

Away

A WAY TO BE AWAY

from Japan to
our Chiang Mai kitchen







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Kim Anh Doan
& Satomi Matsui

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INTRODUCTION

The first volume of [Away magazine](#) was born when I discovered food as a way to revitalize my state of being. Having been heartbroken and feeling a painful sense of loneliness, I needed a creative outlet. So I chose to share comfort foods for lonely moments and recipes designed to promote eating with friends. All this was peppered with simple stories from my student years and presented in a natural and clean format. It was truly a humble project. I cooked all the food at home, took photographs with the only camera I had (a 35mm Canon F1) and designed the layout myself.

Little did I know that my homemade project born from heartbreak would be a turning point in my career! As a result of *Away Magazine*, I got job offers from publishing companies and kitchen brands to make cookbooks and cooking magazines. Over the last three years, I have travelled from country to country working closely with food experts and industry professionals. The photo-shoots are well planned, talented chefs make beautiful food, and I collaborate with experienced photographers. As a natural result, the quality of photos are easier to control, and - compared to my student magazine-making days - the final product is visibly more 'perfect'. All this makes my job as a food stylist so much more easy.

Ironically though, this professional lifestyle is rarely conducive with the 'revitalised state of being' I had previously discovered *through* food. Working in the creative industry keeps you firmly on your toes. You need to keep up with new trends while pioneering ideas and approaches. Constantly thinking ahead can make 'being present' a real challenge. As

contractual work built in momentum, I found myself rarely stopping to embrace the little things that bring me joy. There grew a distinct lacking in my life. Constantly changing locations, I seldom had a Kitchen of my own to prepare and cook food.

It was only when I finally managed to set up a little kitchen - with nothing more than a mini rice-cooker and an electric pot - that I began to find presence again. At the end of a workday, I would unwind by slicing and dicing vegetables for dinner while the fragrance of steaming rice would fill me with an inner warmth. It wasn't long before I realised the cause of my growing discontent: *I was treating food as job. Paying too much attention to how food looked, I was not enjoying cooking and eating like I used to.*

Over these past few years - having once again found myself out of balance - I have come full-circle to realise the true beauty of food can not be caught in a photo, because the true beauty is the *process* of preparation and *enjoyment* of dining. I remember after one photo-shoot for a smoothie, we kept all the leftover vegetables and made Japanese curry from it. Thinking back to that meal - when we were all sweaty, tired and hungry - it was the best curry I have ever tasted.

With all that said, I am now truly excited that this - the second volume of *Away Magazine* - is a project of love, inspired by Japanese cuisine and delivered through a collaboration of friendship. I hope this love comes through in the flavours you taste!

Have fun in the kitchen,
Kim Anh Doan





INTRODUCING SATOMI

I met Satomi - a food photographer from Japan - in the beautiful city of Chiang Mai, Thailand. Having both lived in the city for several years, we happened to cross paths on a Thai language learning course. It wasn't long until we discovered our common interest of cooking and food photography. Thereafter, I began to learn of her vast professional experience and credibility (her career spans more than 13 years and she continues to work with the top food brands in Japan).

I remember the first time I ate at Satomi's house after discussing an upcoming photo-shoot we were both going to work on. She made steamed rice, gyoza and red miso soup. That was the first home cooked Japanese meal I had ever had, and one I will never forget. There was just something different about it compared to the usual Japanese food I had tasted in restaurants: the flavors were deeper and more authentic. Add to this, the coziness of sharing a meal with a friend, and a view looking upon rice fields and mountains... It was no wonder I was truly happy in this moment... Afterwards, I kept asking her to cook every time we had a photo-shoot in her studio! I am glad I asked, too. On another evening, she brought out steamed vegetables in bamboo baskets with creamy sesame dressing drizzled on top. The excitement I felt was like childhood all over again, and it still amazes me how such a simple dish - paired with the right sauce - can be so delicious.

Satomi's cooking is truly divine and I feel incredibly lucky that she has shared the recipes she loves for this magazine issue. These are simple foods we both enjoy and usually eat after photo-shooting. We did not think about "perfection" while making these dishes. We enjoyed the process of transforming raw ingredients into something nourishing. The end result through this publication, is a behind-the-scenes glimpse of a food photographer and food stylist collaborating through a their shared passion for quality food and time with friends.

Finally, I want to thank Satomi for her dedication and contribution as photographer and cook. I hope her recipes, personality and life stories inspire you to discover Japanese culinary and culture as much as they have inspired me!

Please do share with us your experience at read.away.mag@gmail.com.

miso soup

味噌汁

INGREDIENTS

(for 2 people)

2 cups (450 ml) water
2 tbsp miso paste (in this recipe we use homemade miso and Hacho miso from Aichi prefecture, Japan)
1 piece dried kombu (about 4x6 cm)
A hand full of katsuobushi (dried bonito flakes)
¼ tbsp dried seaweed
Japanese leek for garnish

METHOD

Making dashi stock:

1. Pour 2 cups of water into pan and soak kombu for at least 1 hour.
2. While kombu is soaking, slice leek.
3. After 1 hour of soaking, heat up pan, bring to boil and take out kombu.
4. Now put katsuobushi in boiling water and leave for 1-2 minutes. Using strainer, remove katsuobushi from water and discard.
5. With dashi stock prepared, add seaweed and cook for another 1-2 minutes.
6. Turn off heat.
7. Lower ladle with miso into pot. Slowly add dashi into ladle while mixing with chopsticks or fork until miso is completely dissolved.
8. Finally, add sliced Japanese leek and heat soup until hot (but not boiling).

Easy method to make Miso soup:

In Japan there are many kinds of dashi with high quality ingredients. Nowadays, Japanese people commonly use a dashi pack for their stock, making the whole process more convenient and time-saving.

If you have an opportunity to visit Japan, I recommend going to Ginza (Tokyo chuo-ku). This famous district has many specialty shops selling local dashi. Here you will find a truly authentic taste of Japan!





dashi (cold salad)

だし

INGREDIENTS

Main Ingredients

1 eggplant
1 Japanese cucumber
4 okra
Sea salt

Seasoning Ingredients

Soy sauce
Shirodashi
Sake
Mirin
* Optional: you can use noodle
sauce instead of [shirodashi,
sake and mirin]

METHOD

1. Put okra on cutting board and roll over sea salt.
2. Place okra into boiling water and boil for around 1 minute.
3. Remove okra, soak in cold water then cut into slices.
4. Dice eggplant and soak in water.
5. Dice cucumber.
6. Mix all seasoning ingredients in small saucepan and bring to boil. Turn off heat.
7. In mixing bowl, combine all vegetables and add sauce. Mix well, then cover in plastic wrap and refrigerate for 30 minutes.

Tip: This side dish goes wonderfully with tofu. Simply place it on top and enjoy!



nimono

大根と豚肉の煮物

INGREDIENTS

1 Japanese daikon (radish,
about 600 g)
300 g pork (belly or shoulder)
4 tbsp soy sauce
4 tbsp sake
3 tbsp mirin
1 tbsp sugar
3 cups dashi stock (or 1 dashi
pack mix with 3 cups of water)
2 cups of water

METHOD

1. Slice the daikon into 4 cm pieces. Make sure daikon pieces are similarly sized, to ensure they cook evenly. Otherwise, some pieces will be more tender than others.
2. Peel outer skin of daikon pieces. Try to peel each piece in one continuous cut, to keep surface smooth. Trim sharp edges off top and bottom of each daikon piece.
3. Cut pork into thick pieces (4 cm wide). Place in pot, cover in water and bring to boil. Continue boiling for 1 minute. Turn off heat and remove pork using a strainer. This will help get rid of pork smells and impurities.
4. Put dashi stock, water and daikon in pot, then bring to boil. Cover and simmer at medium-low heat for 20-25 minutes until the color becomes transparent.
5. Temporarily bring pot of daikon back to boil. Combine pork and all seasoning ingredients (soy sauce, sake, mirin, sugar) in pot of daikon. Lower heat to simmer for an additional 60 minutes.
6. Turn off heat but keep lid closed for at least 30 minutes to allow daikon and pork to absorb all ingredients.
7. Re-heat before serving.

Tip: While simmering daikon and pork, add in a bit more water if the water level is low.





gyoza

餃子

INGREDIENTS

Gyoza wrappers (1 pack)

For filling mixture:

150 g minced pork
150 g cabbage
1 Japanese leek
5-6 pieces dried shiitake mushroom
3 large cloves of garlic (grated)
1 ½ tbsp soy sauce
1 tbsp sake
1 tbsp sesame oil
1 tbsp oyster sauce
salt and pepper

To fry gyoza:

60 ml water
2 tbsp sesame oil

METHOD

1. Soak shiitake mushroom in 100 ml water for 15 minutes, then remove.
2. Chop cabbage, Japanese leek, and shiitake mushroom finely.
3. Put all 'mixture' ingredients into large bowl and mix together well.
4. Let mixture stands for 15 minutes, allowing flavours to infuse.
5. To form dumplings, hold one wrapper in palm of open hand. Place tablespoon-sized amount of filling mixture in center of wrapper.
6. Dip index finger of free hand into water and use fingertip to lightly moisten outer ring of wrapper. (Wrappers should glisten lightly, with no water pooling around the edges.)
7. Gently fold wrapper in half, forming a semicircle; pleat two outer edges together, until mixture is neatly and fully enclosed.
8. Heat sesame oil in non-stick frying pan.
9. Carefully arrange gyoza in pan; avoid splashing oil!
10. Once all gyoza are in pan, pour water (60 ml) into pan.
11. Cook over medium heat until water evaporates; wait for gentle sizzling sound before turning off the heat.
12. Using thin spatula, gently move gyoza to ensure they are not stuck to pan.
13. Finally, to remove gyoza, place plate upside down over top of pan and – holding plate and pan together firmly with potholders or oven mitts – perform a 'flip' so that gyoza land on plate, fried-side up.

Tip: For the dipping sauce, try using/combining: Soy sauce, Ra-yu (chili oil), and Ponzu (Japanese Citrus Dipping Sauce).







kombu and carrot nimono

昆布とにんじんの煮物

If you make dashi stock from kombu, you can still use the kombu for another delicious side dish after removing it from the water.

INGREDIENTS

2 pieces of kombu (6 x 6 cm) cut into thin strips (this way of cutting is called julienne)
20 g carrot cut into thin strips
(optional) 2 fish cakes sliced thinly
50 ml sake
1 ½ tbsp soy sauce
1 cup water
1 tbsp mirin
½ tbsp sesame oil
White sesame for topping

METHOD

1. Heat up sesame oil in non-stick pan.
2. Add kombu, carrot, and fish cake to pan and stir fry for 2 minutes.
3. Next, add sake, mirin, soy sauce and water to pan and bring to boil. Keep boiling in low heat until water evaporates.
4. Serve warm or cold, as preferred.

Tip: You can store nimono in a tight container in the refrigerator for up to 3 days.

grilled salmon with miso

鮭の味噌漬け

INGREDIENTS

2 salmon fillets, skin on
3 tbsp miso paste
3 tbsp mirin

METHOD

1. Place mirin and miso in ziplock bag, zip and mix ingredients by gently squeezing bag.
2. Place salmon in bag, marinating it with mixture for at least 1 hour. You can also keep bag of marinated salmon in fridge all day for better absorption.
3. After marinating, rinse salmon in running water to remove marinade before cooking, as miso burns very easily.
4. Preheat oven broiler for 2-3 minutes; broil salmon on middle rack at low heat for 10-12 minutes (for a 2 cm thick steak), adjusting time according to thickness of salmon steaks. Regularly check color of salmon because miso marinade burns easily.
5. Remove from oven, serve hot.

Tip: Using a pan to grill is an easy way for those who don't have an oven. Place the salmon in a preheated pan, grilling at low heat until lightly brown.





tamagoyaki

出し巻き卵

INGREDIENTS

4 eggs
1 tbsp dashi stock (you can use Yamamori shirodashi or a dashi pack)
1 tbsp water
Pinch of salt
½ tbsp soy sauce
Cooking oil as needed

METHOD

1. In large bowl, whisk eggs well using either a fork or chopsticks.
2. Add dashi stock, water, soy sauce and salt to the bowl and mix with eggs.
3. Using a folded paper towel, apply oil to a non-stick pan then bring it up to medium heat. Test heat with a drop of egg mixture.
4. When you hear a gentle sizzling sound, pour a small amount of egg mixture into pan. Tilt pan to completely cover bottom with thin layer of egg mixture.
5. Cook egg mixture on bottom, with some liquid remaining on top. Roll omelette and push to side of pan, but do not remove from pan. (Warning: if egg mixture cooks too much, it will not stick when rolled.)
6. Re-apply oil to pan using folded paper towel (including under omelette that was pushed to side).
7. Add small amount of remaining egg mixture to cover bottom of pan. Make sure to lift previous omelette to spread mixture underneath. Cook egg mixture on bottom, leaving small amount of liquid on top as in step 5.
8. Roll first omelette (which you pushed to side) over newly cooked egg mixture.
9. Repeat steps 6-8, oiling pan each time. Notice your egg roll growing larger with each new layer. Continue until you have used up entire egg mixture.
10. Remove from pan and let cool. Slice egg into 1.5 cm pieces using a sharp knife.

Tips:

- Shape your omelette while it is still hot by rolling it in a bamboo sushi mat and wrapping it up for about 5 minutes. After that, your omelette will be tightly rolled with a nice texture on the outside.
- Japanese people usually serve tamagoyaki with grated daikon (radish) mixed with soy sauce.



dumpling topped with azuki bean paste

あずきのつけ白玉団子

INGREDIENTS

100 g glutinous rice flour
50 g pumpkin
Azuki bean paste (you can buy
ready-made bean paste in a
can/package)

METHOD

1. Cut pumpkin into 3-4 cm pieces. Remove peel and place pumpkin in pot, cover in water and bring to boil. Keep boiling on medium heat for 15 minutes until pumpkin becomes soft.
2. Use back of fork to mash pumpkin.
3. Add pumpkin and glutinous rice flour to large bowl. Knead thoroughly until dough is smooth and no longer sticks to hands.
4. Using tablespoon (tbsp) to measure, scoop 1 tbsp of dough and place it in middle of your palm. Roll each ball until smooth, then place on plate. (Each ball is about 1.5 cm in diameter.)
5. Fill large pot with water and bring to boil over high heat. Add rice balls to pot and keep boiling for 2-3 minutes until they start to float.
6. When all dumplings are floating, continue boiling for 1 more minute to make sure they are fully cooked.
7. Remove dumplings from hot water using slotted spoon and transfer them to bowl of cold water.
8. When dumplings have cooled, place on small plates. Top with azuki bean paste to serve.





norimaki

海苔巻き

INGREDIENTS

(makes 4 rolls)

4 nori sheet (about 20x20 cm)
2 cups rice
2 tbsp sushi-vinegar (you can buy this product at any Japanese supermarket)

2 eggs
50 g cucumber

5-6 pieces shiitake mushroom (soak for 15 minutes in water)
1 tbsp soy sauce
1 tbsp mirin
½ cup water

50 g carrots,
Sesame oil
White sesame seeds

METHOD

Making filling:

1. Slice cucumber, shiitake and carrots into long, thin strips.
2. Mix carrots with sesame oil and white sesame seeds.
3. Combine shiitake with water, soy sauce and mirin in saucepan; bring to boil, then reduce heat and let simmer for 10 minutes. Turn off heat, remove shiitake using a strainer, and let cool.

Making sushi rice:

1. Cook rice in rice cooker.
2. Transfer cooked rice to mixing bowl; add sushi-vinegar and immediately use rice paddle to fold rice a few times.
3. Use fan to cool rice.

Wrap:

1. On rolling mat, lay nori sheet with its rough side up. Spread rice thinly over nori, leaving a small gap at top and bottom.
2. Place filling in center of nori.
3. Lift edge of mat and roll firmly, holding filling in place. Roll to end. Squeeze bamboo mat two or three times to keep norimaki tightly rolled.
4. Use a wet, sharp knife, cut sushi into 2-3 cm thick pieces. Serve with soy sauce and wasabi.

chawanmushi

茶碗蒸し

INGREDIENTS

(makes 4 cups)

3 eggs
3 tbsp dashi stock (or Yamamori shirodashi)
1 tbsp soy sauce
450 ml dashi stock (or 2 tbsp yamamori shirodashi and 420 ml water)
4-5 dried shiitake mushroom
50 ml water for shiitake stock
Pinch of salt
Carrot cut into flower shape or thinly sliced to garnish
60 g chicken
8 shrimp (peeled)
Spring onion (chop according to your preferred length to garnish, see picture)

METHOD

1. **To make shiitake mushroom stock:** Soak the dried shiitake mushrooms in 50 ml water for 15 minutes to soften it. Keep water for next step.
2. In medium bowl, whisk egg, adding dashi, soy sauce, salt, water and stock of shiitake mushroom and mix well.
3. Strain mixture through a fine sieve into another bowl.
4. Divide all remaining ingredients into 4 chawanmushi cups; start with chicken, shrimp, shiitake, then top with carrots. If you don't have chawanmushi cups, use ceramic bowls.
5. Pour egg mixture into 4 cups.
6. Cover the cups with plastic wrap then steam in very low heat for 15 minutes.
7. Turn off heat, carefully remove cups from steamer, and garnish with spring onion.





steamed rice with chicken and mushroom

炊き込みご飯

INGREDIENTS

(makes 3-4 servings)

2 cups rice
100 g chicken
50 g carrots
30 g shimeji mushroom
2 ¼ cups water
2 tbsp sake
2 tbsp soy sauce
1 tbsp mirin

METHOD

1. Cut chicken into bite-sized pieces and slice carrots into thin strips.
2. Remove mushroom stems and wash.
3. Rinse rice in water 3 times, sifting out starchy powder until water is translucent; add in water and all ingredients (no need to mix).
4. Cook all ingredients in rice cooker until cooker automatically changes from cook to warm.

Tip: To rinse rice, place rice in the removable cooking bowl that comes with your cooker. Then fill the bowl with water about one knuckle above the top of the rice. After mixing the water and rice, pour excess water out and repeat. After two or three rinses, the water should be translucent rather than milky.

fried tofu with spring onion

豆腐とネギの炒め物

INGREDIENTS

(makes 2 servings)

1 momen tofu (regular tofu)
1 spring onion (cut into 3 cm
long pieces)
1 tbsp sesame oil
1½ tbsp soy sauce
1 tbsp katsuoboshi

METHOD

1. Pat tofu dry using kitchen towels.
2. Use hands to break tofu into pieces (this method will help tofu to absorb seasoning better).
3. In frying pan, heat sesame oil on high.
4. Place tofu in pan and fry on medium heat for 3 minutes.
5. Add in spring onion and soy sauce, continue to fry for 1 more minute.
6. Top with katsuoboshi to serve.

Note: Add ½ tsp of dried chili if you want it a little bit spicy!







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