

# **20th ISGA Convention in Chicago**

## **“Gourmet Cooking with Sprouts” Sprout Fest Luncheon Menu**

### **Starter**

Broccolisprout Rolls  
Bean Sprout Galette

### **Salad**

Champagne Glass Salad

### **Fish**

White Fish and Broccoli Sprouts Terrine

### **Meat**

Sliced Pork Rolls with Bean Sprouts  
Beef Stew with Bean Sprouts

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Food coordinator for Daisey Group, Japan,  
in cooperation with Angel Torres, Head Chef  
Embassy Suites Hotel

## Broccolisprout Rolls



=Roulade=

Butter -----60 g  
Flour ----- 1/3 C  
Milk ----- 1 C  
Parmesan cheese----- 1/3 C  
Broccoli sprouts----- 1 C  
Eggs ----- 4

=To make the roll=

1. Heat butter in a pan and add flour. Mix well. Gradually stir in milk and cook until the mixture thickens.
2. Mix in the Parmesan cheese, sprouts, and egg yolks.
3. Beat egg whites and fold into the sprout mixture.
4. Pour the mixture onto an oven sheet and bake in oven for 15 – 20 minutes at 180°C.
5. Turn the roulade out on a wire rack to cool.
6. Spread the filling on top and scatter on the Broccoli sprouts. Roll up.

=Filling=

1. Sauté sliced bacon and brown mushrooms in a frying pan.
2. Turn off heat and add cream cheese and sour cream. Mix well.

## Bean Sprout Galette

Potatoes	1 kg
Butter	70 g
Sliced onion	1
Beansprouts	500 g
Bacon	50 g
Daikon	1 pack

1. Boil potatoes and mash.
2. Melt 30g butter in a pan and fry the onions and bacon.
3. Fry the bean sprouts
4. Add 40g butter and mashed potatoes, then add salt and pepper to taste.
5. Cook the galette for 5 minutes until the bottom is golden brown.
6. Bake in oven at 200 °C for 15 minutes.
7. Decorate with kaiware daikon.



## Champagne Glass Salad

Cooked small prawns ----- 100 g  
Avocado (chopped)----- 1  
Tomato (chopped)----- 1  
Mozzarella cheese ----- 100 g  
Alfalfa sprouts ----- 1 C

=Sauce=

Mayonaise ----- 1/2 C  
Tomato sauce ----- 1/8 C  
Worcestershire sauce ----- 1 T  
Salt and pepper  
Lemon juice----- 1 tsp

1. Finely chop the ingredients (except alfalfa) and arrange in a champagne glass.
2. Spoon on the sauce and sprinkle on the alfalfa.



## White Fish and Broccoli Sprouts Terrine

White fish fillets-----	450 g
Sliced smoked salmon-----	200 g
Egg whites-----	2
Salt and pepper	
Cream-----	1 C
Broccoli Sprouts-----	2 C

1. Process white fish fillets until smooth.
2. Add salt and pepper and egg whites, and process.
3. Gradually add cream. Do not process long after adding the cream.
4. Take 2/3 of the fish mix out of the food processor and add the sprouts. Process greens and the fish.
5. Line base and sides of an ovenproof dish with the salmon.
6. Put the white fish mix in 1/3 of the dish. Then add a layer of the fish mixed with greens. Put in another 1/3 layer of the white fish mix.
7. Cover with the salmon on top.
8. Place terrine in a baking dish with 2 C hot water.
9. Bake in a moderate oven for 50 – 60 minutes.

=Wasabi sauce=

Wasabi-----	3 T
Mayonaise-----	1 C
Salt and pepper	



## Sliced Pork Rolls with Bean Sprouts

Thinly sliced pork-----	10 slices
Bean sprouts-----	300 g
Green asparagus-----	10 pcs
Broccoli sprouts-----	1 pack
Salt and pepper	

=Sauce=

Mayonnaise & mustard

1. Lay pork on cutting board. Salt and pepper.
2. Place broccoli sprouts on the pork.
3. Place bean sprouts on the broccoli sprouts.
4. Salt and pepper.
5. Roll.
6. Put 1 cup hot water in a steamer.
7. Arrange rolls and fresh asparagus in the steamer.
8. Place lid and cook for 3 minutes.
9. Mix a 1/4 cup mayonnaise and 2 tablespoons mustard.



## Beef Stew with Bean Sprouts



Ribeye steak-----1 kg  
Butter ----- 90 g  
Brandy ----- 2T  
Brown mushrooms ---- 300 g  
Baby onions ----- 300 g  
Red wine ----- 2 C

1. Cut rib steak into large cubes. Heat 60g butter in a pan and cook the beef in small quantities.
2. Cook until brown all over.
3. Remove meat after each small portion is fully cooked.
4. Place all the beef back in the pan and flame the brandy.
5. Remove the beef from the pan and add 30g butter. Add the onions and mushrooms and stir for a few minutes.
6. Remove the onion and mushroom mix from the pan. Place the beef back in the pan.
7. Add wine, port wine, water, tomato puree and bay leaves.
8. After boiling, place lid on the pan and reduce heat. Cook for about 1 hour.
9. Place the mushrooms and onion back into the pan.
10. Cook uncovered for 20 minutes.
11. Salt and pepper to taste.
12. Sautee bean sprouts in another pan for 30 seconds and serve alongside the beef stew.

## Greetings to all the members of ISGA.

*Sumiyo Kawakami talk before lunch, Friday, May 21, 2010*

Thank you very much for coming here to enjoy my lunch. It is my great pleasure to be invited here and make lunch for you today. My name is Sumiyo Kawakami, and I run a cooking school and a restaurant in Tokyo. My cooking is very popular in my town because it is a very easy style cooking, and the dishes are visually beautiful and very tasty.

I opened my own restaurant last October. I would like to tell you why I started the new business, my restaurant.

Three years ago, my mother passed away. She was in a hospital for a while before she died. Eating was her only pleasure but she didn't look so happy with the food there. So, I made up my mind to open a restaurant some day, where people can enjoy beautiful food with less money. My dream came true last year.

In Japan, we have many elderly people but there are not many good places for them to eat in. I want to give them more opportunities to enjoy their life, by serving nice food in a comfortable place. We have to eat everyday to live. Food is very important and necessary in our daily life. I am trying my best to provide them delicious and healthy foods.

We are surrounded by so many kinds of foods now, and we should not miss the chances to choose good ones among them. Bean sprouts and other sprouts are not so expensive. Also, there are many ways to cook them beautifully. They are truly a wonderful ingredient. And by the introduction of root-cut bean sprouts which can be cooked even more conveniently, bean sprouts have come to be used for a wide variety of dishes compared to the old days. I hope you to enjoy the lunch here today. Bean sprouts are not for Asian cooking only.

I would like to say a very special thank you to two persons here. One is Bob, the chairman who invited me here, and the other is Angel, the head chef of this hotel who has helped me a lot. Thank you very much.

Please enjoy the lunch!

