

COOK ANIME

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EAT LIKE YOUR
FAVORITE CHARACTER—
FROM
BENTO TO YAKISOBA

DIANA AULT

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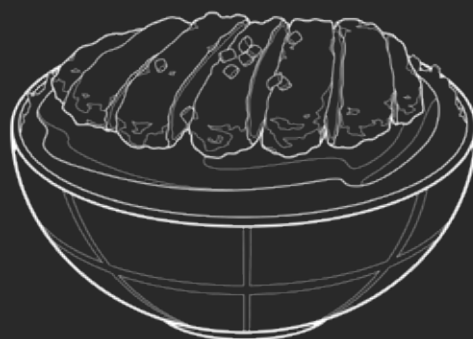
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**To the brilliant and
hardworking animators.
Your passion and talent
have inspired so many.**

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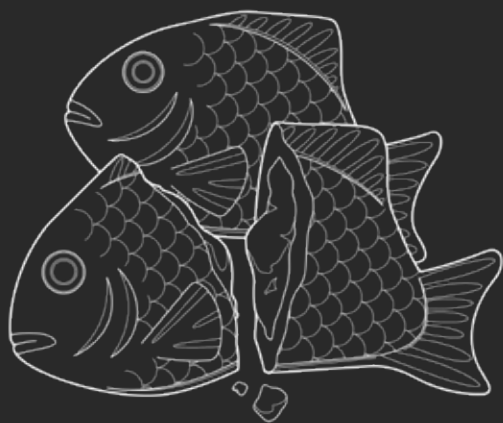
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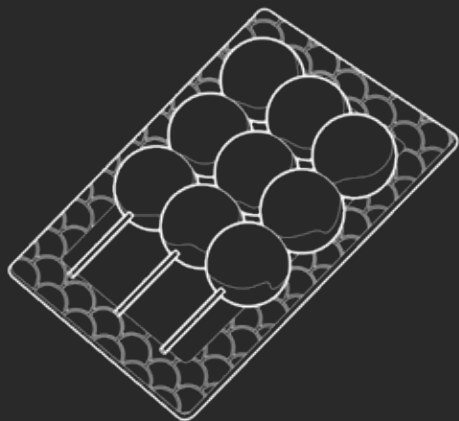
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**WHAT A
SCRUMPTIOUS
ABUNDANCE
OF FOOD
THERE IS
IN ANIME!**



The care that the creators and animators put into this facet of the art form is so impressive, and one of the aspects that sets Japanese animation apart from other animated media.

The food in anime can act as a window onto Japanese culture and history, and can bring even more meaning to the scene it's featured in. I was so intrigued by this that I wanted to explore it—and this book was developed from my perspective as an outsider looking in.

Even though I love the concept of food created specifically for a work of fiction (meaning that the food is unique to that work), the criterion that I set for this cookbook is that the food must have a real-world equivalent in order to explore my theme of learning more about Japan through the food found in anime.

The entries in this book came about in a couple of ways: seeing a dish in an anime, being intrigued, and then tracking it down in the real world, or the reverse—knowing of or happening upon a real-world food during research and then finding it in anime. Both methods were fun, as I enjoy matching things together (I spent too much time on this, perhaps; it was like a game). Delving into the cultural and historical aspects of the food and seeing how it's woven into the background or narrative of an anime is just so interesting to me.

To create the recipes for each entry, I researched different versions of the food to find the root of the recipe, referenced the anime (as well as the manga in some cases), and came up with a version that seemed accessible. Certain ingredients were a bit tricky to find, so that also shaped some of the recipes and, in some instances, guided the decision about whether to include the food in the book.

It's my hope that those who pick up this book, foodies and *otaku* alike (and the lovely people who are both), will enjoy the recipes and the stories behind them!

JAPANESE PANTRY

The following ingredients are helpful to have on hand when cooking with *Cook Anime*. All can be found in Japanese grocery stores or online.



Aburaage: Deep-fried tofu pouches, usually found in the refrigerated or freezer section.

Adzuki beans: The main ingredient in anko, a sweet red bean paste used in Japanese desserts.

Aonori: An edible green seaweed that is dried and powdered.

Beni-shoga: Ginger pickled in plum vinegar, which gives it a red hue.

Chuka soba noodles: Japanese for “thin Chinese noodles,” this is the Japanese version of the wheat noodles used in ramen.

Doubanjiang: A chili paste made from fermented broad beans, also known as toban djan.

Enoki mushrooms: Called enokitake in Japanese, these long, thin white mushrooms are popular in soups, salads, and many other East Asian dishes.

Green tea: Japanese variations include karigane, kuchika, and sencha.

Joshinko: A non-glutinous rice flour made from milled short-grain rice.

Kabocha: A Japanese variety of winter squash with bumpy green skin (sometimes with stripes) on the outside and yellow-orange flesh on the inside.

Kakinotane: A preferred type of rice crackers.

Katakuriko: A fine potato starch used as a thickener.

Katsuobushi: Dried, fermented, and smoked fish flakes, also known as bonito.

Kewpie mayonnaise: Made with egg yolks instead of whole eggs, this mayo has a deeper yellow color and an umami flavor.

Kombu: An edible kelp, usually dried.

La-yu: A Japanese sesame oil made with hot chili peppers.

Matcha: Green tea leaves finely ground into a powder.

Mirin: A sweet Japanese rice wine similar to sake but with more sugar and lower alcohol content.

Miso paste: Available in white (shiso), red (aka), or black (douchi), this paste is made from fermented soybeans.

Mizuna: Japanese mustard greens. Celery leaves are an acceptable substitute.

Nagaimo: A root vegetable, often cooked like a potato.

Narutomaki: A type of kamaboko, this is a cured fish cake, used mainly as decoration.

Nori: An edible seaweed usually purchased dried; can also be found roasted.

Oroshi: Finely grated daikon.

Rice vinegar: Also known as rice wine vinegar and made from fermented rice. Seasoned rice vinegar has salt and sugar added and is used when making sushi rice. Apple cider vinegar is an acceptable substitute.

Satsumaimo: Japanese sweet potato.

Shichimi togarashi: A spicy dried chili pepper seasoning.

Shio kombu: Thin sheets of salted and sweet kombu.

Shirataki noodles: Made from konjac yam, these gelatinous noodles are super flavor-absorbent.

Shiratako: A type of glutinous rice flour, also called sweet rice flour.

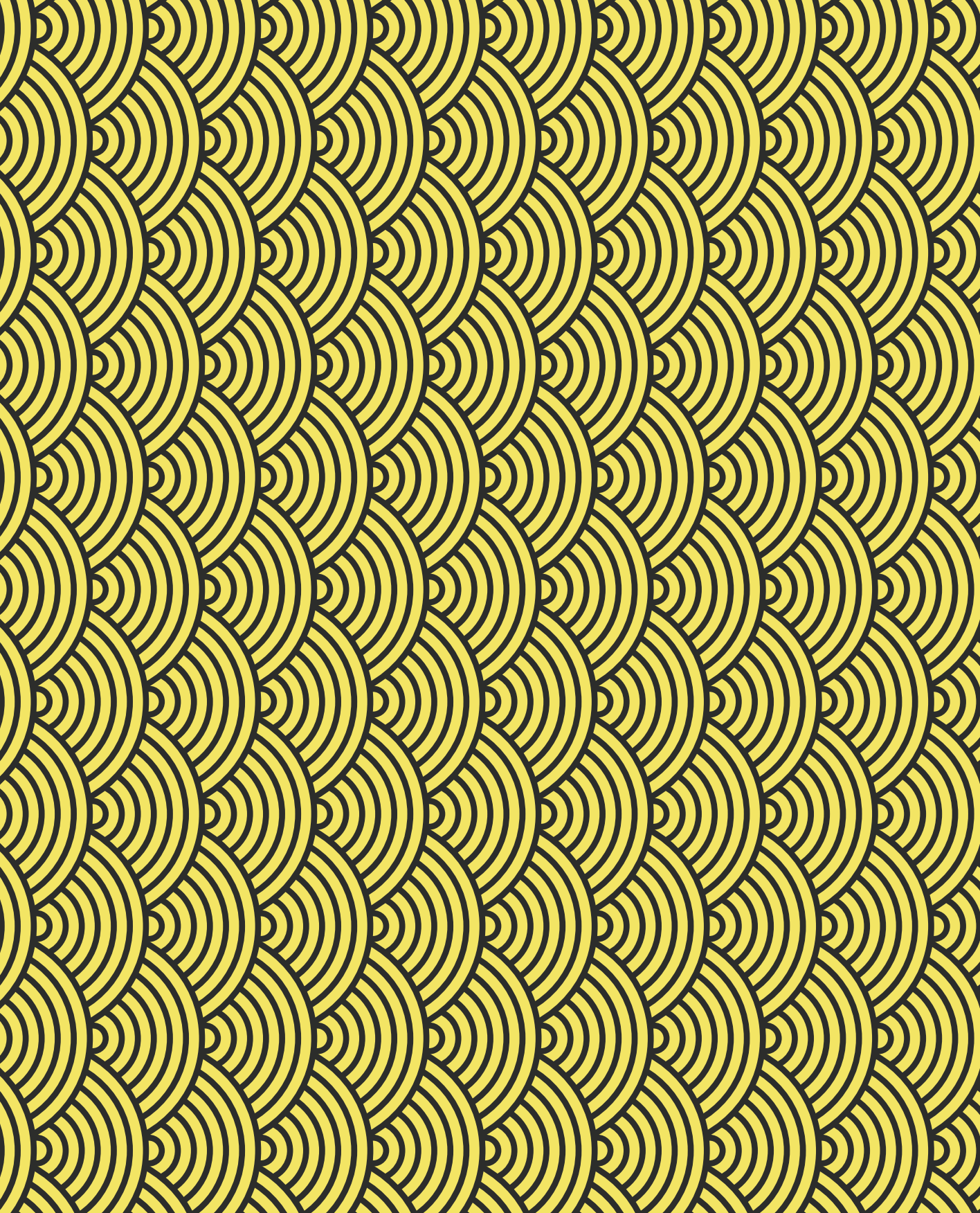
Shiso: An herb that's a member of the mint family, also known as perilla.

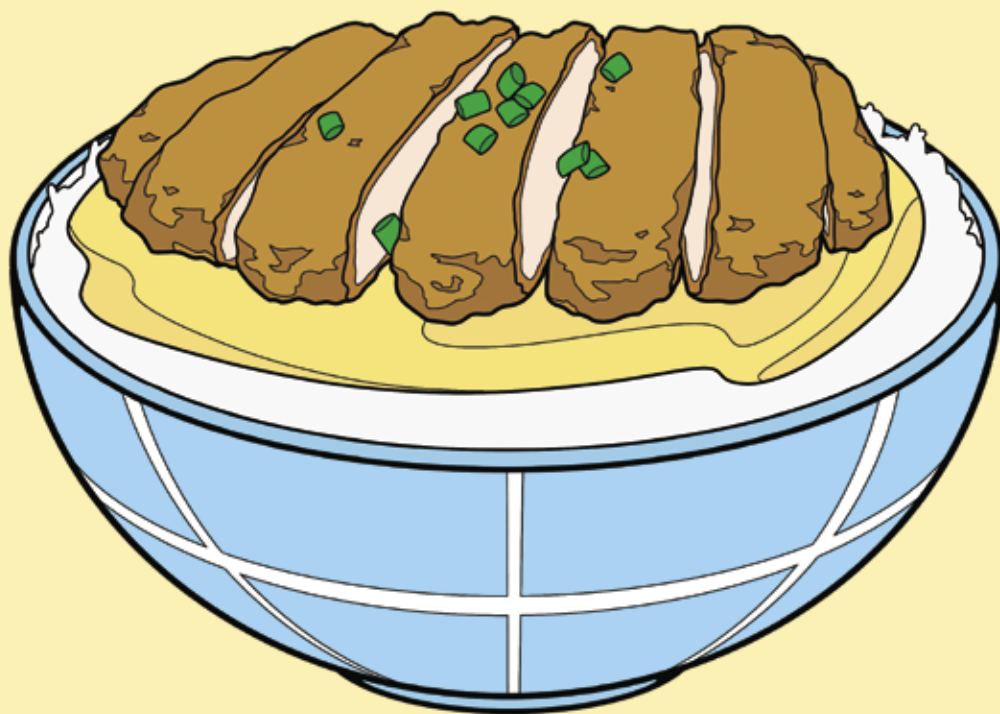
Umeboshi: Salted pickled plums.

Usukuchi: A light-colored soy sauce that is actually saltier in taste than the darker version, used only for cooking.

Wakame: An edible seaweed served in soups and salads, and often purchased dried.

Yamaimo: A Japanese golden yam, similar to a sweet potato.





MAIN DISHES

THE GREAT PASSAGE

SHIOZAKE

Salted Salmon Fillet

SERVES 2 Majime Mitsuya loves words and their myriad meanings but has difficulty expressing himself. A chance encounter lands him the job of his dreams: working on a new Japanese dictionary called *Daitokai* with a determined and tight-knit group. Majime puts all his passion and dedication into the endeavor over the years, finding love and courage along the way—sailing the vast ocean of words on the ship he's helping to build in order to bring people closer together through understanding. When the work stretches on and he needs a moment of rest and revitalization, he goes home to a warm meal of rice, miso soup, and shiozake prepared by someone he loves.

2 6-ounce salmon fillets, or 1 salmon steak cut in two, deboned, skin left on	1 tablespoon sake rice wine
	2 teaspoons fine sea salt, or more to taste

1 Rinse the fillets under cold water and pat dry with paper towels. Coat the fillets in the sake and let sit for 5 minutes. Lightly pat the fillets with a paper towel again, then rub 1 teaspoon salt over each fillet. If you'd like a more intense salt flavor, add another half teaspoon of salt each, or to your taste. Generously wrap each fillet in paper towels and place them in a closed plastic or glass container. Place the container in the refrigerator overnight or for up to 2 days; the longer the time, the saltier the fish will be.

2 Preheat your oven to 400°F and line a baking sheet or oven-safe dish with lightly scrunched-up and re-flattened aluminum foil (scrunching the foil will help the salmon not stick to it). Unwrap the fillets and gently pat off any extra moisture with a fresh paper towel. Lay the fillets, skin side up, on the foil and bake on the middle rack for 20 minutes, or until the flesh is flaky and the skin is crispy.



FOOD FACTS Shiozake (sometimes referred to as shiojake) is a traditional breakfast item in Japan, often served alongside Miso Soup (page 56), Rice (page 52), Tamagoyaki (page 61), and pickle and vegetable side dishes. It's refreshing with a lemon wedge or a little mound of daikon oroshi (finely grated daikon radish). The salmon can also be flaked apart and used as an Onigiri filling (page 62), or as a topping for rice dishes such as a donburi or Chazuke (page 33).

Another common and less time-consuming way that salmon is prepared in Japan is to coat the salmon in sake and let it sit for 5 minutes (as in this recipe), and then, after patting the fish dry with a paper towel, lightly salt the fillets and let them sit for only 5 minutes. Pat off the resulting moisture with another paper towel. Place the fish on an oiled rack over a tray of water and broil, skin side up, for 10 minutes, then flip and cook for another 5 minutes. Because this way is quicker, the salt doesn't permeate the fish as much.



ANIME FACTS "Daitokai" translates to "the great passage." "Passage" could mean a segment of writing, a reference to traveling, a place to travel through, or even the sliding by of time. All of these are applicable to the story. *The Great Passage* anime is an adaptation of the book *Fune wo amu* by Shion Miura, published in 2011. The title translates to "knitting the boat," which is very apt. The award-winning book was first adapted into a live-action film (which also won many awards) and eventually the anime series *The Great Passage*. Miura is also the author of *Kaze ga Tsuyoku Fuiteiru*, which was adapted into a live-action film and the inspiring anime series *Run with the Wind*.



THIS FOOD ALSO APPEARS IN . . .

- *Weathering with You*
- *Someone's Gaze*
- *Log Horizon*
- *How I Miss You*
- *Tokyo Ghoul: Root A*
- *Witchy PreCure!*
- *Wakakozake*
- *Hanasaku Iroha: Blossoms for Tomorrow*
- *AKB0048*
- *Natsume's Book of Friends*
- *Monthly Girls' Nozaki-Kun*
- *Kuromukuro*
- *Keijo!!!!!!!*
- *Space Brothers*
- *Age 12*
- *The Helpful Fox Senko-san*

TEMPURA

Deep-Fried, Batter-Dipped Vegetables and Shrimp

SERVES 2 After fighting a powerful demon (and each other), Tanjiro, Zenitsu, and Inosuke are guided to a house with a wisteria family crest where their wounds are treated, their clothes are washed and mended, and their stomachs are filled with delicious food. The wild Inosuke in particular gobbles up the homemade tempura and gets the warm fuzzies when the elderly lady of the house kindly offers to make him more.

FOR THE TEMPURA BATTER

- 1 large egg, chilled
- 1 cup ice water (strain ice cubes before using)
- 1 cup flour, chilled and sifted three times

HISA'S TEMPURA INGREDIENTS

- 6 extra-large shrimp, prepared as for Ebi Furai (page 18)
- 6 green beans, stem ends discarded
- 1/3 kabocha squash (also known as winter squash), skin left on, sliced 1/4 inch thick
- 1/2 lotus root, peeled and sliced 1/4 inch thick

- 1 Japanese sweet potato (satsumaimo), skin left on, sliced 1/4 inch thick

- 4 shiso leaves (also called perilla leaves)

- 1/4 cup cornstarch or potato starch

- Vegetable or canola oil, for frying

- 2 tablespoons oroshi (finely grated daikon radish)

FOR THE TENTSUYU DIPPING SAUCE

- 1/2 cup Dashi Stock (page 56)
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 1 teaspoon sugar

1 Prepare the shrimp and vegetables, pat with paper towels to get rid of moisture, and toss with the starch. In a heavy-bottomed pot, bring 1 1/2 to 2 inches of oil to 365°F. (Don't make the batter until the oil is steadily holding its temperature. Until then, keep the batter ingredients cold.) Once the oil is at 365°F, use chopsticks to whisk the egg lightly with the ice water. Add the flour and stir the mixture in a figure-eight motion until just combined. Don't worry about lumps—do not overmix.

2 Dip the prepared shrimp in the batter and lay them in the oil, making sure not to crowd the pot. Cook for 1 to 2 minutes, using chopsticks or tongs to flip so all sides get crispy. Lay the cooked shrimp on a wire rack with paper towels or foil underneath. Skim out any batter bits floating in the oil and place on paper towels (see Food Facts below). Coat the remaining ingredients with batter, again making sure not to crowd the pot, and cook until crispy.

3 Make the tentsuyu dipping sauce: Combine all of the ingredients in a small pot over medium-low heat and cook until the sugar is dissolved. Serve warm alongside freshly made tempura and oroshi, which is often mixed into the sauce.



FOOD FACTS Other common tempura ingredients include mushrooms, broccoli, onions, asparagus, eggplant, and zucchini. Try out different foods, but make sure to avoid those that have a lot of moisture.

To make tempura fritters called kakiage, like Bulma treats Whis to in *Dragon Ball Super*, simply julienne your ingredients, toss lightly with starch, and coat in tempura batter. Scoop 1/3 cup of the mixture into the 365°F oil and quickly spread out with chopsticks to make a thin patty shape. Cook on both sides until crispy, 2 to 3 minutes. This is also a good way to use up extra tempura batter. Common ingredients for kakiage include green beans, onion, small asparagus, carrot, small shrimp, burdock root, sweet potato, and shiso leaves. You can even try using Kinpira Gobo (page 71). Place the kakiage on a bowl of rice for kakiage don!

Make sure not to throw away those tempura bits! The little fried bits of batter are called tenkasu (or sometimes agedama) and are used in Okonomiyaki (page 89), Takoyaki (page 87), and for Udon (page 26), among other things. As you're frying your tempura, skim out the tenkasu and spread them out on a plate lined with paper towels. You can also make tenkasu with leftover tempura batter by using chopsticks to drizzle the batter into the oil. Let cook until golden, 20 to 30 seconds, then skim them off and spread them out on paper towels to cool. Store for up to a week in an airtight container in the refrigerator. You can sometimes find tenkasu in Asian grocery stores, but if you're making tempura, why not save the bits? Tenkasu means "heavenly waste," after all.



CULTURE FACTS The name "tempura" comes from the Latin word *tempora*. In the 1500s, many Portuguese Catholic missionaries resided in Japan, and during the *quatuor anni tempora*, or four seasons of fasting (also known as Quatuor Tempora and Ember Days), when eating red meat was forbidden, they would often eat batter-dipped seafood and vegetables. Battered and fried foods were not part of the Japanese diet before this, but the practice grew in popularity over time and was adapted to Japanese tastes. Tempura is now seen as a quintessential Japanese dish.



THIS FOOD ALSO APPEARS IN . . .

- *Takunomi*
- *Fancy Lala*
- *Bunny Drop*
- *Nora, Princess, and Stray Cat*
- *THE IDOL-M@STER*
- *Nichijou—My Ordinary Life*
- *Yamada-Kun and the Seven Witches*
- *K-On!*
- *Fate/stay night*
- *Hanasaku Iroha: Blossoms for Tomorrow*
- *The Quintessential Quintuplets*
- *Sakura Quest*
- *Dragon Ball Super*

PENGUINDRUM

KARE

Meat and Vegetables in Sauce with Rice

SERVES 4 TO 6 Entangled in fate and unfortunate pasts, the Takakura siblings Kanba, Shoma, and Himari navigate a world of colliding destinies, desperate passions, an uncaring and cruel society, righteous terrorism gone awry, and . . . magical penguins. Himari's fragile life is prolonged by an envoy from a special penguin who tasks Kanba and Shoma with finding the mysterious "penguindrum." As they search, they reveal chains linking their lives with those of certain others such as Ringo Oginome, who possesses an incredible diary, desires to live out her dead sister's unfinished life, and observes Curry Day, a special family day, each month. Remember, curry tastes like happiness when eaten with people you love.

- | | |
|--|---|
| <p>1/2 pound boneless, skinless chicken thigh or pork, cut into bite-size pieces</p> <p>1/2 sweet apple (such as Gala), peeled, cored, and finely grated</p> <p>1 tablespoon honey</p> <p>1 tablespoon vegetable or canola oil</p> <p>1 large onion, cut into bite-size pieces</p> <p>1 large potato, peeled, cut into bite-size pieces</p> <p>2 large carrots, peeled, cut into bite-size pieces</p> | <p>2 cups chicken or vegetable broth (or substitute 2 cups water)</p> <p>1 tablespoon soy sauce</p> <p>1 tablespoon mirin</p> <p>6 blocks Curry Roux (recipe follows)</p> <p>1 to 2 tablespoons apple preserves, jam, or jelly</p> <p>Salt and freshly ground black pepper</p> <p>6 cups cooked Rice (page 52)</p> |
|--|---|

- 1** In a medium bowl, toss together the chicken or pork, grated apple, and honey; cover with plastic wrap and let marinate for 20 minutes in the refrigerator. Bring back to room temperature for 10 minutes before using.
- 2** Heat the oil in a large, wide pot over medium heat, then add the onions and sauté until tender, about 10 minutes. Stir in the marinated meat mixture and cook until no longer pink, about 5 minutes. Stir in the potatoes and carrots, then add in the broth, 1 cup water, the soy sauce, and mirin. Simmer, uncovered, for 15 minutes.
- 3** Add in the Curry Roux blocks and stir until dissolved and the curry has thickened, 10 to 15 minutes more. Remove from the heat and stir in the apple preserves,

according to your taste for sweetness. Season with salt and pepper, if needed. Serve with the cooked white rice—rice on one side of the dish and curry on the other.



FOOD FACTS In *Penguindrum*, we learn about Ringo's variation on traditional Japanese curry, made to suit Tabuki's taste. She uses either pork or chicken as the meat and marinates it with grated apple, reduces the amount of carrots and adds extra potato to compensate, and adds apple jam, honey, and extra cumin. You can make the curry to suit your tastes by omitting the meat if you'd like, adding different vegetables, or adding chili powder to the roux along with the other spices for more heat. By the way, did you know that *ringo* means "apple" in Japanese?



ANIME FACTS There are many references and allusions in *Penguindrum*, but one that permeates the whole series is a reference to Kenji Miyazawa's 1930s novel *Night on the Galactic Railroad* and its 1985 anime adaptation. There are the colors of blue and red, the tale of the self-sacrificing scorpion, and, in both the first and last episodes of *Penguindrum*, two boys are talking about the meaningful motif of apples in Miyazawa's story.

Curry is often shown in anime during camping or training scenes or when the characters stay overnight at the beach because it is easy to put together, especially if you use premade Curry Roux.

Japanese curry differs from Indian and Thai curry in that it is typically not as spicy, and is sweeter. Curry served with rice is known as *kare raisu* in Japan, but curry is also used in many other dishes, such as curry udon found in *Inu x Boku SS*, curry ramen, katsu curry as seen in *Devilman Crybaby*, and hambagu curry (often with cheese!). You could even put curry in a bread bowl like in *Comet Lucifer*. You might remember the prize-winning curry bread or kare pan that Sebastian Michaelis makes in *Black Butler* that includes chocolate. Curry with dark chocolate added is actually not uncommon in Japan, and is referred to as *kuro kare* or "black curry." Sometimes, to get a signature black color, squid ink is added (*Squid Girl*, anyone?).

Curry bread is also what started the rivalry between Ranma and Ryoga in *Ranma 1/2*.



THIS FOOD ALSO APPEARS IN . . .

- | | | |
|----------------------------|---------------------------|------------------------------------|
| • <i>Samurai Flamenco</i> | • <i>Log Horizon</i> | • <i>Sweetness & Lightning</i> |
| • <i>Air</i> | • <i>Happy Sugar Life</i> | • <i>Parasyte -the maxim-</i> |
| • <i>Run with the Wind</i> | • <i>My Hero Academia</i> | • <i>Shuffle!</i> |
| • <i>Kanon</i> | • <i>Etotama</i> | • <i>Masamune-kun's Revenge</i> |
| • <i>Suite PreCure</i> | • <i>Amanchul</i> | • <i>Silver Spoon</i> |
| • <i>Saint Seiya Omega</i> | • <i>Genshiken</i> | |
| • <i>Dino Girl Gauko</i> | | |