

Recipes



Wasabi

Tips for Use:

- Blends well with butter, mayonnaise, avocados, pasta, bread, sauces
- Mix wasabi paste and soy sauce to taste, then blend in small pieces of avocado to make a sauce or topping
- Make a salad dressing by mixing paste with vinegar and olive oil, adding salt and pepper to taste
- Wasabi paste sold in a tube is made from fresh grated wasabi, vinegar, oil and other seasonings
- Add equal parts water to wasabi powder to make a paste just prior to using
- Heat wasabi slightly to decrease the spiciness
- Make wasabi mayonnaise by adding one teaspoon of prepared wasabi to mayonnaise
- To make wasabi mashed potatoes, start with about three pounds of boiled and mashed potatoes, add 1 cup of plain Greek yogurt, ½ cup of melted butter, 1 tablespoon of prepared wasabi and salt to taste.
- Add wasabi paste to ice cream, like vanilla, chocolate, strawberry or a fruit sorbet

Wasabi Flavored Spring Roll

8 cooked shrimp, cut into halves, lengthwise
½ avocado, sliced into 8 pieces, coated in lemon juice
½ teaspoon lemon juice
.7 ounce rice vermicelli
1 cup cooked white chicken meat, shredded
4 lettuce leaves, curly leaf type

Red bell pepper, 8 pieces cut in ¼” strips
1 teaspoon Wasabi paste (such as S&B Premium Wasabi Paste tube)
2 tablespoons mayonnaise
4 large round rice paper wrappers

Blanch rice vermicelli and drain, then cut them into bite-sized pieces.

Combine wasabi paste and mayonnaise and set aside.

Blanch rice paper wrappers in tepid water and put them on a paper towel. Extend lettuce leaves at the front and place rice vermicelli, avocado and pepper slice on top of it. Place shrimp at the very bottom and roll so shrimp is visible from the outside.

Cut the roll into quarters, spread the wasabi sauce onto a plate and place the rolls over it.

Adapted from SBfoods-worldwide.com

Potato Pancakes with Wasabi

Customize this recipe by adding chilies, cheese and other seasonings.

1 ½ pounds russet or red-skinned potatoes
¼ cup chopped green onions, including some of the greens
3 tablespoons fresh cilantro, chopped

2 tablespoons all-purpose flour
2 tablespoons prepared wasabi paste
2 teaspoons garlic, chopped
2 eggs

1 teaspoon salt

Vegetable oil for frying

Peel and grate the potatoes into a bowl and add cold water to cover. Let stand 15 minutes to extract the starch from the potatoes. Using a slotted spoon, remove the potatoes, drain, and let the water they were soaking in sit for a few minutes. Carefully pour off the water, leaving the sediment in the bowl. This sediment is the starch from the potatoes and will help the pancakes to bind. Place the potatoes in a clean towel and gently squeeze out any remaining water. Add the onions, cilantro, flour wasabi, garlic eggs, and salt to the bowl with the potato starch and mix to combine. Add potatoes and stir to mix. Heat a large, heavy skillet over medium heat, pour in the oil to a depth of $\frac{1}{4}$ inch, and when it's hot, spoon $\frac{1}{4}$ to $\frac{1}{3}$ cup of the potato mixture into the oil. Flatten the pancakes to about $\frac{1}{2}$ -inch thick.

Fry the pancake until browned, turn over, and fry the other side until browned. Remove and drain the pancakes on a paper towel before serving. Garnish with more wasabi paste if extra heat is desired. Serves 4-6.

Adapted from realwasabi.com

Wasabi Sesame Tuna

$\frac{1}{4}$ cup soy sauce or tamari

3 teaspoons wasabi paste

$\frac{1}{2}$ teaspoon cracked black pepper

12 ounces ahi tuna steaks ($\frac{3}{4}$ to 1-inch thick, 2 steaks)

$\frac{1}{4}$ cup sesame seeds

In a shallow dish, combine the soy sauce, wasabi paste and cracked black pepper, mix well. Add the tuna and turn until thoroughly coated on both sides. Let sit for 10 minutes or marinate overnight in a zippered bag (preferred).

Coat a pan with vegetable oil or nonstick cooking spray and preheat over high heat. Place the sesame seeds in another shallow dish, add the tuna and turn to coat completely. Grill the tuna for 1 to 2 minutes per side, until browned or cooked to desired doneness. Slice thinly and serve with rice or stir fried vegetables.

Do not overcook or the tuna will be dry and chewy. Serves 2.

Adapted from Food.com

**Do you have a recipe using wasabi to share?
Please send it to Educator@herbsociety.org**