

#MasterChefSamurai

Cook Book

The Way of the
Kitchen Warrior



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This recipe ebook will guide you on a culinary journey through feudal Japan, with dishes inspired by the spirit and traditions of the samurai. We'll reimagine classic recipes with a samurai twist, using fresh ingredients and bold flavors to fuel your inner warrior.



Bushido Breakfast - Fortifying Meals to Start Your Day

PREP TIME: 5 MINUTES

COOK TIME: 5-7 MINUTES

SERVES: 1

Miyamoto Musashi's "Kenzen Porridge"

A hearty oatmeal base infused with ginger, topped with berries and toasted walnuts for sustained energy.

Ingredients

- 1/2 cup rolled oats
- 1 cup water or milk (dairy or plant-based)
- 1/2 inch piece of ginger, peeled and grated
- Pinch of salt
- Toppings: Fresh berries (such as blueberries, raspberries, or strawberries)
- Toasted walnuts
- Honey (optional)

Directions

1. In a saucepan, combine the oats, water or milk, ginger, and salt.
2. Bring to a boil over medium heat.
3. Reduce heat to low and simmer for 5-7 minutes, or until the oats are thickened and cooked through, stirring occasionally.
4. Remove from heat and let sit for a few minutes to thicken further.
5. Pour the porridge into a bowl.
6. Top with fresh berries, toasted walnuts, and honey (if using).

Notes

- For a creamier porridge, use milk instead of water.
- You can adjust the amount of water or milk to achieve your desired consistency.
- If you don't have fresh ginger, you can use 1/4 teaspoon of ground ginger.
- To toast the walnuts, spread them out on a baking sheet and bake in a preheated 350°F (175°C) oven for 5-7 minutes, or until fragrant and golden brown.
- You can add other toppings to your porridge, such as chia seeds, hemp seeds, or a drizzle of nut butter.



Bushido Breakfast - Fortifying Meals to Start Your Day

PREP TIME: 15 MINUTES
(INCLUDING MARINATING
TIME)

COOKING TIME: 10 MIN

SERVINGS: THIS RECIPE YIELDS ABOUT 4-6 SERVINGS, DEPENDING ON HOW MANY
SKEWERS YOU MAKE PER PERSON.

Hattori Hanzo's "Shuriken Skewers"

Bite-sized chicken or tofu skewers marinated in a savory teriyaki sauce, perfect for a quick and protein-packed breakfast.

Ingredients

For the marinade:

- 1/4 cup soy sauce
- 2 tablespoons mirin (sweet rice wine)

[You can substitute with an equal amount of honey or brown sugar diluted with a little water]

- 1 tablespoon sake (optional)
- 1 tablespoon brown sugar
- 1 tablespoon rice vinegar
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 1/2 teaspoon sesame oil

For the skewers:

- 1 pound boneless, skinless chicken thighs or tofu, cut into bite-sized pieces
- 1 bell pepper, cut into bite-sized pieces (optional)
- 1 red onion, cut into bite-sized wedges (optional)
- Wooden skewers (soaked in water for at least 30 minutes to prevent burning)

Directions

1. Prepare the marinade: In a bowl, whisk together the soy sauce, mirin, sake (if using), brown sugar, rice vinegar, garlic, ginger, and sesame oil.
2. Marinate the protein: Add the chicken or tofu pieces to the marinade and toss to coat. Cover and refrigerate for at least 30 minutes, or up to overnight for deeper flavor.
3. Assemble the skewers: Thread the marinated chicken or tofu pieces onto the soaked wooden skewers, alternating with bell pepper and onion pieces if using.
4. Cooking the skewers: You can cook the skewers in one of three ways:
 - Grilling: Preheat your grill to medium-high heat. Grill the skewers for 5-7 minutes per side, or until cooked through and slightly charred.
 - Pan-frying: Heat a lightly oiled pan over medium heat. Add the skewers and cook for 5-7 minutes per side, or until cooked through.
 - Baking: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange the skewers on the baking sheet and bake for 15-20 minutes, or until cooked through and slightly browned.

Notes

- If you don't have mirin, you can substitute it with an equal amount of honey or brown sugar diluted with a little water.
- If you don't have sake, you can omit it altogether.
- You can add other vegetables to the skewers, such as broccoli florets, zucchini slices, or mushrooms.
- Serve the skewers with a side of steamed rice or noodles, and a drizzle of additional teriyaki sauce for dipping, if desired.
- You can also use pre-cooked chicken or tofu to save on prep time.



Bento Boxes of Honor - Portable Feasts for Busy Samurai

PREP TIME: 5-10 MINUTES PER
ONIGIRI

COOKING TIME: 10 MIN

SERVINGS: THIS RECIPE YIELDS APPROXIMATELY 3-4 ONIGIRI, DEPENDING ON
THEIR SIZE.

Date Masamune's "One-Eyed Dragon Onigiri"

These onigiri are a fun and flavorful twist on the classic Japanese rice ball, featuring a colorful exterior made with tri-colored rice and a variety of delicious fillings.

Ingredients

For the tri-colored rice: 1 cup cooked white rice

- 1/2 cup cooked brown rice
- 1/4 cup cooked black rice (or sushi rice)
 - For coloring: Furikake (Japanese rice seasoning) - a pinch of each: white, yellow, and black (or use food coloring)

For the fillings (choose one or combine a

few): Pickled vegetables (such as umeboshi plums, takana pickles, or kimchi), chopped

- Flaked cooked salmon
- Grilled and shredded chicken
- Shiso leaf (optional)
- Other options: cooked ground pork, fried shrimp, or your favorite savory filling

For shaping: Bowl of water

- Sheet of plastic wrap (optional)
- Sesame seeds or toasted nori seaweed (optional)

Directions

1. Prepare the tri-colored rice: In separate bowls, lightly mix each cooked rice with a pinch of its corresponding furikake color (or a few drops of food coloring). You want the colors to be subtle, not overly saturated.
2. Assemble the onigiri: Wet your hands with water to prevent sticking.
 - Option 1 (without plastic wrap): Take a small amount of white rice and flatten it in your palm. Place your chosen filling in the center. Top with a small amount of brown rice, then black rice. Gently mold the rice mixture into a triangular shape, ensuring the filling is completely enclosed.
 - Option 2 (with plastic wrap): Lay a sheet of plastic wrap on a flat surface. Place a small amount of white rice in the center. Spread it out slightly. Put your chosen filling in the middle. Top with a small amount of brown rice and then black rice. Using the plastic wrap to help you, gently mold the rice mixture into a triangular shape.
3. Shaping and Finishing Touches: Once shaped, dip your hands in water again and gently smooth out any rough edges of the onigiri. You can also dip the entire onigiri in sesame seeds or crumbled toasted nori for added flavor and texture.
2. Serve: Enjoy your One-Eyed Dragon Onigiri immediately, or wrap them individually in plastic wrap for later.

Notes

- You can adjust the amount of rice used per onigiri based on your desired size.
- If the rice is too dry, you can moisten your hands with additional water while shaping.
- Get creative with the fillings! Explore different flavor combinations to suit your preferences.
- Toasted nori seaweed adds a delicious salty and umami flavor to the onigiri.
- You can pack these onigiri for a quick and satisfying lunch or snack.



Bento Boxes of Honor - Portable Feasts for Busy Samurai

PREP TIME: 5 MINUTES (NOT INCLUDING
THAWING TIME FOR FROZEN EDAMAME)

COOK TIME: 5-7 MINUTES (INCLUDING
COOKING EDAMAME AND GLAZING)

SERVINGS: THIS RECIPE YIELDS ENOUGH EDAMAME FOR 2-3 SERVINGS.

Tomoe Gozen's "Archer's Edamame

This recipe features steamed edamame pods tossed in a flavorful and slightly spicy chili-miso glaze. It's a perfect protein-packed snack or appetizer.

Ingredients

- 1 pound fresh edamame pods in their shells (or 1 bag frozen shelled edamame)
- For the spicy chili-miso glaze: 2 tablespoons white miso paste
- 1 tablespoon sriracha sauce (or your preferred chili sauce)
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 tablespoon mirin (sweet rice wine)
[You can substitute with an equal amount of water or white wine]
- 1 clove garlic, minced
- 1/2 teaspoon grated ginger
- Pinch of black pepper

Directions

1. Prepare the edamame: Fresh edamame: Bring a large pot of salted water to a boil. Add the edamame pods in their shells and cook for 3-5 minutes, or until tender-crisp. Drain well and let cool slightly.
2. Frozen shelled edamame: Follow package instructions for cooking. Usually, it involves boiling for a few minutes or steaming for a couple of minutes. Drain well.
3. While the edamame cooks, prepare the glaze: In a small bowl, whisk together the miso paste, sriracha, honey, soy sauce, mirin, garlic, ginger, and black pepper until smooth.
4. Season the edamame: In a large skillet or pan, heat a drizzle of oil over medium heat. Add the cooked edamame and toss for a minute.
5. Pour the prepared glaze over the edamame and toss to coat evenly. Cook for another minute or two, until the glaze thickens slightly and coats the edamame pods.
6. Serve: Serve the Archer's Edamame hot or warm. You can enjoy them on their own as a snack or pair them with rice or noodles for a more complete meal.

Notes

- Adjust the amount of sriracha to your desired spice level.
- You can substitute brown rice miso paste for white miso paste.
- If you don't have mirin, you can use an equal amount of water or white wine.
- For a smoky flavor, you can add a pinch of smoked paprika to the glaze.
- Chopped fresh scallions or cilantro can be added as a garnish for the edamame.



Post-Battle Recovery - Nourishment for the Body and Soul

PREP TIME: 5 MINUTES

COOK TIME: 5-7 MINUTES

SERVINGS: THIS RECIPE YIELDS 2-3 SERVINGS.

Oda Nobunaga's "Unifying Miso Soup"

This recipe features a classic Japanese miso soup brimming with vegetables, tofu, and seaweed, perfect for a light meal or comforting appetizer.

Ingredients

- 4 cups vegetable broth (or dashi, if preferred)
- 1 tablespoon white miso paste
- 1/2 block firm tofu, cut into bite-sized cubes
- 1 cup assorted vegetables (such as carrots, peas, green beans, or mushrooms), thinly sliced
- 2 tablespoons wakame seaweed (or other seaweed like kombu or hijiki)
- 1 scallion, thinly sliced (optional, for garnish)
- Pinch of shichimi togarashi (seven-spice chili pepper powder - optional, for garnish)

Directions

1. Prepare the broth: In a pot, bring the vegetable broth (or dashi) to a boil.
2. Add vegetables: Reduce heat to medium and add the prepared vegetables. Cook for 3-5 minutes, or until tender-crisp.
3. Simmer the tofu: Add the cubed tofu to the pot and simmer for another minute or two.
4. Miso paste: Lower the heat to low. Turn off the heat completely if the broth is still bubbling vigorously. Dissolve the miso paste in a small ladle or bowl with a bit of hot broth from the pot. This prevents the miso from curdling. Then, slowly whisk the miso mixture back into the pot, ensuring even distribution. Do not bring the soup back to a boil after adding miso.
5. Wakame seaweed: Add the wakame seaweed and stir gently.
6. Serve: Ladle the Unifying Miso Soup into bowls. Garnish with thinly sliced scallions and a sprinkle of shichimi togarashi (optional) for a touch of spice and visual appeal.

Notes

- You can adjust the type and amount of vegetables to your preference. Other suitable vegetables include spinach, bok choy, or chopped cabbage.
- If you don't have wakame, you can use other types of seaweed like kombu or hijiki. Just adjust the cooking time according to the package instructions for your chosen seaweed.
- Miso paste comes in different varieties (white, yellow, red) with varying tastes. Choose the type you prefer based on its color and flavor profile.
- You can customize the spice level by adding more or less shichimi togarashi.
- For a richer flavor, you can add a tablespoon of sake or mirin to the broth while it simmers.



Post-Battle Recovery - Nourishment for the Body and Soul

PREP TIME: 10 MINUTES

COOK TIME: 2 MINUTES

SERVINGS: THIS RECIPE YIELDS 6 MOCHI BALLS.

Sanada Yukimura's "Six Moon Mochi

These delightful mochi are inspired by the beauty of the full moon and filled with a sweet red bean paste, perfect for a satisfying and delicious dessert.

Ingredients

- For the mochi dough: 1 cup glutinous rice flour (also called mochiko flour)
- 3/4 cup water
- 1 tablespoon granulated sugar
- For the red bean paste filling: 1 cup red bean paste (anko) - store-bought or homemade
- 1 tablespoon granulated sugar (optional)

Notes

- If you don't have a microwave, you can steam the mochi dough for 20-25 minutes in a steamer basket over boiling water.
- Make sure your hands and work surface are well-dusted with cornstarch to prevent sticking while shaping the mochi.
- You can substitute the red bean paste with other fillings like sweetened white bean paste (shiroan) or fruit jams.
- For a visual reference, you can search online for videos on shaping mochi.

Directions

1. Prepare the red bean paste: If using store-bought red bean paste, simply soften it slightly in the microwave for a few seconds until easier to work with. If making your own red bean paste, follow a separate recipe and prepare it beforehand. You can adjust the amount of sugar in the filling based on the sweetness of your red bean paste.
2. Make the mochi dough: In a large bowl, whisk together the glutinous rice flour and sugar. Gradually add the water, whisking continuously until a thick batter forms. There should be no dry flour remaining.
3. Microwave the dough: Microwave the batter on high power for 2 minutes, stopping every 30 seconds to stir and scrape down the sides of the bowl. The dough will become thick and translucent.
4. Knead the dough (optional): If the dough feels too sticky, lightly dust a work surface with cornstarch. Transfer the hot dough to the work surface and knead for a few minutes until smooth and elastic. Be careful, the dough will be hot! Alternatively, you can continue working with the dough in the bowl using a wet spatula.
5. Shape the mochi: Lightly dust your work surface with cornstarch. Divide the dough into 6 equal portions. Roll each portion into a smooth ball.
6. Fill the mochi: Flatten each mochi ball into a thin disc. Place a tablespoon of red bean paste in the center. Pinch the dough around the filling to enclose it completely. Gently shape the filled mochi back into a round ball. Repeat with the remaining dough and filling.
7. Serve: Dust the finished mochi with a little extra cornstarch to prevent sticking. Enjoy your Six Moon Mochi immediately, or store them in an airtight container in the refrigerator for up to 2 days.



Samurai Snacks - Fuel for Long Journeys

PREP TIME: 10 MINUTES

COOK TIME: 2 MINUTES

SERVINGS: THIS RECIPE YIELDS 6 MOCHI BALLS.

Takeda Shingen's "Tiger's Eye Edamame

This recipe transforms regular edamame into a flavorful and addictive snack, perfect for game nights, movie marathons, or anytime you crave a crunchy and protein-packed bite.

Ingredients

- 1 pound fresh edamame pods (in the shell)
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1 sheet of nori seaweed, torn into small pieces
- 1 tablespoon white sesame seeds
- 1/2 teaspoon black sesame seeds (optional)
- Pinch of sea salt (optional)

Notes

- For a spicier kick, you can add a pinch of cayenne pepper to the marinade.
- If you don't have nori seaweed, you can omit it or substitute with another flavored seaweed snack.
- To save time, you can use frozen edamame instead of fresh. Just follow the package instructions for cooking the frozen edamame before marinating and roasting.
- Roasted edamame can be stored in an airtight container at room temperature for up to 2 days. However, they are best enjoyed fresh for the crispiest texture.

Directions

1. Prepare the edamame: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Cook the edamame: Bring a large pot of salted water to a boil. Add the edamame pods in the shell and cook for 3-5 minutes, or until tender-crisp. Drain the pods well.
3. Deshell the edamame (optional): If you prefer deshelled edamame, simply pop the cooked edamame out of their pods. You can use your thumb or the back of a spoon to make this process easier.
4. Marinate the edamame: In a large bowl, toss the cooked edamame (shelled or unshelled) with olive oil, soy sauce, ground ginger, and garlic powder. Let the edamame marinate for 5 minutes to allow the flavors to develop.
5. Roast the edamame: Spread the marinated edamame in a single layer on the prepared baking sheet. Bake for 15-20 minutes, or until the edamame is golden brown and crispy.
6. Season and serve: Once roasted, remove the edamame from the oven and immediately sprinkle with the torn nori seaweed pieces, white sesame seeds, and black sesame seeds (if using). Toss gently to coat. You can also add a pinch of sea salt for extra flavor, but be mindful of the sodium content in the soy sauce already used.
7. Enjoy! Serve your Tiger's Eye Edamame warm or at room temperature.



Samurai Snacks - Fuel for Long Journeys

PREP TIME: 5 MINUTES

COOK TIME: NO COOK TIME
REQUIRED

SERVINGS: THIS RECIPE YIELDS APPROXIMATELY 4-6 SERVINGS,
DEPENDING ON PORTION SIZE.

Akechi Mitsuhide's "Treacherous Trail Mix

This trail mix is packed with a variety of nuts, seeds, and dried fruits, providing a perfect balance of flavor, texture, and essential nutrients to fuel your outdoor adventures or keep you energized throughout the day.

Ingredients

- 1 cup raw almonds
- 1 cup raw cashews
- 1/2 cup raw pecans
- 1/2 cup dried cranberries
- 1/2 cup dried cherries
- 1/4 cup dried mango chunks
- 1/4 cup pumpkin seeds (pepitas)
- 1/4 cup sunflower seeds
- 1/4 cup dark chocolate chips (optional)
- Pinch of sea salt (optional)

Directions

1. Prepare your ingredients: In a large bowl, combine the almonds, cashews, pecans, dried cranberries, dried cherries, dried mango chunks, pumpkin seeds, and sunflower seeds.
2. Chocolate and salt (optional): If using, add the dark chocolate chips and a pinch of sea salt to the bowl and toss to combine.
3. Mix and store: Give your Treacherous Trail Mix a good stir to ensure even distribution of all the ingredients. Transfer the trail mix to an airtight container for easy storage and portability.

Notes

- Feel free to customize this recipe based on your preferences! You can swap out any of the nuts, seeds, or dried fruits for your favorites. Here are some ideas: Nuts: walnuts, pistachios, peanuts (be mindful of allergies)
- Seeds: chia seeds, flax seeds, hemp seeds
- Dried fruits: raisins, goji berries, dried apricots, dried banana chips
- Toasted nuts and seeds can add a deeper flavor profile. Toast them in a preheated oven at 350°F (175°C) for 5-7 minutes, or until fragrant and golden brown, before adding them to the mix.
- For a more decadent trail mix, drizzle melted dark chocolate over the entire mixture after combining all the ingredients and let it cool and harden before storing.
- Store your Treacherous Trail Mix in a cool, dry place for up to 2 weeks. The dried fruits might lose their moisture over time, so it's best enjoyed within the first week for the freshest flavor and texture.
- Pre-portion individual servings of your trail mix into small bags or containers for easy grabbing on the go!