This month, the Southern California Horticultural Society invited Florence Nishida, M.S., a Research Associate at the Natural History Museum of Los Angeles County and co-founder of the non-profit L.A. Green Grounds, to present a webinar on how to grow Asian vegetables.

These are a couple of Florence’s Asian cooking recipes. To watch the full replay of Florence’s presentation, visit https://youtu.be/8tco9QCGqCM.

Chicken Stew with Sato Imo, Potatoes, Carrots

Ingredients

4-5 chicken thighs
½ onion, chopped
3 small carrots, peeled, cut “rengon” style*
1 pkg dashi
1 T. soy sauce
1 T. mirin (sweet rice wine)
3-4 small sato imo, peeled, cut into 1½” chunks
1 small potato, peeled, cut into 1½” chunks
2-3 sprigs cilantro

Directions

1. Brown chicken thighs, remove to a plate.
2. Add chopped onions, cook until translucent
3. Add chopped carrots. Cook for ca. 8 min. Add boiling water to cover w/ 1” over. Put a floating lid on, simmer for 20 min.
5. Add sato imo, potato. Simmer all for about 10 min.
6. Serve in large bowls with chopped cilantro (or mitsuba) as garnish. Serve with rice in a separate bowl.

Notes

*Rengon style cutting. Peel vegetable (usually). Make first cut at a diagonal about 30 deg., rotate the vegetable ¼, make another diagonal cut. Continue this way until the end of the vegetable is reached. Most rengon-cut vegetables are cut about 1½” in width.

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Vegetables commonly cut like this for stews or “nishime” are carrots, potatoes, gobo, daikon.

Asian Mustard Greens basic seasoning

Ingredients
1 T. sesame seeds
2 tsp. sesame oil
6 c. mustard greens chopped
¼ c. water
1 tsp garlic minced
1 T. soy sauce
3 tsp mirin (Japanese sweet rice wine)
1 tsp sake (Japanese rice wine)
1 tsp sugar
Red pepper flakes (opt.)

Suggestions
- Mix a variety of greens among: bok choi, napa, mizuna, purple mustard, tatsoi,
- Can sauté ½ onion sliced or chopped before adding greens.
- Rinse greens with cold water. Cut greens into narrow ribbons or tear into 2” squares. Saute greens still moist with the rinse water.
- No need to add salt. Soy sauce is salty.
- Heat oil in large skillet or wok until hot. Stir fry greens until limp, cook another 1-2 min.