains antioxidant, contains  
preservative







# TONKATSU TORTILLA KEBABS



## INGREDIENTS

Small red onion	1
Tomatoes	2
Iceberg lettuce	1/2
Onions	2
Vegetable oil	1 tbsp.
Minced pork & beef	300 g
Kikkoman Tonkatsu Sauce	100 ml
Small tortillas	10
Sour cream	200 g
Small wooden skewers	30

## METHOD

1. Peel the red onion, cut into fine strips and set aside. Wash the tomatoes, remove the stems and cores and chop coarsely. Trim and wash the lettuce and cut it into fine strips. Peel and dice the other onions and sauté in hot oil. Add the mince, cook briefly, season with Tonkatsu Sauce and simmer to reduce slightly.
2. Cut the tortillas into approx. 9 x 10 cm squares. Distribute the meat, salad, tomatoes and red onions onto them and roll up.
3. Cut each tortilla roll into 3 equal pieces, put them on a skewer and serve with sour cream.



30 kebabs



Preparation: 40 min  
Cooking: 40 min



Nutrition values (per piece):  
kJ/kcal: 248/59  
Protein: 2.8 g  
Fat: 3.2 g  
Carbohydrate: 4.7 g  
Bread units: 0.5



Allergens:  
milk and dairy products  
(including lactose), cereals  
containing gluten and products  
derived from them, wheat





# YAKISOBA LASAGNE





## INGREDIENTS


Butter	75 g
Wheat flour	75 g
Milk	750 ml
Salt, sugar	
Onions	3
Garlic cloves	2
Olive oil	2 tbsp.
Minced pork and beef	500 g
Kikkoman Yakisoba Sauce	250 ml
Sieved tomatoes (tinned)	250 g
Lasagne sheets	7
Grated Mozzarella	100 g
Paprika powder	
Basil	3-4 sprigs


## METHOD

1. Melt the butter in a pan. Gradually add the flour, stirring constantly, at low heat. Add the milk, bring to the boil and season with salt and sugar.
2. Peel the onions and garlic. Dice them finely and fry in hot oil. Add the meat and continue cooking. Then add Yakisoba Sauce and tomatoes and bring to the boil briefly.
3. Create alternating layers of meat, sauce and lasagne sheets in a large baking dish. Finish with a lasagne sheet layer. Cover with mozzarella, sprinkle with paprika and bake in a pre-heated oven at 200°C (convection: 180°C) for approx. 25-30 minutes. Wash and dry the basil. Use the basil leaves as a garnish on top of the Yakisoba Lasagne and serve.

 8-10 portions

 Preparation: 60 min  
Cooking: 25-30 min

 Nutrition values (per portion):  
kJ/kcal: 1633/390  
Protein: 17.5 g  
Fat: 21.7 g  
Carbohydrate: 29.8 g  
Bread units: 2.5

 Allergens:  
milk and dairy products (including lactose),  
cereals containing gluten and products derived  
from them, wheat








## FRIED NOODLES AND RICE WITH YAKISOBA SAUCE


### INGREDIENTS:


Spaghetti	250 g
Rice	250 g
Oxheart cabbage	200 g
Yellow pepper	1
Red pepper	1
Spring onions	½ a bunch
Vegetable oil	80 ml
Salt and freshly ground pepper	
Bacon	100 g
Kikkoman Yakisoba Sauce	200 ml
Eggs	10
Chopped parsley	


### METHOD

1. Cook the spaghetti and rice according to the pack instructions and drain. Cut the spaghetti into 2-3 cm long pieces. Trim and wash the cabbage. Halve, trim and wash the peppers, then chop the cabbage and the peppers coarsely. Trim and wash the spring onions, then cut them into approx. 5 mm rings.
2. Fry the vegetables in 1 tbsp. hot oil, season with salt and pepper and place aside. Fry the bacon in the same pan with another 1 tbsp. oil, add the spaghetti and rice and continue cooking. Add the Yakisoba Sauce and stir in the vegetables.
3. Break the eggs one by one into the pan and fry them in the remaining hot oil. Arrange the noodles and rice on plates and serve with fried eggs and a sprinkle of parsley.

 10 portions

 Preparation: 45 min  
Cooking: 35 min

 Nutrition values (per portion):  
kJ/kcal: 1789/426  
Protein: 13.9 g  
Fat: 19.9 g  
Carbohydrate: 46.4 g  
Bread units: 3.5

 Allergens:  
cereals containing gluten and products  
derived from them, eggs and egg products,  
soy and soy products, wheat













## DEEP-FRIED CHICKEN WITH TERIYAKI GINGER SAUCE


### INGREDIENTS:


Chicken breast fillet	300 g
Salt and freshly ground pepper	
Potato starch	50 g
Eggs	2
Wheat flour	150 g
Baking powder	2 tsp.
Vegetable oil	2 tbsp.
Ground nutmeg	1 pinch
Fat for deep frying	
Parsley	3-4 sprigs
Kikkoman Teriyaki Ginger Sauce	250 ml


### METHOD

1. Dab the chicken dry. Cut into strips, season with salt and pepper and dust with potato starch.
2. Combine the eggs, flour, baking powder, oil and 200 ml water into a smooth batter. Season with salt, pepper and nutmeg.
3. Heat up the frying fat to approx. 170°C. Dip the chicken pieces in the batter and deep fry until golden. Wash the parsley. Dab dry and fry briefly. Warm the Teriyaki Ginger Sauce slightly. Garnish the fried chicken with parsley and serve with Teriyaki Ginger Sauce.

 10 portions

 Preparation: 30 min  
Cooking: 30 min

 Nutrition values (per portion):  
kJ/kcal: 2770/674  
Protein: 23.2 g  
Fat: 31.0 g  
Carbohydrate: 69.2 g  
Bread units: 6

 Allergens:  
eggs and egg products, cereals containing gluten  
and products derived from them, soy and soy products,  
wheat, sulphur, contains antioxidant, contains  
preservative





## SALMON IN CORNFLAKE CRUST WITH TERIYAKI GINGER SAUCE

### INGREDIENTS

Salmon fillet (sushi quality)	400 g
Salt and freshly ground pepper	
Wheat flour	2-3 tbsp.
Eggs	3
Cornflakes	100 g
Vegetable oil	4 tbsp.
Kikkoman Teriyaki Ginger Sauce	200 ml
Butter	40 g

### METHOD

1. Dab the salmon dry, cut into approx. 2.5 cm wide pieces, season with salt and pepper and coat with flour. Whisk the eggs. Dip the salmon pieces in the egg first, then in the cornflakes. You might have to press the cornflakes down.
2. Heat up the oil in a pan and fry the salmon for 1-2 minutes on each side.
3. Heat up the Teriyaki Ginger Sauce in a pan and melt the butter in it. Pour the sauce onto plates and put the salmon on top and serve hot. Garnish with physalis and chard salad if you like.



10 portions



Preparation: 20 min  
Cooking: 20 min



Nutrition values (per serving):  
kJ/kcal: 2694/656  
Protein: 29.5 g  
Fat: 35.5 g  
Carbohydrate: 49.5 g  
Bread units: 4



Allergens:  
fish and fish products, cereals containing gluten and products derived from them, egg and egg products, milk and dairy products (including lactose), soy and soy products, wheat, sulphur, contains antioxidant, contains preservative



# PENNE WITH YAKISOBA CURRY SAUCE




## INGREDIENTS


Garlic	2 cloves
Small onions	2
Mushrooms	80 g
Small carrot	1
Vegetable oil	2 tbsp.
Minced beef	400 g
Curry powder	1-2 tbsp.
Chicken stock	150 ml
Kikkoman Yakisoba Sauce	200 ml
Penne	400 g
Grated parmesan	1 tbsp.
A few sprigs of parsley	


## METHOD

1. Peel the garlic and onions, trim and peel the mushrooms, remove the tops and peel the carrots, then chop them all the vegetables finely. Fry the garlic in 1 tbsp. hot oil. Add the vegetables and continue cooking. When everything is cooked, remove from the heat and place aside.
2. Fry the beef in the same pan with the remaining oil and dust it with curry powder. Combine the vegetables with the meat, chicken stock and Yakisoba Sauce and simmer briefly to reduce.
3. Cook the penne according to the pack instructions. Serve with Yakisoba Curry Sauce garnished with parmesan and parsley.

 10 portions

 Preparation: 35 min  
Cooking: 25 min

 Nutrition values (per portion):  
kJ/kcal: 2987/706  
Protein: 35.6 g  
Fat: 21.3 g  
Carbohydrate: 92.4 g  
Bread units: 7.5

 Allergens:  
eggs and egg products, cereals containing gluten and products derived from them, milk and dairy products (including lactose), celery and celery products, mustard and mustard products, soy and soy products, wheat






# VEGETABLE STICKS WITH A TERIYAKI GINGER DIP


## INGREDIENTS


Celery	100 g
Cucumber	100 g
Carrots	100 g
White radish	100 g
Red bell pepper	100 g
Yellow bell pepper	100 g
Kikkoman Teriyaki Ginger Sauce	150 ml
Mayonnaise	150 g


## METHOD

1. Wash, trim and peel the vegetables if necessary. Cut into approx. 7-8 cm sticks.
2. Stir together the Teriyaki Ginger Sauce and the mayonnaise to make the dip. Serve the dip with the vegetable sticks.

 10 portions

 Preparation: 30 min

 Nutrition values (per portion):  
kJ/kcal: 1064/260  
Protein: 2.2 g  
Fat: 19.6 g  
Carbohydrate: 14.9 g  
Bread units: 1

 Allergens:  
celery and celery products, eggs  
and egg products, milk and dairy  
product (including lactose), mustard  
and mustard products, soy and soy  
products, wheat, sulphur, contains  
antioxidant, contains preservative





# YAKISOBA



## INGREDIENTS

Oxheart cabbage	200 g
Carrots	100 g
Beansprouts	250 g
Neck of pork	300 g
Vegetable oil	80 ml
Salt and freshly ground pepper	
Ramen noodles	5 packs (à 150 g)
Kikkoman Yakisoba Sauce	170 ml
Beni shoga (pickled ginger)	25 g
Aonori (seaweed flakes)	



## METHOD

1. Trim and wash the oxheart cabbage, remove the tops and peel the carrots, then cut the cabbage and carrots into approx. 1 cm wide strips. Wash the beansprouts. Cut the neck of pork into thin slices and fry in approx. 40 ml hot oil. Add the cabbage, carrots and beansprouts and continue cooking. Season with salt and pepper. Stop cooking but keep warm.
2. Cook the ramen noodles according to the pack instructions, then fry them in the remaining oil. Return the meat and vegetables to the pan, season with Yakisoba Sauce and fry at a high heat.
3. Put the yakisoba onto plates, sprinkle with beni shoga and aonori flakes and serve.



10 portions



Preparation: 50 min  
Cooking: 40 min



Nutrition values (per portion):  
kJ/kcal: 2553/610  
Protein: 25.2 g  
Fat: 26.6 g  
Carbohydrate: 67.6 g  
Bread units: 5.5



Allergens:  
soy and soy products, wheat





## MINI CAMEMBERT WITH TONKATSU SAUCE


### INGREDIENTS


Eggs	4
Small Camembert cheeses (or Camembert wedges)	10
Wheat flour	5-6 tbsp.
Panko flour (or breadcrumbs)	100 g
Vegetable oil for deep frying	
Cherry tomatoes	10
Friseé lettuce	150 g
Kikkoman Tonkatsu Sauce	250 ml


### METHOD


1. Whisk the eggs. Dip the cheese in flour first, then in the whisked egg. Repeat and then coat with panko flour.
2. Deep fry the coated cheeses in the oil at approx. 170°C until golden brown and drain on kitchen roll.
3. Wash and halve the tomatoes. Trim and wash the lettuce leaves, then place the tomatoes and cheese on top. Serve with Tonkatsu Sauce.



 10 pieces

 Preparation: 20 min  
Cooking: 15 min

 Nutrition values (per piece):  
kJ/kcal: 1201/287  
Protein: 11.8 g  
Fat: 18.1 g  
Carbohydrate: 18.4 g  
Bread units: 1.5

 Allergens:  
egg and egg products, milk and dairy products (including lactose), cereals containing gluten and products derived from them



# PORK KEBABS WITH TERIYAKI GINGER SAUCE



## INGREDIENTS

Spring onions	2
Pork belly	600 g
Salt	
Mineral water	100 ml
Kikkoman Teriyaki Ginger Sauce	250 ml
Toasted sesame seeds	2 tbsp.
Skewers	

## METHOD

1. Trim and wash the spring onions, then cut them into fine rings. Dab the pork dry. Cut it into approx. 1 cm wide and 3-4 cm long pieces and season with salt.
2. Thread the pork strips lengthways onto the skewers. Then heat up the oil in a pan and fry on all sides for approx. 5-8 minutes.
3. Add the mineral water to the frying liquid, season with Teriyaki Ginger Sauce and simmer briefly to reduce. To serve, drizzle the finished kebabs with sauce, sprinkle with spring onion rings and garnish with sesame seeds.



8-10 kebabs



Preparation: 40 min

Cooking: 30 min



Nutrition values (per kebab):

kJ/kcal: 1165/287

Protein: 15.0 g

Fat: 17.2 g

Carbohydrate: 15.0 g

Bread units: 1.5



Allergens:

sesame seeds and sesame seed products,  
soy and soy products, wheat, sulphur, contains  
antioxidant, contains preservative



# KIKKOMAN PRODUCT VARIETY



Kikkoman Naturally Brewed  
Soy Sauce Fancy Grade 1L

*Available also in 10ml Sachet,  
150ml dispenser, 150ml, 250ml,  
500ml, 1.9L, 5L, 20L*



Kikkoman Tonkatsu Sauce  
975 ml



Kikkoman Yakisoba Sauce  
975 ml



Kikkoman Teriyaki Ginger Sauce  
975 ml



Kikkoman Naturally Brewed  
Soy Sauce Less Salt 1L

*Available also in 10ml Sachet,  
150ml dispenser, 250ml, 20L*



Kikkoman Teriyaki Glaze  
975 ml



Kikkoman Naturally Brewed  
Tamari Gluten-Free Soy Sauce 1L

*Available also in 10ml Sachet,  
250ml, 20L*



Kikkoman Ponzu Citrus  
Soy Sauce 1L



Kikkoman Sauce for Rice - Sweet  
/ Sauce Soja Sucrée 975ml

*Available also in 250ml, 1.9L*



Kikkoman Sushi Sauce  
975 ml



Kikkoman Teriyaki  
Marinade & Sauce 975 ml

*Available also in 250ml, 1.9L, 4L,  
18L*



Kikkoman Sesame Sauce 1L



## BEHIND THE JAPAS SCENE



Mr. Kiyoshi Hayamizu has been cooking for over 30 years - starting as head chef of teppanyaki restaurant Daitokai in Cologne back in the 80s and is the co-author of two cook books about Japanese cuisine. For the last 16 years he has been accompanying us on our travels throughout Europe and supporting Kikkoman in the promotion of culinary exchange, healthy food and delicious cookery with soy sauce.

### Kikkoman culinary emergency!

Are you looking for an idea?  
Are you changing the menu in your restaurant?  
Or maybe you want to know more about Japas?

Contact our local distributor and ask for advice and more input.





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