

## Daikon radish steak and kombu bagna cauda

A kombu-simmered daikon steak served with kombu pesto sauce



Kombu x Italian cuisine

For 5 persons Cooking time: about 45 min.

### Ingredients:

- One 15 cm daikon radish, One 5 cm chunk of dashi kombu, 2 teaspoons of mirin, 2 teaspoons of soy sauce
- A bit of olive oil, 100 g of tsume-kombu pesto, 30 g of shimeji mushrooms
- 3 dried tomatoes, 1 clove of garlic, a bit of olive oil, salt, pepper

### Preparation:

- 1 Cut the daikon radish into 3 cm thick slices, remove the skin and place in a pot. Add the dashi kombu, cover with water and turn on the heat. Bring to a boil then reduce heat to medium and simmer for about 30 minutes. The radish can be speared with toothpicks or wooden skewers.
- 2 Meanwhile, prepare a chopped tsume-kombu. Put a bit of olive oil in a frying pan, add the chopped garlic and fry until golden brown. Sauté the chopped shimeji mushrooms and dried tomatoes until soft. Add the chopped kombu and simmer over low heat. Season with salt and pepper.
- 3 Heat olive oil in a frying pan and fry the daikon radish slices on both sides. When golden, add the soy sauce and mirin and mix well. Arrange on a plate and cover with kombu pesto.

14-29 Aioi-cho  
Tsuruga, Fukui, Japan  
Kitotenowa Café Tel: +81-770-21-0220

## Risotto of seasonal vegetables and grilled sea bream

An array of local ingredients simmered with kombu dashi to enhance the exceptional flavors of Tsuruga's sea bream



Kombu x Italian cuisine

For one person Cooking time: about 10 min.

### Ingredients:

- 100 g rice, water for cooking, a bit of garlic, anchovies and olive oil
- 100 g of Tsuruga sea bream slices and the carcass for the broth, 4 pieces of dashi kombu (10 cm)
- 2 volumes of water, 20 g of spring onion, seasonal vegetables in appropriate quantity, salt and pepper

### Preparation:

- 1 Soak the kombu in water beforehand. Bake the sea bream carcass at low temperature. Remove the kombu from the water and dip the carcass in it.
- 2 Cook the rice for 6 minutes.
- 3 Grill the sea bream.
- 4 Put the garlic, spring onion and olive oil in a frying pan, sauté and add the anchovies.
- 5 After filtering the broth, add it gradually to the rice.
- 6 Add the seasonal vegetables and the grilled sea bream in small pieces.
- 7 Continue to add the sea bream broth little by little while cooking the rice. Adjust the seasoning with salt and pepper.

4-1 Kanegasaki-cho  
Tsuruga, Fukui, Japan  
Sogno-Poli Tel: +81-770-47-6707

## Kombu ice cream

Combining the soft texture of tororo-kombu with the crispness of fried kombu



Kombu x dessert

For one person Cooking time: about 3 min.

### Ingredients:

- 1 g of Tororo-kombu
- 120 g of vanilla ice cream
- 3 chunks of ita-kombu of 1 cm square
- Vegetable oil in appropriate quantity

### Preparation:

- 1 Fry the ita-kombu squares in oil until crispy.
- 2 Put the vanilla ice cream on a plate and top with the tororo-kombu and fried kombu 1.

16-3 Horai-cho  
Tsuruga, Fukui, Japan  
Kaisen Minatoya Tel: +81-770-36-4356

## Herring and kombu sushi

Garnished with salmon and kombu, this herring sushi is one of Tsuruga's specialties



Kombu x local cuisine

### Ingredients:

- 500 g of herring, 500 g of koji, 2 daikon radishes, 1 piece of kombu, 2 carrots
- 1 Chinese cabbage, 4 thick slices of salmon, salt, soy sauce, sake, mirin, small dried chilies and rice bran in appropriate quantities

### Preparation:

- 1 Cut the daikon radish into small pieces, rub well and cover with 3% salt for 3 to 4 days. Compress with more than twice the weight of the ingredients.
- 2 Cut the Chinese cabbage into 4 equal parts, rub well and cover with 3% salt for 1 to 2 days.
- 3 Soak the herring overnight in water with rice bran to soften it.
- 4 Clean the herring with a brush and cut into finger-sized pieces.
- 5 Cut the carrot diagonally into 1 cm pieces. Wet the kombu with sake and slice thinly.
- 6 Drain the salted vegetables 1 and 2.
- 7 Divide the daikon radish and herring in the bottom of a fairly deep container and sprinkle with koji, thin slices of dried chili and then drizzle with soy sauce, sake and mirin. Top with carrots, Chinese cabbage and kombu. Press down with a weight equal to or greater than the total weight of the mixture. Remove after 3 weeks or more before serving.

1F, 1-3-5 Tsunai-cho  
Tsuruga, Fukui, Japan  
Tree Café Tel: +81-770-21-3033

## Isozuke

A heshiko sushi cooked with kombu dashi. A simple recipe to enjoy in all seasons!



Kombu x local cuisine

For one person Cooking time: about 10 min.

### Ingredients:

- 1 sheet of iso-nori
- 200 g kombu dashi-marinated sushi rice
- Half a fillet of heshiko (mackerel dried in salt and rice bran)

### Preparation:

- 1 Lightly toast the heshiko in a pan
- 2 Cook the kombu-dashi marinated sushi rice in the pressure cooker.
- 3 Put the rice 2 in an appropriate food container, top with toasted heshiko and cover with rice again.
- 4 Lightly press the top to adjust the shape.
- 5 Wrap in a nori sheet and cut in slices.

7-18 Shirogane-cho  
Tsuruga, Fukui, Japan  
Sushitatsu Tel: +81-770-22-2781

# Tsuruga recipes Kombu



**Kombu:**  
a local product at the heart of  
Tsuruga cuisine's flavors

Kombu, an edible kelp from the laminariaceae family, is one of the key elements of Japanese cuisine. Used to bring out the flavors of a dish, it is also appreciated for its own savoriness. Discover and enjoy 15 original kombu recipes proposed by some of Tsuruga's best restaurants!

## Tsuruga City Fukui Prefecture



# Tsuruga recipes

## Kombu

Rich in "umami" flavors,  
kombu is the perfect combination of sweetness and depth!

During their heydays, between the 17th and the 19th centuries, the Kitamaebune shipping vessels would unload large quantities of kombu harvested off the coasts of Hokkaido down on the docks of the Tsuruga port. That was how Tsuruga began to specialize in kombu processing. "Oboro kombu" for instance, thin strips of dried rice vinegar-marinated kombu, is a recipe that originated in Tsuruga. Kombu is not only one of the two ingredients used to make dashi, the clear stock at the core of Japanese cuisine. Its umami flavors make it a first rate ingredient used in many dishes whose tastes it enhances and deepens. Tasty and suitable for big and small occasions, here are fifteen kombu recipes elaborated by some of Tsuruga's best restaurants.



**Kombu x Japanese cuisine**

### Sea bream coated with kombu

Red sea bream from the Tsuruga Bay, coated with two types of kombu and deep-fried



For one person Cooking time: about 20 min.

**Ingredients:**

- Shiro tororo kombu, taihaku kombu, sliced red sea bream fillet: 100 g/person
- Eggplants: 30 g
- Finely chopped yuzu peel: 2 g

Seasoning: Kombu dashi stock, a thinly chopped maple leaf, bonito flakes, finely chopped spring onion: a pinch of each.

**Preparation:**

- 1 Sprinkle the sea bream lightly with salt and leave to rest for a while.
- 2 Cut the eggplants into thin slices. Coat the eggplants and sea bream slices with potato starch. Deep-fry.
- 3 Insert yuzu peel between the fried sea bream and eggplant fries and wrap with taihaku kombu.
- 4 Season with dashi stock and serve on a hot dish.
- 5 Sprinkle with a pinch of shiro tororo kombu, dried bonito flakes, finely chopped onions and maple leaves.

4-9 Shirogane-cho  
Tsuruga, Fukui, Japan  
Tel: +81-770-25-2276  
Shokujidokoro Takeshi

**Kombu x Japanese cuisine**

### Tororo kombu dashimaki

A soft dashimaki with plenty of kombu's rich flavors



For 2 persons Cooking time: about 10 min.

**Ingredients:**

- 6 eggs
- 22 cl of water
- 100 g of tororo kombu (dashi stock: 60 g/topping: 40 g)
- Sweet mirin (amakuchi)

**Preparation:**

- 1 Break 6 eggs into a bowl.
- 2 Dissolve the kombu in water, simmer for 10 minutes in a saucepan and cool.
- 3 Season the eggs 1 with the kombu stock 2 and sweet mirin.
- 4 Roll the dashimaki and finish by sprinkling tororo kombu on top.

1-1-6 Kagura-cho  
Tsuruga, Fukui, Japan  
Tel: +81-770-25-8716  
Oryori Yamamoto

**Kombu x Japanese cuisine**

### Red sea bream and kombu cooked rice

The ideal combination between kombu's rich flavors and the delicate texture of the Tsuruga red sea bream



For 2 to 3 persons Cooking time: about 40 min.

**Ingredients:**

- 300 g of short-grain rice
- Kombu dashi stock
- 7 slices of Tsuruga Bay red sea bream
- A bit of grated ginger and tororo kombu

Ingredients to prepare in double proportion (ochazuke ending)

- ★ x2 • Kombu dashi stock: 2 x 36 cl
- Light soy sauce (usukuchi): 2 x 3 cl
- Mirin: 2 x 1,5 cl
- Sake: 2 x 1,5 cl

**Preparation:**

- 1 Rinse and wash the rice well. Put the rice in the pressure cooker and add one portion of ★.
- 2 Put the sea bream slices with grated ginger and tororo kombu in 1 and start the program.
- 3 When the rice is cooked, remove the tororo kombu and roughly stir. Season to taste.

\*We recommend the "ochazuke ending". Sprinkle some fresh tororo kombu on the remaining rice and pour the remaining portion of ★.

1F Ekimae Building, 5-18 Shirogane-cho  
Tsuruga, Fukui, Japan  
Tel: +81-90-7598-0895  
Irodori Gohan Te.To.Te

**Kombu x Japanese cuisine**

### Umeboshi and kombu okayu

The rich flavor of kombu dashi at its best. A heartwarming and easy to prepare porridge!



For 3 to 4 persons Cooking time: about 7 min.

**Ingredients :**

- Dashi kombu: 1 or 2 chunks, 54 cl of water, a pinch of salt
- A pinch of ajinomoto broth powder, potato starch, 2 bowls of rice
- A bit of umeboshi (pickled plum)

**Preparation:**

- 1 Put water and dashi kombu in a saucepan and cook over medium heat.
- 2 Add salt and ajinomoto broth powder to taste. Gently cook the rice to the desired consistency.
- 3 Remove the kombu from 1, thicken with potato starch dissolved in water and serve in bowls.
- 4 Finish by adding umeboshi pulp.

\*Umeboshi can be replaced with oboro kombu.

68-10 Sawa  
Tsuruga, Fukui, Japan  
Tel: +81-770-22-1435  
Fishmonger Yamamoto Sengyoten

**Kombu x Japanese cuisine**

### Nukazuke temari-zushi

"Akakamba" red turnip marinated in rice bran and kombu. A round and very colorful sushi.



For 2 persons Cooking time: about 10 min.

**Ingredients:**

- Sakura chirashi-zushi ingredients pouch (including kombu powder): 15 g
- Akakamba red turnip marinated in kobu-jime: about 24 g (cut in 4 slices), a few kombu shreds for topping (3,5 mm squares)
- Rice: 180 g, 2 tablespoons of sweet rice vinegar extract, wasabi.

**Preparation:**

- 1 Cut the Sakura Chirashi-zushi ingredients into small pieces.
- 2 Cut the rice bran-marinated red turnip as thinly as possible with a knife.
- 3 Mix the rice, Sakura-zushi ingredients of 1 and the sweet vinegar extract in a bowl and divide it into 4 equal portions.
- 4 Cut four sheets of plastic wrap into 25 cm squares. Place the turnips 2 in the center of the sheet and coat with a bit of wasabi. Place the rice mixture 3 on top, and mold balls by joining the four corners of the plastic wrap.
- 5 As a topping, cut the kombu and the remaining turnip into thin strips lengthwise. Present 3 balls of temari-zushi 4 and the strips 5 on a plate.

79-42 Sugihashi  
Tsuruga, Fukui, Japan  
Tel: +81-770-27-1048  
Sobadokoro Matahachian

**Kombu x Italian cuisine**

### Sicilian-style "beccafico" sardines grilled with herbs and wrapped in kombu

A recipe merging the traditional Sicilian cuisine with kombu



For 3 persons Cooking time: about 25 min.

**Ingredients:**

- 6 sardines, 30 g of breadcrumbs, 5 g of raisins, 5 g of pine nuts
- Finely chopped parsley, 1 clove of garlic, orange, 6 bay leaves
- 1 or 2 anchovy filets finely chopped, 1 to 2 oboro kombu leaves, 1 piece of dashi kombu
- Salt, pepper, olive oil, tomato sauce and Genovese sauce to taste

**Preparation:**

- 1 Open the sardines by hand, taking care to let the tail intact, rinse, scale, drain and season with salt and pepper.
- 2 Prepare the breadcrumb by adding the anchovies, parsley, raisins, pine nuts and olive oil then mix.
- 3 Spread the breadcrumbs 2 and oboro kombu over the sardines, roll up leaving the tail on top and secure with toothpicks.
- 4 Place the sardines 3 on the baking sheet. Top with dashi kombu, orange, bay leaves and sprinkle lightly with bread crumbs.
- 5 Place in oven at 200°C and bake for about 15-20 minutes until golden brown.
- 6 After cooking, put some tomato sauce and Genovese sauce on a plate, place two sardines and serve.

1-7-35 Honmachi  
Tsuruga, Fukui, Japan  
Tel: +81-770-25-4868  
Italian restaurant Jidaiya

**Kombu x Japanese cuisine**

### KOMBU DREAM Wakasa beef and kombu sushi

A summit meeting between kombu, the ingredient gaining worldwide attention, and sushi, the lord of Japanese gastronomy



For one person Cooking time: about 60 min.

**Ingredients:**

- Wakasa beef: 200 g, Ichihomare rice: 150 g
- 1 kombu leaf
- Soy sauce, sushi vinegar, iso-no-yuki kombu leaves, jigarashi mustard, sturgeon caviar (or salmon roe)
- Gold leaf powder

**Preparation:**

- 1 Cook the rice with kombu in a pressure cooker and prepare it as a sushi rice.
- 2 Strain the kombu 1 in a blender and mix with soy sauce.
- 3 Cook the Wakasa beef at low temperature and cut into thin slices after cooling.
- 4 Cover the rice balls with beef slices on a bed of iso-no-yuki kombu and garnish with kombu paste 2, a bit of jigarashi mustard, a bit of caviar and gold leaf powder.

3-8 Shinmatsushima-cho  
Tsuruga, Fukui, Japan  
Tel: +81-770-25-8686  
Steak and Wine Botantei

**Kombu x Japanese cuisine**

### Tsuruga fugu tempuras wrapped with kombu and shiso

A summit meeting between fugu and kombu flavors. A dish to be eaten immediately after frying



For one person Cooking time: about 30 min.

**Ingredients:**

- 25 g of fugu slices, 5 g in the epidermis, 5 g of liver, 2 slices of fillet
- A pinch of modoshi kombu, a pinch of oboro kombu, tempura flour
- Frying oil, salt, shiso leaves (or plums or ginger according to taste)

**Preparation:**

- 1 Prepare the batter by diluting tempura flour with water.
- 2 Wrap the slices with shiso and oboro kombu leaves.
- 3 Dip in tempura batter and fry gently without stirring too much. For the skin, liver and modoshi kombu, proceed in the same way. Fry the fillet without dipping.

5-6 Te  
Tsuruga, Fukui, Japan  
Tel: +81-90-6218-7838  
Ishikawa-so

**Kombu x dessert**

### A smoothie made of kombu and fresh vegetables. Super healthy!

The umami rich kombu is the star of this simple recipe to be eaten without moderation!



For 3 persons Cooking time: about 10 min.

**Ingredients:**

- 30 cl of water, 10 gram of dashi kombu, 20 g of oboro kombu
- 50 g of either peeled and seeded cucumber or lettuce
- 100 g of bananas (apples or strawberries are also suitable), olive oil
- 30 g of oligosaccharides (or 20 g of honey), 300 g of yogurt or milk

**Preparation:**

- 1 Place the dashi kombu in water and let soak overnight.
- 2 Peel the cucumber, cut it in half lengthwise and remove the seeds.
- 3 Gather and separate the ingredients.
- 4 Remove the kombu from the water 1. Pour the water into the blender, add the oboro kombu, cucumber, banana, yogurt (or milk), oligosaccharides (or honey) starting with the hardest ingredients. Mix well until you obtain a perfectly smooth consistency. Add a few drops of olive oil and consume immediately.

2F, 6-41 Shirogane-cho  
Tsuruga, Fukui, Japan  
Tel: +81-770-21-1501  
Marusanya

**Kombu x French cuisine**

### Tsuruga Minato Roll

A makizushi made of Higashiura sweet mandarin-marinated red sea bream from Tsuruga Bay

The sweet mandarin's acidity, the sweetness of the sea bream and the deep flavors of the kombu merge to create a refreshing taste in the mouth.



For one person Cooking time: about 15 min.

**Ingredients:**

- 1 kombu leaf for the makizushi, 1/4 of a mikan sweet mandarin, 3 sashimi slices of Tsuruga red bream
- 1/5 of a fresh onion, 1/5 of a fine cucumber, 1/6 of a carrot, 2 leaves of curly lettuce
- ★ Marinade: One tablespoon of extra virgin oil, one teaspoon of lemon juice, a bit of grainy mustard, a bit of pressed garlic, "crazy salt" flavored salt.

**Preparation:**

- 1 Remove the mandarin skin, take 3 to 4 wedges and cut into four pieces.
- 2 Thinly slice the spring onion with a slicer to remove the fibers, rinse with cold water and drain. Wash the lettuce and drain.
- 3 Cut carrots and cucumber into strips.
- 4 Cut the red sea bream into 3 to 4 thin slices.
- 5 Mix the marinade ingredients ★ and add the mandarin pulp 1. Mix well, add onion 2 and the red sea bream slices 4.
- 6 On a flat surface, lay as evenly as possible the kombu leaf, the curly lettuce, carrot, and cucumber in that order and the marinated sea bream 5 on top. Grab the four ends of the kombu leaf and roll it up.
- 7 Cut the roll 6 into 4 equal parts, present on a plate and serve.

17-3-1 Sakanoshita  
Tsuruga, Fukui, Japan  
Tel: +81-770-20-1000  
Yamato Takahashi