

GAUTHIER
home

Vegan Box 'Japan Week' 15/01/21

Serves four persons

MAKI ROLL

Avocado, Pickled Ginger and Cucumber

Allergens: Sy, SO²

*

WHITE MISO

Semi-soft Tofu, wild mushrooms & caramel black radish

Seaweed Crisps

Sy

*

PEANUT RICE

Brown Rice and Wet Peanuts, Fried Gherkins

Spring Onions

P, SO²

*

BUCKWHEAT NOODLE

Dashi Broth, Spicy Shredded Winter Cabbage

Shiso Leaves

G, Sy

*

EGGPLANT KURIHARA

Demi Aubergine - Sweet Rice Vinegar

Sesame & Leek

N, Se, SO²

*

TURNIP MUSTARD

Soft Turnips, Broth,

Mustard & Herbs

Sy, M

*

YUZU

Yuzu Curd

Soft Sablé

G, N, Sy,

*

RED BEAN BROTH

Sweet Vanilla Clear Soup

Red Bean & Jelly

Sy, SO²

STORAGE

We are aware that there may be a lot of food for one sitting so we have ensured that all items are suitable for freezing or will last up to 3 days in the fridge.

PREPARATION

MAKI ROLL

Cut the roll into 8 slices and serve them alongside the soya sauce.

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WHITE MISO

Reheat slowly to a simmer. Make sure not to over-boil the liquid.
Serve in 4 bowls and add the crisp's of seaweed.

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PEANUT RICE

Add a spoon of olive oil in a sauteed pan and when hot add the rice. Stir fry while making sure that nothing sticks at the bottom. Divide the rice into 4 plates and sprinkle the peanuts, coriander and spring onion.

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BUCKWHEAT NOODLE

Reheat the broth until ebullition point. Stop the heat and add the bag with the noodles and garnish. Let it simmer for 2 minutes and serve.

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EGGPLANT KURIHARA

Place the aubergine on an oiled roasting tray.
Preheat the oven to 170 degrees and place the aubergine for at least 8 minutes.

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TURNIP MUSTARD

Reheat the turnips with their jus until piping hot.
Divide the turnips into 4 plates and cover with the radishes.
Pour the sauce over and serve.

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YUZU

Pipe some yuzu curd on top of each sable and add a little bit of grated lime.

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RED BEAN BROTH

Divide the jelly and beans into 4 bowls.
Add the clear vanilla syrup and pour some coconut milk over each bowl.

Hello,

15 years ago I travelled to Tokyo and found another planet where food was better than anywhere I had known before.

You could enter an Italian restaurant and have the best Italian food ever. It was the same for French patisserie or a classic gastronomic restaurant. The Japanese have the exquisite ability to understand what finesse all is about.

So, it is no surprising to know that Japanese cuisine is currently the most popular food in the world. Sushi, sashimi, tempura & teriyaki are now everywhere from supermarket shelves to restaurant on every main street.

However, what has not surfaced yet from the unbelievable Japanese cuisine repertoire, is its huge quantity of plant-based dishes. I have discovered hundreds of dishes made exclusively from vegetables, fruits, herbs and pulses.

It is a real honour to take you this week on a Japanese journey with its texture and flavour diversity. The whole menu feels beautifully balanced and I really hope that you'll enjoy it as much as I have loved putting it together.

Alexis 😊

Share your creations with us! We love to see them, and repost as many as we can. #gauthierhome



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