

*Japanese traditional flavor
from Japan to
all over the world*

TERIYAKI FISH

*Japanese people call it
"TSUKUDA-NI"*

January Newsletter

2010

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TSUKUDANI: WAKASAGI

TSUKUDANI means fish cooked in soy and sugar. This cuisine originated as a preservation method, developed by the wisdom of fishermen who understood the nutritional value of fish. The sweet and salty taste of Tsukudani goes perfectly with rice and today is indispensable to the Japanese dinner table. People from overseas find the taste similar to teriyaki and often refer to this food as "teriyaki fish."

Since 1924, HIRAMATSU SEAFOOD COMPANY has been making traditional Japanese Tsukudani, fish boiled in soy sauce, in Toyohashi City in Aichi Prefecture. Toyohashi is blessed with an abundance of produce from both land and sea, and they have striving each day to ensure that the traditional foods of Toyohashi are kept alive in the modern era.

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WAKASAGI

Wakasagi mean smelts, which are small fish found in the Pacific and Atlantic oceans. They are an excellent source of vitamin B12 and selenium as well as a good source of potassium.

Recipes by David Bank of Land



David Bank

David Bank was born and raised in Thailand. He moved in New York in 1995 after working in his wife's family's restaurant in Bangkok. He worked for Michelin star chef Jean Georges Vongerichten in the highly esteemed Mercer Kitchen. Upon leaving Mercer Kitchen, Bank opened his first Land Thai restaurant on Amsterdam Avenue, focusing on Thai food. After much success, he opened a second Land Northeast Thai on Second Avenue.

Bank says his wife helped challenged him to open Land to cook the food he knows and likes to eat. He likes other like European food, and well as Japanese food, but always believes that simple is the best, like "mom's cooking." Bank first began to love Japanese cuisine after working with a Japanese chef and realizing the skill involved, as well as the love and care that the Japanese have for their products. Japanese foods is "clean, delicate, simple, and food for you" says Bank. Unlike Japanese cooking, Bank believes that Thai food does not have to have the best ingredients, because so many spices and herbs are added to blends flavors and make it taste good.

When given the Wakasagi Bank said "I knew it was good when I first tasted it. It is similar to a small fish used in Thailand. He likes the umami flavor of the product and urges that Americans should not be scared away by the Wakasagi's appearance. "If Americans try it, they will like it," says Bank. Americans do not traditionally use small fish, but it can be used for any type of cooking, not necessarily only Asian cuisine.

"when I first tasted it, I knew it was good"simple is best, like mom's cooking similar to a fish used in Thailand, a small fish with rice, herbs, and soy sauce. his mother used to make something like this. easy, simple and not a lot work. its homey. "very good stuff" Thai cooking there are a lot of herbs.

Grilled Banana Leaf Wrapped Wakasagi
with sticky rice & chili lime dipping sauce

Kow Neaq Nah Pla Yang



Bank's mother used to make a dish like this, and it is a common lunch made at home and then taken out to school or work. It is easy, simple, and does not require a lot of work--it is a "homey" dish. The banana leaf gives aroma and then the grill gives a sharper flavor to the sticky rice. The kaffir lime leaf pulls the entire dish together.

Ingredients

- Wakasagi
 - Steamed sticky rice
 - Scallion, julienne
 - Fresh kaffir lime leaf, Julianne
 - Crispy shallots
 - Chopped chives
 - Banana leave
 - Juice of 4 limes
 - 2pcs Thai chili
 - 4 cloves garlic
- **To make chili lime dipping sauce:** Chop Thai chili and garlic together, add salt and sugar until combined. Then add lime juice

Method

- Remove Wakasagi from package, warm fish into toaster or oven
- Clean banana leaf with water, or cooking oil, cut leaf 4"x 8"
- Place sticky rice in middle of banana leaf then fish on top then scallion kaffir lime leaf, crispy shallots, and chopped chives
- Tightly wrap ingredients in banana leave then grill for a few minutes to obtain a smoky flavor
- Serve with chili lime dipping sauce

Method For Cooking Sticky Rice or Glutinous Rice

- Soak Thai stick rice with cold water for about 6 hours
- Drain rice and place it in cheesecloth and then place cheesecloth carefully in bamboo steamer
- Heat water in deep cooking pot until it boils, make sure you pot have enough water all time doing cooking process 30 or more
- Important : Place bamboo steamer containing cheesecloth and rice over pot, making sure the steamer does not come into contact with water
- Cover rice with cheesecloth and then cover steamer with an inverted plate or lid of some kind
- Steam for 30 minutes or until rice is tender.
- Once rice is cooked remove from cheesecloth immediately

Wakasagi with Tamarind Soup

Pla Tom Klong Makam



This dish came from the way that Thai people use leftover fish for soup and use the soup as a preservation method. Tamarind is a fruit, and the juice is used here to bring an element of sourness to the dish. Palm sugar is also used, which is milder and more complex than regular table sugar. The flavor of the palm sugar gives another flavor to the dish other than just adding sweetness.

Ingredients

- Wakasagi
- Tamarind juice
- Young tamarind leaf
- Cherry tomato
- Shallot or small onion
- Recao (Laos cilantro)
- Dried chili
- Chicken Broth (stock)
- Palm sugar
- Fish Sauce

Method

- Boil chicken broth with tamarind leaf and tamarind juice
- Add palm sugar, fish sauce, shallot cook until soft
- Then add cherry tomato, dried chili, recao and Wakasagi. Slow simmering for two minutes
- Serve to taste

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