



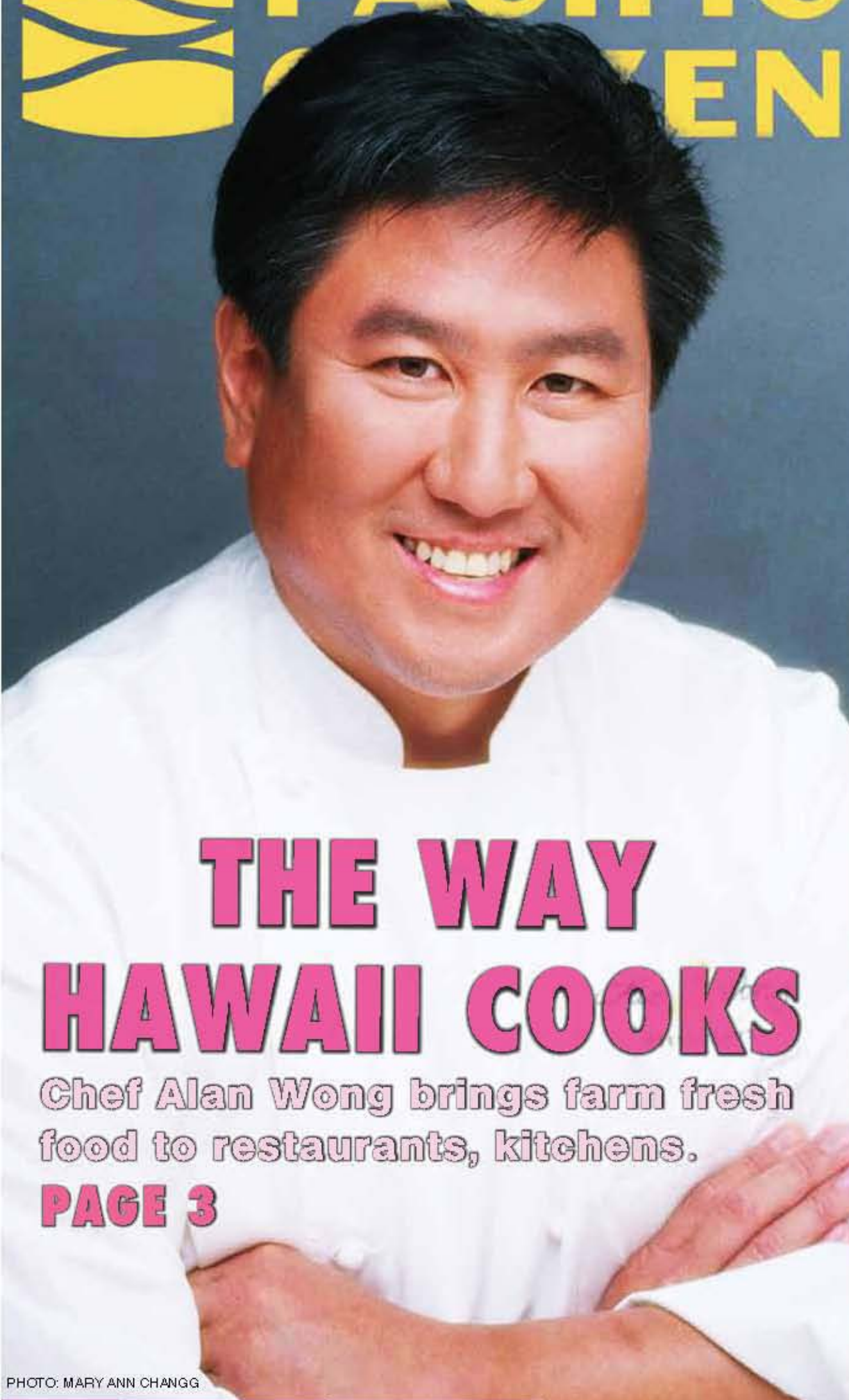
JACL'S TOP CHEFS!



PACIFIC  
CITIZEN



special  
FOOD  
issue



## THE WAY HAWAII COOKS

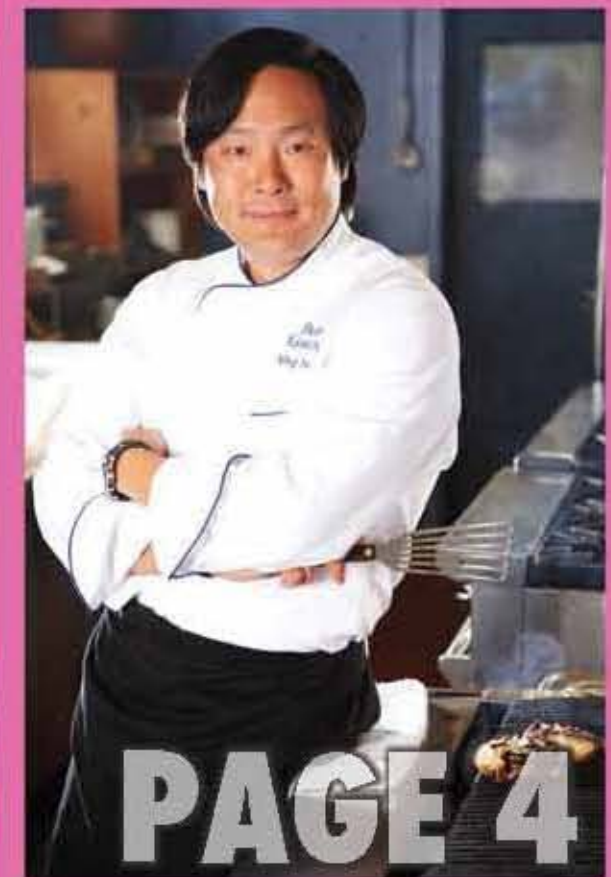
Chef Alan Wong brings farm fresh  
food to restaurants, kitchens.

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**PAGE 4**

Jaden Hair's  
steamy kitchen.



**PAGE 4**

Simple cooking,  
simply Ming Tsai.

PHOTO: MARY ANN CHANGG

# Special Food Issue: JACL's Top Chefs



Some of the fondest memories I have with my family have to do with food. Waking up early Christmas morning so I could help my mom prepare the turkey, veggies and dessert. Oshogatsu was a big deal at our house too with my mom spending days preparing the traditional feast. Now with my almost two year old son I'm looking forward to passing on these same family traditions.

For many in the JACL family and the larger Asian American community, food plays an integral role. Isn't there always that one person who brings the best sushi to chapter meetings or bakes the best pies?

In this issue we bring you just a sample of JACL's Top Chefs, some are professional cooks but most are amateurs who have been blessed with culinary skills. Read about their favorites dishes and what makes them a "Top Chef". They've also been kind enough to share their special recipes so this issue is definitely a keeper. Share it with your family and friends.

The P.C. staff also interviewed some of the pros making a name for themselves in the food industry. Read about restaurateur Alan Wong, TV celebrity Ming Tsai and food blogger Jaden Hair.

Caroline Aoyagi-Stom  
Executive Editor



Mile Hi JACL's Gladys Konishi (top) loves cooking Japanese, Chinese, Italian and Mexican dishes while Washington D.C. JACL's David Inoue (left) makes killer sushi.

## SPRING CAMPAIGN

### The Pacific Citizen's Impact Reaches Far and Runs Deep

By Gil Asakawa



I was honored to give a presentation and moderate a panel discussion in April at the Japanese American National Museum, "From Newsprint to New Media: The Evolving Role of Nikkei Newspapers" about the history of newspapers in the Japanese American community. During the event, I was reminded of the impact the *Pacific Citizen* has had over the decades, and the role it has played as a lifeline of news and information not just to JACL

members but to anyone interested in news about Asian Americans and Pacific Islanders.

The first reflection of the P.C.'s impact were the panelists: Gwen Muranaka, English editor of the *Rafu Shimpo* in L.A., Kenji Taguma, editor of the *Nichi Bei Weekly* in San Francisco, Shigeharu Higashi who runs the Cultural News website and monthly newspaper in L.A., and George Johnston, a *Rafu* columnist who has launched a news website called *Nikkei Nation*. Of these four, Muranaka and Johnston both worked for the P.C. Harry Honda, the walking encyclopedia of Japanese America, JACL and the P.C., was in the audience. Many of the audience members have been reading the P.C. all their lives.

SEE ASAKAWA/PAGE 7

## SPRING CAMPAIGN

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## PRESIDENT'S MESSAGE

### A Memorial Day Message

By David H. Kawamoto



The last Monday in May our nation celebrates Memorial Day which honors those who served in America's military. Many, if not most, of our JACL chapters participate in annual Memorial Day services in their communities.

How very appropriate that our communities join in the remembrance of the selfless contributions of our nation's true heroes. I think proudly of my father's service in the 100/442 Regimental

Combat Team during World War II. This group of volunteers served with uncommon valor and became the most highly decorated unit in military history. And the Nikkei who served in the Military Intelligence Service had the unquestionably dangerous task of serving in the Pacific campaign when they had the same appearances as the enemy combatants.

In addition to the well-documented achievements of the Nisei veterans of WWII, our community is also very proud of the military service by Japanese Americans in conflicts before and after WWII. Their devotion to our country and its principles reflect well on them. And, gratefully, reflect well on our community.

Memorial Day is an opportunity for all of us to further consider the noble contributions of our military veterans. I feel the third verse of "America the Beautiful" most accurately reflects on that service and our appreciation.

"O beautiful for heroes proved  
In liberating strife.  
Who more than self their country loved  
And mercy more than life!  
America! America!  
May God thy gold refine  
Till all success be nobleness  
And every gain divine." ■

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# Chef Alan Wong Cooks Up a Plan to Nurture Hawaii's Homegrown



PHOTO: DAWN T. SAKAMOTO

Chef Alan Wong (pictured above) picks tomatoes at the Ho Farms in Hawaii for a TV shoot.

**When Chef Alan Wong is off the clock at home he hardly cooks, he says. He enjoys hanging up his chef coat and eating a vegan breakfast everyday prepared by his other half, Alice.**

By Nalea J. Ko  
Reporter

Award-winning chef Alan Wong has held nearly every position in the restaurant business since his stint as a dishwasher at Hawaii's Don the Beachcomber restaurant.

The 54-year-old, who hated vegetables as a child and hid them in his pockets, learned to appreciate different dishes while working at the Waikiki Beachcomber Hotel. From his first position as a dishwasher, Wong eventually worked his way up to busboy, waiter, restaurant manager and now chef/owner of Alan Wong's Restaurant and the Pineapple Room.

These days Wong has overcome his childhood aversion to vegetables. Instead of hiding veggies in his pockets he enjoys visiting local farms, where he has been known to meander down vegetable and fruit rows, plucking and tasting fresh produce right from the vine for his restaurant menu.

"I guess the best thing is to be on the farm or on the ranch so you can see how it's grown. You can feel it, you can walk the land, touch the soil, you can pick tomatoes off the vine and eat them," said Wong in a phone call with the *Pacific Citizen*. "The second best thing is if the farmer comes to the restaurant and you get to talk to them."

The chef brought the farm to his restaurant May 25 for his Farmer Series Dinner. It is an event held about four times a year with the idea of bringing farmers, fishermen and ranchers to the restaurant to interact with diners.

Michelle Galimba of Kuahiwi Ranch and Brooks Takenaka from the United Fishing Agency were the featured guests at the event. Attendees dined on locally grown food like British white beef from Kuahiwi Ranch, served with homemade soymilk ricotta.

Wong — who is Japanese, Chinese and Hawaiian — has made it his mission to support locally grown products through events like his Farmer Series Dinner, among other

things. He says Hawaii imports the majority of its food supply from outside of the islands. But if Wong had it his way, that would change.

"I have a personal mission for the company, which is to help effect a 10 percent increase in local food production and consumption," Wong explained. "Here in Hawaii we import over 85 percent of our food supply. We purchase over \$3.6 billion of food coming into Hawaii."

To effect a 10 percent change, Wong says supporting local farmers, ranchers and fishermen is essential. It's a mission Wong has been working on for decades.

Born in Tokyo, Japan, Wong grew up on the island of Oahu in Hawaii. He did not always have a passion to be a chef. But the culinarian says he developed his palate at home, eating homemade meals prepared by his Japanese mother.

"I grew up eating good-tasting food. It was not luxurious. But [it was] good-tasting food, meaning at the bare minimum it was seasoned how they would want to season it to eat," Wong explained, adding that his Chinese grandfather was also a great cook. "So I guess I developed my taste buds for how much salt to put on the food early on."

After taking a course in food service management at Hawaii's Kapiolani Community College, Wong discovered his passion for food.

His journey to becoming a chef would take him to the Greenbrier Hotel in Virginia for an apprenticeship and then to New York City to work for Chef Andre Soltner at Lutece.

In 1989, Wong headed back to Hawaii to open and run the Canoe House Restaurant at the Mauna Lani Bay Hotel and Bungalows. Two years later he co-founded Hawaii Regional Cuisine Chefs, a group that worked with local fishermen, ranchers and farmers.

What is Hawaii Regional Cuisine?

"I'll give you the real simple definition," Wong explained. "It's the way Hawaii cooks today. That is a style that borrows from all of the ethnic influences you find in Hawaii today. It also utilizes things that are grown, raised or produced in Hawaii as much as possible."

Wong's take on contemporary island cuisine has garnered national recognition. His restaurant was twice ranked by *Gourmet* magazine in the top ten of America's Best Fifty

Restaurants. He is also the 1996 James Beard winner for the Pacific Northwest Best Chef Award.

The commander in chief has also given Wong's East-West cuisine the stamp of approval. In 2009 Alan Wong was called in from Hawaii to the White House kitchen, where he crafted the luau menu for the Congressional picnic.

"It was great. It was the president's first year in office," Wong said breaking into a laugh. "I was nervous. But it was also fun."

In the White House kitchen, Wong worked alongside the president's chef Cristeta Comerford, a Filipino American. Wong would not divulge any secrets about the first family's food requests, other than to say they are "very health conscious."

Wong, however, dished about his cooking styles in his new book "The Blue Tomato," which features some 200 recipes.

The book looks at contemporary island cuisine while also touching on Wong's core values and philosophies. Wong says he currently has two more books in the works, but is keeping mum about the details.

The idea for "The Blue Tomato" cookbook came after Wong and others adopted a class at Hawaii's Keaukaha Elementary School for \$600. The funds were donated to help the kids go on educational field trips, Wong says.

Wong later visited the class he adopted to educate them about the origins of their food.

"I pull out the red tomato and I said, 'Kids, this is where ketchup comes from,'" Wong explained laughingly. "So then a kid raises his hand and says, 'So you can make yellow ketchup out of yellow tomato?' I said, 'Of course you can.'"

"The next kid raises his hand and says, 'So can you make blue ketchup?' I said, 'You give me a blue tomato and I'll give you blue ketchup.'"

The title of the book was taken from Wong's belief that creativity and possibilities in cooking abound. "Nothing ever has to be what it has to be," he says.

Sharing an appreciation for good food, Wong says, is something that can unite people of varying ages, ethnicities and backgrounds.

"Food is a universal language just like music, dance and art," Wong says. "In every culture there was something like that. Food is when people get together and share a meal." ■

# What's Cooking With Jaden Hair, the Asian American Rachel Ray

**Chinese American food blogger Jaden Hair's easy-to-make recipes and peppy personality have been compared to cook Rachel Ray.**

By Nalea J. Ko  
Reporter

Food blogger Jaden Hair did not always have millions of readers flocking to her Steamy Kitchen website like she does today.

In the beginning Hair's audience consisted of three people: her husband, mother-in-law and herself.

"It was just the three of us," Hair explained in a phone call to the *Pacific Citizen* from her home in Florida. "My husband wasn't even interested in reading about it because he's got no interest in food. But I made him read it because I needed someone to read it."

About four and a half years ago Hair was looking to find a way to best store her mother's recipes. After trying unsuccessfully to file the recipes on the computer and then index cards, Hair started a blog called Steamy Kitchen.

Soon the site, which had initially attracted only a handful of readers, was bringing in 1.5 million page views per month. Within six months of starting the blog, Hair was offered a book deal.

In 2009 her book "The Steamy Kitchen Cookbook" was released, featuring 101 Asian recipes. Other writing and television offers followed.

Her cooking demos on Daytime TV are syndicated in 120 markets. She also writes food columns for TLC, *Tampa Tribune* and Discovery Health. The Chinese American cook says she has found the recipe for creating a successful food blog.

"I think I've found the formula for what makes a great blog, a successful blog, especially recipe blogs," she said. "Now I'm not a writer. I hate writing. I hate writing with a passion. But I found a way to take all the things that I love — all together — and kind of design it into a business."

Having no formal culinary training as a chef, Hair began cooking for others as a student at the University of California, Los Angeles. Majoring in East Asian Studies at UCLA, Hair used her cooking skills to work out an agreement with her roommates.

"I cooked all sorts of things. It was mainly because I was good at cooking and they weren't," Hair explained. "So they



"I hate writing with a passion. But I found a way to take all the things that I love — all together — and kind of design it into a business," said Hair about her popular blog.

would buy the groceries and do the dishes. And I thought that was the best deal ever."

The Chinese American cook who specializes in recipes that are "fast, fresh and simple enough for tonight's dinner" says she knew after starting the Steamy Kitchen blog that she wanted to create a business from it.

Over four years ago Hair was helping her husband, Scott, with marketing for his computer business. But then her blog project took on a life of its own. "Steamy Kitchen grew so big and so fast that now we work together at Steamy Kitchen," Hair said about her husband.

Now the duo runs the Steamy Kitchen business together without any other staff. Her husband handles the web

development for the site. And Hair blogs, writes recipes and takes food photography for Steamy Kitchen.

Despite juggling being an author, columnist and blogger, Hair says she never loses sight of what is most important.

"People are always surprised to find out how little I work," Hair explained with a laugh. "The most important thing is definitely hanging out with my kids. So the more I can do that the better. These days maybe I'll work four hours a day, if that."

With her first cookbook off the press, Hair has another book in the works by the Ten Speed Press publishing company. She uses her experiences in the kitchen and personal life as fodder for her blog.

In addition to teaching readers about how to make egg rolls or 10-minute Thai shrimp curry, Hair discusses being a mother to Andrew, 7, and Nathan, 6. But the increased popularity of Steamy Kitchen sometimes brings unwanted attention.

"I'm a very open person. But I know that these days that everyone has to keep their guard up for stalkers and weirdos. And trust me I get my share of spammers and online stalkers." She added, "Oh, my God. There are horrible people out there. No matter what you just got to protect your family."

Hair does not mind, however, sharing the secret to her success as a food blogger with other bloggers. At this month's BlogHer Food Conference, Hair offered her expertise to fellow bloggers. She also dishes advice about creating a brand, effectively using social media and the business of blogging.

Being a part of the blogging community is crucial, Hair says, in creating a successful blog. Creating an authentic voice to the blog is equally as important, she says.

"You can't be a fake," Hair says laughingly. "The voice has to be truly authentic and congruent with who you are. I just believe that who I am in person is very much how I sound on the blog, which is very much how I am on Twitter."

When Hair is not advising hopeful bloggers, she is busy in the kitchen, testing new recipes.

Trying out recipes for Steamy Kitchen means Hair finds herself needing extra storage space for leftovers. She has two refrigerators in her home to store her creations. But if Hair runs out of room in her two refrigerators, she can always call on her community of friends.

"People come and eat all the time. I have really good friends that come over and hang out," she said. "We just eat because otherwise the food will go to waste." ■

# How Chef Ming Tsai Engineered a Career in Cooking

**Award-winning Chef Ming Tsai is kicking off the ninth season of 'Simply Ming,' and looking back at his work to raise awareness about healthy eating and food allergies.**

By Nalea J. Ko  
Reporter

You do not need to be a rocket scientist to be a great cook, but having a mechanical engineering degree from Yale University has never hurt chef Ming Tsai's career.

Tsai, 47, says his engineering degree comes in handy for some of the design projects he collaborates on such as his Kyocera cutlery products. But for other matters in the kitchen, you do not need to be a rocket scientist, Tsai says.

"Cooking, not so much," Tsai said in a phone conversation with the *Pacific Citizen* en route to the airport for a trip to San Diego, Calif. "I mean I know why things burn, because you overcooked it. You don't need an engineering degree for that."

Having an engineering degree did help Tsai, he says, to think analytically and have necessary problem solving skills in and outside of the kitchen.

Those skills in combination with Tsai's actual cooking

abilities perhaps helped Tsai land third place of "The Next Iron Chef," during season three. But the Chinese American chef says he could have done better.

"I think I probably could have won. It's just very subjective," Tsai said. "It was just a matter of opinion. But the six weeks spent was really good fun. It was hard. It was a long time. I did make some great friends from it."

These days Tsai spends most of his time — about five days a week — in his Massachusetts-based restaurant Blue Ginger, which he opened in 1998. He is also celebrating the ninth season of "Simply Ming," his public television cooking show.

"I'm doing pre-production of season nine of 'Simply Ming.' To have nine seasons on PBS is always a big plus," Tsai said.

Before his appearance on "The Next Iron Chef," the Chinese American had already proved his cooking prowess in the culinary world.

During his junior year in college, Tsai studied at Le Cordon Blue in France. He further pursued his culinary training after college, traveling to Paris and Japan to train again under cooking greats like chef Pierre Herme and sushi master Kobayashi.



PHOTO: ANTHONY TEULUB

SEE MING TSAI/PAGE 16

**BOB KOMOTO**  
JACL'S  
TOP  
CHEF

**Robert Komoto**  
Ontario, Oregon  
62 years old  
Wife: Janet Dere Komoto  
Son: Jordan  
Snake River JACL  
member since 1975



When 'Food Network' chef Tyler Florence (left) needed a sous-chef during a produce industry food show, Komoto (center) was the natural choice.

# The Scientific Art of Gourmet Cooking

*How does a PhD in chemistry from Stanford become a gourmet chef? It turns out, quite naturally.*

Bob Komoto, 62, has always loved to cook. Back with his Boy Scouts troop it was all about the camp cookouts. But it wasn't until his college days that the natural skills he picked up from his mother were honed. He credits one of his roommates for teaching him the art of gourmet cooking.

Komoto is not a trained chef, but his repertoire of gourmet dishes would put professional chefs to shame. And he volunteers his culinary skills with his Snake River JACL chapter. He's been a member for more than three decades and his wife Janet is the current chapter president (Komoto's father Joe was the chapter's first president).

Each year, Snake River JACL members are treated to Komoto's special concoctions and he offers his talents at an annual silent auction to raise funds for the chapter's scholarships. For those lucky enough to win, Komoto prepares a gourmet meal for 10 guests at his home.

## How does a chemist become a gourmet chef?

**Komoto:** Chemists always refer to certain reactions as "cookbook chemistry". This means that if you need to synthesize some known compound, you can go to a reference book and make it by following the instructions. While following a recipe is not too much different than that, getting creative in chemistry or cooking usually involves understanding some of the scientific principles and then taking it in a different direction or apply it in a novel way.

I think my chemistry background also helps me see some of the health aspects of cooking. So although preparing food that is fresh is important, it's also important to use ingredients that have a good balance of minerals, vitamins and all the essential amino acids.

## Is cooking a profession or a hobby?

**Komoto:** I do not have any professional training. My interest in cooking began in scouting doing campout cooking. Then I began watching my mom cook and I tried to learn some of her techniques before going to college. In graduate school all the other chemistry grad students cooked and in some cases the cooking was quite good. I learned a lot from my last

roommate, Michael Kronstadt. But regardless, cooking is my hobby that is fueled by a love of eating.



Komoto's pies have a cult following.

## You help raise funds for your JACL chapter. Why is it important for you to support the community?

**Komoto:** That came about because the Snake River Chapter always has an annual crab feed and auction as a fundraiser for our college scholarships. Six years ago the chapter decided we needed more unique or exciting items to auction. Some members offered a steelhead fishing trip, complete with boat, guide and

equipment. My wife and I thought that offering a gourmet dinner for 8 to 10 people at our house would be fun. We usually recruit friends to help us serve and, of course, eat with us. Usually I have a few tried and true appetizers or side dishes, but some dishes I visualize from other recipes and actually do them for the first time for the dinner.

## What's your most interesting cooking story?

**Komoto:** Well, when I served as a sous-chef for Tyler Florence during a produce industry food show I was doing some prep work slicing onions and I cut my finger while working with the unfamiliar knife. And it was not just a little cut. This was a really good one. After washing it well, I had my wife tape me up really tightly to cut off the blood. It looked like a huge finger cast. Well, I think Tyler saw my finger when he arrived later, and so while he was doing his cooking demonstration, he told some stories to the audience about the occasions he had cut his fingers. Then there were the times when I cooked a Chinese New Year's dinner with several courses and after the dinner my wife and I discovered I had forgotten some courses in the oven where I was keeping them warm before serving.

## What characteristics do all great chefs have in common?

**Komoto:** I'm not sure if I am in that category, but having talked to Tyler Florence, I would say enthusiasm for cooking, eating and feeding your family and friends really good food that is cooked well.

## What else can you tell us about yourself that most people don't know?

**Komoto:** I grind locally grown grain and make my own bread with it. I roast my own coffee. I make my own wine vinegar. ■

## Bob's Souffle Omelet



*This is a nice quick and fairly light dessert that you can whip up at the last minute in case you did not have a dessert ready. Makes 3-4 souffle omelets.*

## INGREDIENTS

4 large eggs  
Cream of tartar (potassium hydrogen tartrate), pinch  
1 teaspoon Vanilla extract  
4 tablespoons granulated sugar  
Berry jam like raspberry (or substitute with raspberry sauce)  
Orange liqueur as needed  
1 tablespoon powdered sugar

## DIRECTIONS

Separate the eggs. Separately add the cream of tartar to the egg whites and whip until they are very foamy and starting to build volume, then add the granulated sugar and vanilla and whip to soft peaks.

Beat the egg yolks until light and fold into the whipped egg whites. Do not over mix here.

Take the berry jam and spoon a cup into a sauce pan and heat until the jam melts. Add some water or orange liqueur until the jam thins into a very pourable sauce.

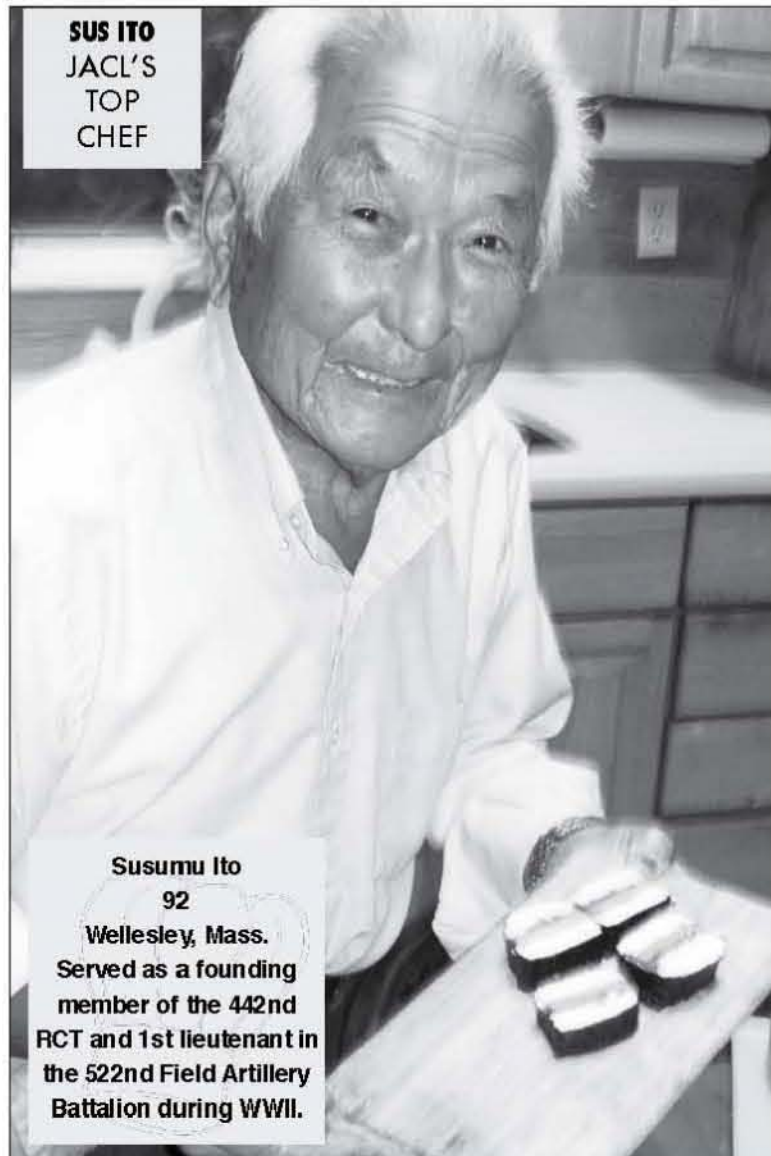
Heat an omelet pan or frying pan with some butter. When the butter is melted and hot enough to brown a little of the egg mixture, add about a cup of the egg mixture. Spread quickly to cover the bottom of the pan. Let it brown and then using a spatula, gently fold one half over the other half and continue cooking a little bit longer.

Add a little of the sauce to a plate and then gently slide the soufflé omelet on to the plate over the sauce.

Sprinkle powdered sugar over the top and serve immediately. It will fall when it cools.

Continue making more soufflé omelets until all the egg mixture is used.

# Retired Harvard Medical School Professor Turns to Spam Musubi



**SUS ITO**  
JACL'S  
TOP  
CHEF

**Susumu Ito**  
92  
Wellesley, Mass.  
Served as a founding  
member of the 442nd  
RCT and 1st lieutenant in  
the 522nd Field Artillery  
Battalion during WWII.

## Sus Ito introduced New Englanders to a novel treat — spam wrapped in rice and nori.

For Sus Ito, it all began as a necessity. As a young Boy Scout, he learned to cook over a campfire. Then he used those skills to cook Japanese food over open fire while serving with the 442nd Regimental Combat Team during World War II.

"And currently I'm doing much of the cooking at home for my wife and me and guests at our home or beach house," said Ito, a New England JACLer who still does much of the repair work needed for his 100-year-old house in Wellesley.

The retired Harvard Medical School emeritus professor also goes to the lab to help in various research projects and putters around his kitchen cooking up enough delectable treats to earn him a JACL Top Chef distinction.

We heard that you are a phenomenal sushi chef. What's your secret?

**Ito:** Whoever told you that I was a phenomenal sushi chef or that I make a killer sushi certainly must have me mistaken for someone else. I am rather embarrassed to be classified with such skills but do enjoy eating sushi of all types. As for secrets there are none and am constantly on the learning curve.

## You helped introduce a lot of New Englanders to spam musubi. Was it hard to get people to try it?

**Ito:** Helping to introduce Hawaiian spam musubi to New England was simple. It is easy and rapidly made and appreciated by Hawaiians and readily accepted by first time encounters as being a tasty and filling food. Most remark that it is surprising that Spam can be made to taste so un-Spam like.

## New England JACLer Margie Yamamoto tells us that you are the only person allowed to bring a dish to her Japanese New Year's get-together. What do you bring?

**Ito:** Dear Margie Yamamoto is most generous and kind to my every effort and appreciates what I am able to add to her annual fabulous, very traditional Japanese New Year's Day Oshogatsu gatherings at her home in Lincoln, MA. She and her husband, Mark Hopkins, cook up a huge list of Japanese dishes for a very large list of 100 or more guests who are mostly not Japanese. What they serve rivals any of the traditional Japanese New Year house warmings that I remember in California before and after WWII!

## Why does food plays such an integral role in Japanese American culture and get-togethers?

**Ito:** Japanese food is clearly distinguishable from other ethnic foods and the known fact that the Japanese have the longevity record worldwide must be an underlying reason that JAs as well as many others have come to believe that this food must be good for you. I remember we did not take a Japanese lunch box to school but now this seems to be no problem. It is wonderful see that Japanese food has become widely accepted along with Japanese culture.

## What other types of dishes do you enjoy preparing?

**Ito:** I enjoy a good Louisiana shrimp gumbo with lots of okra. It reminds me of *tororo* [Japanese mountain yam] made into the wonderful tasty Japanese dish put on rice. Also okra tempura to me rivals good asparagus tempura. ■

## Hawaiian Spam Musubi

### INGREDIENTS

5 Japanese cups of medium grain sushi rice  
1 12 oz. can spam lite or regular spam  
6 sheets of sushi nori (8x7 1/2 inches), cut into 4x7 1/2 inches  
Sliced or kizami pickled red ginger  
Furikaki, a prepared mix for sprinkling on rice made of seasoned sesame seed, nori, shrimp, or salmon  
Wasabi paste, optional

### DIRECTIONS

Wash rice several times and let soak with the appropriate amount of water for several hours, then cook the rice.

Cut a can of spam into 10 or 11 slices along its long width and place in a frying pan with a generous amount of Yoshida Sauce, or shoyu and sugar mixture, and fry turning over frequently until browned.

To make the square musubi you will need a lucite box made for this purpose. They are available in Hawaii and on the West Coast. A rectangular piece of plastic slightly smaller than the opening with an attached rod is used to compress the rice musubi. For any handyman, it is a simple project to cut the appropriate sized Lucite plastic and cement it together using chloroform.

Wet the lucite box before putting in the rice to prevent it from sticking. Layer about 1/2 inch of rice and compress with the wet plastic press. Then place a slice of the flavored spam. Add the ginger and some furikaki and wasabi if desired. Follow with another layer of rice and press out the musubi. The nori is used to cover the musubi. Continue with the remaining ingredients to make all the musubi. Wrap in saran wrap to set.

Use a wet serrated knife to cut each musubi into four small sushi-like sections. One batch will make 40 to 44 individual musubi.

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# 'Bridging Communities' to be Featured at 42nd Nat'l JACL Convention

The popular program will be featured at the Nikkei Conference which JACL will be co-hosting with the California Japanese American Community Leadership Council.

In the decade since the Sept. 11 terrorist attacks, there has been an undoubted backlash against Muslim Americans. For many of the older Japanese Americans it is eerily reminiscent of a similar time in decades past. In an attempt to avoid repeating history, the JA community was among the first to defend Muslim Americans post-9/11 and continue to do so today.

Through one of JACL's youth programs, Bridging Communities, the organization continues to promote the civil rights of all groups. The goal of the program is to create awareness, dialogue and ultimately activism from Japanese American and Muslim American youth through a series of interactive sessions including topics such as: identity, culture, religion, civil rights, community history, advocacy and community service.

"Not only was I opened up to my own community but I also got to experience the Muslim American community as well. It was amazing to learn about the beautiful religion, Islam, in the second session at the



JA and Muslim American students take part in "Bridging Communities."

mosque," said Rena Ogino, a past Bridging Communities participant. "I've never learned so much about one culture in one day. I realize how blind America is towards race, and through Bridging Communities, I hope to make a difference so that the blind American will understand that being a certain race does not mean that race is the enemy."

"The Bridging Communities program was one of the most memorable, beneficial experiences I have ever had. ... Bridging Communities helped further strengthen

my Muslim identity. It taught me the importance of speaking out against injustice and oppression, no matter who the victim or the oppressor," said Zawar Jafri, another past Bridging Communities participant. "Going to Manzanar and talking to people who went to concentration camps taught me more than any history book or class lecture could."

The Bridging Communities program has served as a proactive response from JACL, Nikkei for Civil Rights and Redress (NCRR) and the Council on American Islamic Relations (CAIR) to incidents of

hate crimes and intolerance experienced by the Muslim American community in the aftermath of the 9/11 attacks. The program remains one of JACL's active attempts to promote civil rights through its unique approach.

Civil rights will be featured as a workshop track in the upcoming 2011 Nikkei Conference, to be held in conjunction with this year's JACL national convention and co-hosted with California Japanese American Community Leadership Council (CJALCLC) on July 9. The Nikkei Conference is open to the general public and will feature a variety of workshop tracks that participants can select from including civil rights, community preservation and development, civic engagement, among others.

The theme of the Nikkei Conference will be "The State of Japanese America: 2011" and will feature an array of distinguished panelists from across the country who will come together to address the future of the Nikkei community. This year's 42nd JACL National Convention will be held in Los Angeles at the Renaissance Hollywood Hotel & Spa from July 7 to 10. This will be JACL's first annual convention, after 41 biennial conventions since it was founded in 1929. ■

For more information: [www.jacl.org/convention](http://www.jacl.org/convention).

## ASAKAWA

CONTINUED FROM PAGE 2

The *P.C.* is, after all — especially for people who live away from the West Coast and don't have easy access to the *Rafu*, *Nichi Bei* or other papers — the only national news source about us. For members, it's often the most visible connection to JACL and a regular reminder of our support for this important organization.

The *P.C.* was also, upon its start in 1929, one of the first newspapers serving JAs all in English. The *Rafu*, which had been started in 1903 all in Japanese, added a weekly English section in 1926 and committed to daily English pages in 1932. These changes came about because the Nisei were growing up and preferred their news about the community in English, not Japanese. The *P.C.* was proof that the Nisei were coming of age.

It's impossible to overstate the importance of all these Nikkei community newspapers, not just the *Nichi Bei* and *Rafu* and *P.C.*, but *Nikkei West*, *North American Post* and many others are still vital sources of information to their local communities. So were the many newspapers that have folded over the years, including the ones brought down by the economic downturn and downfall of the newspaper industry in general, the *Hokubei Mainichi* in San Francisco and Denver's *Rafu Shimpō* (my hometown Nikkei paper, where Bill Hosokawa and I traded columns every other week for years) among them.

Today, the *P.C.* has evolved and covers not just the small (and shrinking) JACL community, but the larger AAPI world, with dedicated reporting, amazing scoops (the *P.C.* led the country in coverage of Lt.

Ehren Watada) and impressive access to pop culture newsmakers (every issue brings interviews with AAPI stars from sports such as Kristi Yamaguchi, or Hollywood like Tamlyn Tomita). And, the *P.C.* continues to serve the very important role of keeping us all informed about what's happening at JACL, covering every national board meeting and convention.

The staff of the *P.C.* conducts all of this world-class journalism with a very small budget. The *P.C.* each year is given less and less of its budget from national JACL, and relies on advertising and, critically, the annual Spring Campaign to raise the funds to maintain its high standards and cutting-edge, evolving online presence. I know how tough it is for Executive Editor Caroline Aoyagi-Stom, Assistant Editor Lynda Lin and their tiny staff to keep putting out such a quality newspaper and dynamic website week after week, month after month. I served as the *P.C.* board chair on the national JACL board for six years and I have nothing but respect for their accomplishments.

I want to inspire even a little of this level of respect in you, the *P.C.*'s readers and JACL members, so that you might also appreciate the level of effort it takes, and to support their efforts with your donation to the Spring Campaign. You won't regret it.

You'll feel the *P.C.*'s impact all your life — perhaps in some future panel discussion, when you realize half the room has also supported the *P.C.* for years, or when you find out a journalist you respect got her start at the *P.C.* ■

Gil Asakawa is a former Pacific Citizen editorial board chair.



## 42nd JACL NATIONAL CONVENTION "JACL 2.0 - Making New Waves"

Los Angeles July 7-10, 2011

### Registration Form

A separate form must be completed for each individual registration. Additional registration forms are available online, or by email at [2011convention@jaclpsw.org](mailto:2011convention@jaclpsw.org), or by calling (213) 626-4471.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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Vegetarian Meals Yes \_\_\_\_\_ No \_\_\_\_\_ Special Needs \_\_\_\_\_

### Payment Method

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Name on Card \_\_\_\_\_ Security Code \_\_\_\_\_

### Registration Packages

Packages include Welcome Reception, Awards Luncheon, Nikkei Conference, and Culmination Banquet. \*(Y)= Youth/Student

|                            | By 5/31 | After 5/31 |       |
|----------------------------|---------|------------|-------|
| Convention Package         | \$250   | \$300      | _____ |
| Convention Package (Y)     | \$200   | \$250      | _____ |
| Nikkei Conference Only     | \$50    | \$75       | _____ |
| Nikkei Conference Only (Y) | \$25    | \$50       | _____ |

### Individual Events

|                         |       |       |       |
|-------------------------|-------|-------|-------|
| Culmination Banquet     | \$155 | \$200 | _____ |
| Culmination Banquet (Y) | \$130 | \$150 | _____ |
| Awards Luncheon         | \$70  | \$85  | _____ |
| Awards Luncheon (Y)     | \$60  | \$75  | _____ |
| JACL CU Golf Tournament | \$110 | \$125 | _____ |

### GRAND TOTAL

\$ \_\_\_\_\_

Please book hotel rooms at the Renaissance Hotel, (323) 856-1200 or online: [www.jacl.org/convention](http://www.jacl.org/convention)

Please mail completed form and payment to:

JACL National Convention 250 E. 1st Street, Suite 303 Los Angeles, CA 900012

Select **one** track for the 2011 Nikkei Conference:

- \_\_\_\_\_ Art and Culture
- \_\_\_\_\_ Civic Engagement and Leadership Development
- \_\_\_\_\_ Civil Rights
- \_\_\_\_\_ Community Preservation and Development
- \_\_\_\_\_ Community Investment
- \_\_\_\_\_ Historic Preservation and Education
- \_\_\_\_\_ Serving Nikkei Seniors
- \_\_\_\_\_ U.S. - Japan Relations

# Love of Food Truly a Tashima Family Affair



**Bill Tashima**  
City: Fall City, Wash.  
Age: 59  
Spouse and kids: Partner  
Chris Bentley and his son  
Colby, 14  
JACL member since 1964

Food has always played a large role in the Tashima Family. Growing up in Cleveland, Bill Tashima, 60, recalls that dinner time was always family time when a great meal was followed by great conversation.

Meals in the Tashima family crossed all cultures including Jewish, Soul food, Hungarian, Polish, Italian and Mexican. And for the lucky few who have scored invites to the Tashima household, large amounts of delicious offerings were the norm.

"Hospitality equals family, family equals community ... we are one family," says Bill.

The Tashimas also have deep JACL roots. Bill's father Howard Tashima was president of the Cleveland JACL in 1948 and his brother Irland Tashima was president in 1972. Bill was the Seattle JACL president in 2004.

"I grew up with stories of dad playing late night poker with Mike Masaoka," says Bill.

**The Seattle Chapter is in love with your famous dishes. Please tell us a bit about some of these dishes.**

**Tashima:** Recently at a rotating

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Basically, I am a "foodie". I love all aspects of food. I like shopping for food, I like cooking, I like going to restaurants, and I like watching the Food Channel. Often, I feel satisfied just reading recipes because I can just imagine how the food will taste.

My parents, Howard and Kiyo Tashima, instilled this love of food in me. My mom instilled my basic food values. First, whatever you make needs to look good. We taste with our eyes before the food enters our mouth. My mom's food was always beautifully presented. Second, she always used the best ingredients. She set a high standard for me that I always try and emulate.

**JAs and food seem to go hand in hand. Why do you think food plays such an integral role in JA culture and various community events?**

**Tashima:** Food is the ultimate constant in any culture. For JAs, it's not different. My childhood memories are from New Year's, Thanksgiving, community picnics, Christmas and Easter. Each event was celebrated with family and friends and all involved food. It is the Japanese foods that stick out in my mind. Now as I get older, I am learning more about the significance of the "lucky foods" that we ate. At the time, I just knew that I liked it. There is a nice continuity in knowing that what we eat and how we celebrate goes back many generations. Each year, my best friend, Dave Asamoto, also from Cleveland, and I still do Oshogatsu in a big way. We want to plant memories in our families' children in the hope that they will

have the same good thoughts as they get older.

**I understand you volunteer your cooking skills at various JACL chapter events. Why is it important for you to contribute to community groups like JACL?**

**Tashima:** Nikkei have a rich legacy that represents the very best and the very worst moments in American history and culture. Our Issei struggled to make a successful life in this country. Our Nisei, our greatest generation, demonstrated true Americanism in enduring the racial hatred during World War II and then endeavoring to make a better life for my generation, the Sansei. JACL has been a part of the Nikkei legacy since its inception in Seattle in the 1920s. Unfortunately, a lot of these same negative issues still exist for other groups in America such as Arab and Muslim Americans, gay and lesbians, Latinos, etc. JAs need to still be there to remind our fellow citizens of the lessons from our legacy on anti-immigration, racial profiling, civil liberties, and social justice. JACL is an organization that has a mission that parallels my hope for our country.

**Besides cooking, is there something you can tell us about yourself that few people are aware of?**

**Tashima:** I love crossword puzzles, especially the Sunday *New York Times*. I also like dogs, casinos, Sapphire Gin Martinis, butter and mayonnaise (Got to be Best/Hellman's or Kewpie) but I think most people already know that about me. ■

## Kinpira Gobo (Mom's Recipe)



Gobo - 3 or 4 long pieces  
Carrots - 2  
Shoyu - 1/4 cup  
Sugar - 3 Tablespoons  
Katsubushi - 2 Tablespoons  
Ajinomoto - 1/2 teaspoon  
Cayenne pepper or shichimi  
Oil - 2 tablespoons

Pare gobo and cut into three-inch matchstick strips. Place immediately into water. Soak for 20 minutes. Change water to rid of *awa* (brownish color). Pare carrots and cut like gobo. Mix shoyu, sugar, katsubushi and ajinomoto.

Heat oil on medium high. Drain gobo and add to hot oil. Sauté for about 8 minutes. In the last minute add the carrots. Add sauce and cook on medium heat until all the liquid is gone, about 15 minutes. Gobo should be a dark teriyaki brown. Near the end fan the gobo with an *uchiwa* to bring out a nice teri shine. Sprinkle liberally with cayenne or shichimi. As a garnish, you can also sprinkle with fresh roasted *goma*.

NOTE: This is mom's recipe and my favorite. I added the carrots. Mom's is different than others because her gobo is darker, longer, and spicier. I used to hand cut the gobo and carrots, but now I use a "gobo cutter." It's very fast.

*Congrats Top Chef Bill!*

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Susan Inahara  
Beaverton,  
Oregon  
Has a 16-year-  
old son Nicolas  
Is a new  
Portland JACL  
member

## 'Brownie Me' Owner Brings Passion to Every Bite

Pastry chef Susan Inahara's professional resume would make most aspiring chefs envious. She studied at the famous Ecole Lenotre in France and honed her skills at various Parisian patisseries. She's also worked at elite restaurant establishments in Los Angeles including Michael's, Camelions and Max Au Triangle.

Her pastry making skills have even led her to cook for Julia Child and various celebrities including Steve Martin, Janet Jackson and Billy Crystal.

About a year ago Inahara had the inspiration to turn her love of brownies into her own business. Now her company Brownie Me is making a name for itself in her hometown of Oregon.

### Tell us a bit about your company. Why brownies?

**Inahara:** I started Brownie Me just over a year ago. I had always wanted to have my own business, and even though my background is in traditional French pastry, I felt that brownies were more accessible to the general public, particularly when there is a variety to choose from. I love their simplicity and the potential flavor

combinations allow me to be really creative.

### What was the most important thing about pastry making?

**Inahara:** Because baking is a science, respecting technique is critical, as well as accuracy in following the recipe. The most accurate results can be obtained by measuring/weighing in the metric system. Organization,

neatness and kitchen cleanliness are also fundamentally important in working in any kitchen.

### You've prepared desserts for several celebrities. Who was your favorite?

**Inahara:** I was fortunate enough to meet the legendary Julia Child in my career. She was a towering figure, gracious and lavish with compliments to our kitchen. When catering a party, Steve Martin was one of the guests. He came back into the kitchen to thank everyone for a fabulous meal. It's always nice to be recognized and appreciated, but coming from him, that really boosted our spirits!

### What makes your brownies special?

**Inahara:** I would say that the shape, texture, and flavor combinations of my brownies are all rather unique. They are presented in individual form, which creates a look of elegance. They are moist, cakey, fudgy and not overly sweet. I think there is something for everyone in the variety of flavor combinations. My brownies also have added character because they have their own names!

Brownies are easy to make, but difficult to bake with perfection. Baking time is crucial when it comes to making a perfect pastry of any sort. Of course, using quality ingredients, no matter what you are making will give you a better end product. Be sure to set the timer before your brownies are done, then monitor their baking time carefully until an inserted toothpick comes out with moist



*'I was fortunate enough to meet the legendary Julia Child in my career.'*

crumbs.

### Have you catered community events?

**Inahara:** Earlier this year, I provided brownies for an O.N.E. fundraising event (Fighting for Civil Rights, The Japanese American LGBTQ Experience, Day of Remembrance with George Takei). Brownie Me will also be providing a donation of brownies for an upcoming fundraising event for O.N.E. (annual banquet on June 18, in Portland). In addition, I have donated brownies to the Jewish Federation of Greater Portland, and am also participating in my son's high school auction with a brownie donation for the band fundraiser, which is tonight!

### What characteristics do all great pastry chefs share?

**Inahara:** I think great pastry chefs are perfectionists. Creating great pastry requires patience and great attention to detail, from the simplest of desserts to the most elaborate.

### Tell us something about yourself that no one else knows.

**Inahara:** When people know my background, they often say they are afraid of cooking for me, and I really hate that. If I am invited somewhere, I just want to relax and have a good time. I don't need a five-course meal. I am fine with a tomato salad for dinner, and a cookie for dessert! ■

### On the web:

[www.brownieme.net](http://www.brownieme.net)

## Lavender Sables



### Ingredients

1 cube of softened butter (unsalted)  
50 g. sugar  
1 egg yolk  
1 tablespoon culinary lavender (add more or less to taste)  
125 g. flour

### Directions

Cream the butter with the sugar.

Add the egg yolk and mix well.

Add lavender, and flour, and mix just until flour is incorporated.

Chill for an hour or more.

Roll out onto floured surface to about 1/4 inch thick, and cut out with desired cutter.

Place on cookie sheet and bake at 350 degrees until very lightly golden.

Let cool slightly on baking sheet before transferring to cooling rack.



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| Aug. 30-Sep. 13 | Gems of Malaysia  |
| Oct. 11-Oct. 20 | Legacy of the Incas - Peru, Machu Picchu, Nazca Lines           |
| Oct. 11-Oct. 20 | Autumn Japan: Majestic Fall Colors                              |
| Nov. 3-Nov. 13  | Islands of Okinawa & Shikoku                                    |
| Nov. 29-Dec. 13 | Ancient Capitals of Thailand & Laos                             |
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# Popularizing Japanese Cuisine in the United States

**KUNIO  
YONEDA**  
JACL'S  
TOP  
CHEF

**Kunio Yoneda**  
Stockton, Calif.  
Age 74  
Wife Tetsuko  
Yoneda; 3 kids, 4  
stepkids and 14  
grandkids



Chef Kunio Yoneda, 74, has spent much of his life helping to promote Japanese cuisine in the United States. As a master chef of the Japanese Chef Association he's helped popularize Japanese cuisine here. For his efforts Yoneda was awarded the Order of the Rising Sun, Gold and Silver Rays by the Japanese government.

Since retiring as chef and owner of Yoneda's Restaurant in Stockton, Calif. he's been gardening, doing woodwork and working on his koi pond.

**What accomplishment are you most proud of and why?**

**Yoneda:** I'm honored to have had so many loyal patrons come to my restaurant for so many years until my stepson, Chef James Fujii, took it over when I retired. There are many things to be proud of

during my career. I was honored when the Japanese Embassy asked me to cook dinner for the future Emperor of Japan. I prepared a kaiseki dinner for then Prince Akihito at the Japanese Embassy in San Francisco. All awards are an honor but in 2008 the award from the Emperor of Japan was

truly an honor.

**Are you surprised at how popular Japanese cuisine is in the U.S.?**

**Yoneda:** Yes, it is a great surprise. From when I was given an opportunity to promote Japanese cooking in the United States, as a young graduate of the Tsuji Culinary School, to its current popularity. The expansion of traditional Japanese dishes to Asian fusion to influences on everyday American meals, I would have never imagined.

**What are your most famous dishes?**

**Yoneda:** I don't think I am really famous for any dish but I enjoy preparing kaiseki dinners. Kaiseki dinner is a multiple course Japanese meal from appetizers, main course and dessert. It allows a chef to be creative.

**Why is it important for you to support community groups?**

**Yoneda:** When I had the restaurant, I thought it was important to give back to the community that supported my business. When I first moved to

Stockton, members of the JACL Stockton Chapter, Buddhist Church of Stockton, and the JA community helped me get started. People like the late Art Hisaka, the late Kiyoshi Hirano, Mas Ishihara and many others were extremely helpful in helping with getting the business started.

**What are some qualities that make for a "Top Chef"?**

**Yoneda:** Many qualities make for a top chef. Curiosity and creativity are important. Work ethic is another. An understanding of the tradition of cooking and expanding it. Observation of trends and constant studying of cooking are important. Back when I first arrived we didn't have many of the ingredients in the United States that we do today.

**Is there something you can tell us about yourself that few people know?**

**Yoneda:** Since I retired, I spend most of my time gardening, doing woodwork and raising koi fish. Woodwork allows me to be creative. Working on my koi pond and raising koi is relaxing. I still love to cook. ■

## Salmon Namban

### INGREDIENTS

Namban sauce  
1 cup of water  
1 cup of soy sauce  
1 cup vinegar  
2 cups of sugar  
Dash of shichimi pepper  
salmon

### DIRECTIONS

Mix ingredients in a deep sauce pan and bring to a boil with low heat. (If you bring to a boil in high heat it will boil over and burn.)

Let the sauce cool.

Take salmon and slice into pieces no larger than two inches.

Lightly flour the salmon and then deep fry until lightly brown.

You can substitute salmon with chicken, trout or pork.

Remove from oil and place into another pan and pour namban sauce onto top until sauce thickens or you can dip the salmon into the sauce.

Garnish with chopped green onions and thinly sliced lemon.

## 'Mochi Master' Teaches the Mochitsuki Tradition to JA Youth

When you have five children, nine grandchildren and seven and three-quarters (due this month) great grandchildren like Jun Fukushima, mochitsuki becomes a family affair. Fukushima, 92, spearheads the SELANOCO JACL's mochitsuki fundraiser every year.

The Nisei says he has been participating in mochitsuki for over 80 years. Raised in San Fernando Valley, Calif. Fukushima was drafted a month before World War II broke out. He was drafted in 1941 and served in the Military Intelligence Service during WWII.

These days, Fukushima is passing on the tradition he grew up with. Fukushima says the SELANOCO JACL's all-day mochitsuki fundraiser produces some 200 pounds of mochi.

**Why is it important to teach the younger generations about mochitsuki?**

**Fukushima:** It's a Japanese tradition, so then it passes on. Like in our family, even our

great grandchildren come to make the mochi, which is part of the celebration. To keep up the culture, we have to do that.

**Does the event bring**



**JUN  
FUKUSHIMA**  
JACL'S  
TOP  
CHEF

**Jun Fukushima**  
Cerritos, Calif.  
Nisei  
Age: 92  
SELANOCO JACL

**together the whole community?**

**Fukushima:** Not necessarily. A lot of Nisei aren't around anymore, so it's getting to be more Sansei and Yonsei.

**Do volunteers get to munch on mochi at the mochitsuki?**

**Fukushima:** Not all day. I don't want them to eat that much because they have to do the work. In other words not only does the machine do it all. You take it out of the machine, and then you have to cut the mochi into whatever size. Then there has to be — well, you have to use both hands to make it round to make mochi.

**What is your favorite type of mochi to make?**

**Fukushima:** It depends what the family wants. So then we make it plain or we put the *an*, which is made out of *azuki*. So you put *an* inside and then wrap it around. That's all handwork. No machine could do that.

**What's your role when you have the mochitsuki?**

**Fukushima:** I have to set [up] the machine. I got the machine. I start the machine for JACL.

**How many volunteers are needed for the mochitsuki?**

**Fukushima:** Well, I would say 20 people to get it done. The more people you have the faster you get it done. In other words, to do it on a machine you have to have 20 people to keep the machine going. ■

## Microwavable Mochi



### Ingredients

1-1/2 cups mochiko (rice flour)  
1-1/2 cups water  
1/2 cup sugar  
Potato starch or cornstarch (for dusting)

### Directions

Mix mochiko, water and sugar in a bowl until it becomes a smooth paste. Cover a microwavable pan with cooking spray and pour mixture in. Cover pan and microwave for about seven minutes, or until mochi is firm in the center. Cool in microwave for about 5-10 minutes. Cut into desired pieces. Roll cut pieces on a pan with sprinkled potato or cornstarch. Dust with starch.

*\*Recipe not provided by SELANOCO JACL Chapter or Jun Fukushima.*

**The Stockton Chapter  
congratulates  
CHEF KUNIO YONEDA**

*Thanks for giving  
Stockton the taste  
of Japan!*



# 'The way to a WOMAN's heart is through her stomach!'



**STEVE SATO**  
JACL'S  
TOP  
CHEF

San Diego, Calif.  
Member of San  
Diego JACL

Steve Sato isn't one to toot his own horn, especially his own culinary skills, so members of San Diego JACL are doing it for him. As executive director of Kiku Gardens, a retirement facility in San Diego, Sato helps prepare meals for the Japanese American seniors living at the home. His skills, San Diego JACLers say, are legendary.

"[Steve] LOVES to cook for and just be with his friends and family — *oishii!*" says Coreen Fujinami, a JACL San Diego chapter board member.

## What are some of the most popular dishes at Kiku Gardens?

**Sato:** Kiku Gardens hosts the Tuesday lunches and eight Japanese community organizations take turns on Fridays. I help in any way that I can with the menus, purchasing, cooking, serving and clean up — it's great fun working with all of the volunteers. We feed an average of 75 to 80 people each time. Some of my most popular dishes we serve are: tonkatsu, tofu salad, teriyaki beef, teriyaki chicken, pork

stir-fry, *moyashi* and sashimi.

## What are some of the dishes you bring to community events?

**Sato:** The community groups that I'm involved with are JACL, the Japanese Friendship Garden in Balboa Park, Japanese American Historical Society of San Diego, Buddhist Temple of San Diego, Pioneer Ocean View United Church of Christ, and

the Asian Pacific VFW Post 4851. Food is at the heart of all JA events so I love to volunteer. I don't always cook; more often I'm the organizer for the food. Many of the same people who help out at Kiku Gardens are also involved in these other organizations. The San Diego JA community is like one big family!

## Have you always enjoyed cooking?

**Sato:** Yes, cooking is very relaxing. I always drink wine when I cook and am around people I enjoy — how much better can it get? Well, I won't say how 'young' I am but I think I started cooking in my 30's. I'm not a professional cook, but more like the 'resident community chef'! I rarely use any recipes, but just put in what tastes good to me.

## Food and JAs seem to go hand-in-hand, doesn't it?

**Sato:** Most Nikkei LOVE to eat Japanese-oriented dishes so all the gatherings are around the food. It's a cultural thing that has been handed down for generations but have been modified to our JA tastes.

## What are some of your favorite Japanese dishes and why?

**Sato:** I like to go to izakaya-type restaurants where I can sample a lot of different types of dishes.

## Besides cooking, is there something you can tell us about yourself that few others are aware of?

**Sato:** Not really — I'm pretty much an open book. Everyone knows I love to golf, fish, cook and spend time with my family and friends. But maybe what they don't know is that contrary to popular belief, I believe that "the way to a WOMAN's heart is through her stomach"! ■

## Barbequed Miso Cod



### INGREDIENTS

Red Rock Cod, about 2-lb  
Salt  
Cayenne chili powder  
White miso  
Mayonnaise

### DIRECTIONS

Remove gill and innards from cod.

Slice 2 inches apart.

Salt heavy and let marinate for 3 hours.

Wash cod and pat dry.

Season with seasoned salt and cayenne chili powder.

Mix 1/4 cup white miso with 1/4 cup real mayonnaise.

Cover fish with mixture place on foil standing as shown.

Place hot coals 20 to each side of Weber barbeque, heat should be indirect.

Put on cover, barbeque for 40 minutes.

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"Eat my cooking and you'll always be good looking." — Steve Sato



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years of service to the community  
and filling our bellies with happiness!  
You keep us all looking good!!!

In Friendship & Laughter,  
Your Friends at the Japanese Friendship Garden

# Love of Baking and 'Prancing Prunettes'

**GLADYS  
KONISHI  
JACL'S  
TOP  
CHEF**

**Gladys Konishi  
Boulder, Colorado  
80 years old**

**Married to:** Frank Konishi;  
3 children, 6 grandchildren,  
and 1 great-grandchild  
**Mile-Hi JACL member**

Gladys Konishi, 80, just celebrated 60 years of marriage to her husband Frank who recently retired as a professor from the University of Colorado. Both are native Coloradoans but it wasn't until 27 years ago that the couple "returned home" after spending several years in Ithaca, New York, San Mateo, Calif., Carbondale, Illinois and Hawaii.

With three kids, six grandkids and one great-grandchild, Gladys has enough family members to keep her homemade cooking and baking skills honed, something she still enjoys doing today.

"I love having family and friends for dinner or brunch," she says. "It's such a great way to keep connected with friends and family. I have become more comfortable as I have grown older with my cooking. My family is my greatest critics!"

**What are some of your favorite dishes to prepare and why?**

**Konishi:** I came from a family of nine. We lived on a truck gardening farm in Ft.

Lupton, Colorado. I started collecting recipes as a 13-year-old when I started cooking for three families on the farm. There usually were 13 for lunch and for dinner. It wasn't

always easy coming up with meals which were mostly Japanese. I usually cooked whatever vegetable was in season at the time. My children called this "starvation meals" with lots of veggies and very little meat — especially at their grandmother's. It was rice, *okazu* and *tsukemono*!

I don't have a favorite dish but have enjoyed cooking Japanese, Chinese, Italian and Mexican dishes. I love baking breads and rolls (even before the bread machine). I struggled with pie crusts because in the 1940s and 50s we used oleo, which was white, and we had to mix it with a yellow pill. I made some very hard pie crusts!

**What kinds of meals do you prepare for community events?**

**Konishi:** I've been a JACL member for about 10 years and have enjoyed preparing various dishes for JACL meetings, social events and fundraising events. One fundraiser for JACL was selling cold *somen* to hundreds of people at the BAPA (Boulder Asian Pacific Alliance) Festival. I supervised the cooking and preparation of the *somen* and made all the sauce for three years.

While at Southern Illinois University (from 1961 to 1984), we invited graduating seniors and the faculty every year for a home cooked dinner at our house. The house was quite crowded with 20 to 25 people!

**What do you enjoy about cooking?**

**Konishi:** I have always enjoyed preparing food for any social but I have noticed that as I have grown older, the "older" ladies still cook but the younger generation eat out. I love taking different dishes to various events, usually taking two dishes so we wouldn't run out of food. I learned a few dishes when we spent one year at the University of Hawaii while my husband was on sabbatical leave from Southern Illinois University. He taught nutrition at the University of Hawaii. Our favorite dishes from Hawaii were Korean chicken wings and Hawaiian-style chow mein (a favorite of our kids!).

**What little known fact about yourself would surprise people?**

**Konishi:** There's a little "drama queen" in me. Every year our core family has a family get-together. Since we are scattered around the country, the annual reunion is a convenient way for everyone to come together. As part of the entertainment, I'm always trying to get my three sisters to "perform". Since we are older, we call ourselves the "Prancing Prunettes" instead of the Rockettes. Each year we try to come up with an "act"! I have so much fun — my sisters always say, "Oh no, not again"! We haven't missed too many "performances"! ■

## Cold Somen Noodles



Add somen noodles to boiling water. Cook for about three minutes with constant stirring.

Immediately cool noodles with cold water (or ice water).

Wrap noodles around chopstick or fork to form serving-size portions.

Refrigerate.

### SAUCE Ingredients

4 cups of water  
1/4 cup sugar  
4 teaspoons dashi (kelp & dried fish shavings)  
1/2 cup soy sauce  
1/3 cup mirin (Japanese sweet cooking wine)

### Directions

Mix ingredients in sauce pan and heat until sugar and dashi are dissolved. Refrigerate.

### GARNISH Ingredients

Thin-sliced strips of kamaboko (fish cake)  
Various vegetables (e.g. thin sliced strips of cucumbers, green onions, diced tomatoes)  
Thin sliced strips of sweetened fried eggs: three eggs  
1 Tablespoon sugar  
Dash of salt

### Directions

Beat eggs with sugar and salt.

Heat small skillet or omelet pan, spray with PAM or small amount of vegetable oil.

Pour thin layer of egg mixture into pan; when cooked, fold in half as you would an omelet.

Spray with PAM or oil and pour another thin layer of egg mixture into pan.

When cooked, fold in half.

Continue adding a thin layer of egg mixture and folding until all of the egg mixture is cooked.

Cool and cut into small strips.



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**Congratulations,  
GLADYS KONISHI  
for being  
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JACL's Top Chefs!  
— Mile Hi JACL**



**KATHY INOSHITA**  
JACL'S  
TOP  
CHEF



**Kathy Inoshita**  
Hometown: Glendale, Ariz.  
Generation: Nisei  
Age: 71  
Arizona JACL member

# The Potluck Guru

If you're looking for Kathy Inoshita, you will likely find her whipping up a tasty treat in the kitchen. Perhaps you've tasted her popular potluck dishes — *inarizushi*, *chirashizushi* or strawberry angel food cake — at a JACL picnic or church function.

Since joining JACL after high school, Inoshita has been active in the Arizona JACL chapter and other community events. Along with other Arizona Buddhist Temple members, Inoshita can be found each year at her church's *mochitsuki* helping to make hundreds of pounds of mochi.

## How did you learn to cook?

**Kathy Inoshita:** You know, watching your mother cook and talking to other ladies and trying this and trying that. You have to be willing to try anything, cooking-wise. Everything is a pinch of that and a pinch of this. My husband won't go out to eat, so I have to cook.

## We hear that you're a great cook.

**Inoshita:** That's what they tell me. I can put together anything. But, gosh, I never really had formal training like some of these kids. They all go to culinary schools now.

## It seems like the kitchen is a gathering place for most Asian Pacific American families. Is it like that in your home?

**Inoshita:** Yeah. It always is no matter whose house we go to, even the kitchen at the church. You hang out in the kitchen.

## How have you seen food bring together the community?

**Inoshita:** It always does. You serve some food, they'll come. Even at JACL, we have an annual meeting and we'll provide lunch, and

they'll all come.

## Do you spend most of your time in the kitchen?

**Inoshita:** I really do. In fact I'm telling him [my husband, Minoru] I need my kitchen remodeled. I've been in this house over 30 years [laughs]. It's time for remodeling!

## When you're not in the kitchen what do you do?

**Inoshita:** I've been sewing a lot. My daughter's a nurse, so I've been making a lot of scrubs for her [laughs]. I think she's tired of my scrubs. I try to find Asian ones. She started getting like, 'I don't like it because it's getting too ethnic!'

## Aside from JACL, how are you involved in the community?

**Inoshita:** Besides church events and JACL events, I walk a mile every day. I try to get everybody else to walk. So we have a great time walking. It's a lot of Japanese Americans, the elderly. Afterwards we have coffee, sit around, talk, joke and laugh. We say laughter is the best medicine. ■

## Strawberry Angel Food Cake

### INGREDIENTS

1 large angel food cake  
1 qt. fresh strawberries (washed)  
2 3-oz. strawberry Jello (opt. sugar-free)  
1 16-oz. Cool Whip (thawed)  
2 cups water

### DIRECTIONS

Tear angel food cake in pieces and set aside.

Take 8-10 large strawberries and cut in half and set aside. Cut the rest of the strawberries in pieces and set aside.

In a large bowl, dissolve Jello with 2 cups of boiling water.

After the Jello has completely dissolved, pour 2 cups of ice and stir until ice is all melted and it begins to gel.

Pour in Cool Whip and use an electric mixer to blend until it's a solid pink color.

Dip and coat pieces of angel food cake and place it in a 9-by-13 inch pan. After all the pieces are placed in the pan, sprinkle strawberry pieces and top with the remainder of the Jello mixture.

Decorate with strawberry halves. If the mixture is too soft, put it in the refrigerator until it is more stable. Then place strawberries on top.

Refrigerate overnight. Enjoy in the morning.

# D.C. JACLeR Has Mad Sushi Skills

David Inoue is famous for his sushi making skills but when asked to talk about his culinary abilities he remains humble. He doesn't follow any specific sushi recipe but likes to make different types of sushi rolls like California rolls, tekka maki and kappa maki.

## What are some of the sushi dishes that have made you famous and what makes your dishes so special?

**Inoue:** I don't think it is any particular one dish. I think it is more a general application of my skills to produce large quantities of well-made sushi. I worked over four years as a sushi chef during graduate school



**DAVID INOUE**  
JACL'S  
TOP  
CHEF

**David Inoue**  
Washington, D.C.  
Married to Kaori  
Inoue; daughter  
Mika, 2  
JACL Life Member

at Ohio State University serving many of the executives from the Japanese car companies based in Central Ohio. As a result, I had to become fairly good, very quickly.

## What kind of role does food play in the JA community?

**Inoue:** I just returned from a trip to Japan visiting relatives and friends and was reminded of how central food is to Japanese culture. It is amazing how many restaurants there are, often times located in the most unusual places such as down some dark alley. Food is also such a major component of entertainment both amongst friends, but

also on television. This is one characteristic we seem to have maintained from our Japanese cultural heritage.

## Is there something you can tell us about yourself that few people are aware of?

**Inoue:** I like to work around the house and did many of the renovations in our kitchen myself from the design of the workspace and installation of the appliances. This probably has a lot to do with my enjoyment of cooking. Among the features I most like to show off are my professional quality gas range with a 25,000 BTU wok burner, separate freezer

## Crab and Cucumber Salad Roll

### INGREDIENTS

Imitation crab sticks  
English cucumber  
Masago or Tobiko  
Sesame seeds

### DIRECTIONS

Use imitation crab sticks cut in half and then shredded.

Cut an English cucumber in half lengthwise and then cross cut the cucumber very thinly to yield half circle slices.

Squeeze the cucumber slices to get as much of the water out as possible and mix with the crab pieces and Japanese style mayonnaise.

Roll into thicker sushi rolls with rice on the outside sprinkled with masago or tobiko (small fish eggs). Cut into slices and sprinkle with sesame seeds.

and refrigerators and custom made stainless steel countertop and integrated sink. I have also installed new toilets and vanity sinks in both of our bathrooms and completely renovated the kitchen in our previous house as well. ■

**ARIZONA  
JACL  
congratulates  
Top Chef  
KATHY  
INOSHITA!**



# I Have 'Cast Ironitus'

**LARRY GRANT**  
JACL'S  
TOP  
CHEF

Larry Grant  
Layton, Utah  
Wasatch Front  
North JACL  
treasurer

Food is always a great draw to get people to events. I have enjoyed cooking and reading cookbooks since I was a child. My favorite book, as a child, was my sister's Betty Crocker cookbook for children. I would take the book without permission and read it cover to cover. In high school and college I worked as a cook at a local hamburger stand and cooked breakfast at the cafeteria.

Shortly after Janet and I got married, we were asked to present a Dutch oven cooking demonstration. I bought my first Dutch oven and we put on a fun demonstration. Now, almost 40 years later, I have over 20 Dutch ovens and too many cast iron skillets and other cast iron cookware to count.

I think I have a disease, "cast ironitus." Whenever I see cast iron cookware in a thrift store or garage sale, I feel responsible to give it a good home. If I see a display of new cast iron cookware, I have to stop to see if there's something that I don't already have.

The three Utah JACL chapters hold an annual picnic on July 24, the anniversary of the arrival of the first Mormon pioneers in the Salt Lake Valley. Salt Lake City has enjoyed a sister city relationship with Matsumoto, Japan for over 50 years. Each July, a group of students comes to Salt Lake City from Matsumoto. They stay with host families for about a week and are the guests of honor at the JACL picnic. For several years I have cooked Dutch oven teriyaki chicken as the main dish.

I also cook for our annual member's appreciation dinner. Usually held during the first part of December, we serve a prime rib dinner and have a Christmas party.

Besides family, cooking and JACL, I enjoy refereeing youth and high school soccer. I have refereed soccer for over 30 years, since our oldest son began playing. My referee goals are to have a flawless game (that will probably never happen) and to referee a state championship game. ■

## Dutch Oven Teriyaki Chicken

### Equipment

Large mixing bowl or pot  
Large Ziploc bags  
Four 12-inch cast iron camp Dutch ovens  
Chimney charcoal starter  
Charcoal

### Ingredients

100 pieces chicken (I prefer skinless thighs, but other pieces will work, too)  
1 1/2 qt. juice, pineapple, canned  
1 1/2 qt. soy sauce  
3 1/2 qt. water  
3 oz ginger, ground  
2 tbsp. garlic, dehydrated  
4 tbsp. (1 oz) pepper, black (optional)

### Directions

Combine teriyaki ingredients. Fresh ginger and garlic may be substituted. Less water may be used. Use your favorite teriyaki sauce. Place chicken in large (1 or 2 gallon) Ziploc bags, pouring sauce in each bag. Refrigerate and marinate for 2 hours or more. Turn bags at end of first hour and occasionally thereafter. Set up the Dutch ovens in a safe place that won't damage the landscape. A designed Dutch oven cooking table is ideal, but a fire pit, layer of bricks or a steel garbage can lid set up on bricks will work. Near the end of the marinating time, light 75 to 100 charcoal briquettes. They are ready when covered with white ash. I like Kingsford charcoal for the quality and consistency. I NEVER use self-lighting briquettes (they don't burn as long). Drain 1/2 to 3/4 of the marinade and place 25 pieces of chicken in each of four 12 inch cast iron camp Dutch ovens. Arrange 12 briquettes in a ring below and 12 briquettes on the lid of each Dutch oven. Stacking the Dutch ovens will reduce the number of briquettes. Avoid opening the Dutch ovens, (except for maybe one stirring) because heat will be lost and cooking time will be increased. Cook for 1 to 1 1/2 hour or until done. The chicken may be cooked on a griddle, grilled on a charcoal or gas BBQ or baked in an oven. If you wish to baste the chicken while cooking, boil sauce used for marinating before using it for basting or reserve some sauce before marinating.

# Cooking For the JACL Masses

**BERNICE KIDA**  
JACL'S  
TOP  
CHEF

Bernice Kida  
Salt Lake City,  
Utah  
Nisei  
Salt Lake City  
JACL Chapter

Bernice Kida says she learned how to get around the kitchen because she was attached to her mother's hip as a child after her father passed away. Being so close to her mother, Kida says she learned how to cook, sew, do yard work and ikebana.

Born in Eureka, Utah, Kida says she returned to Japan as a child. In Japan, Kida eventually went to school to study home economics.

Her family, including her eight siblings, later returned to Utah. There she met Taka Kida. They married in 1960 and had three children: Diane, Jeffrey and Kenneth.

Her late-husband Taka was known for playing Japanese folk tunes on his harmonica at many community events. At those same events, Kida worked in the kitchen helping to prepare "typical Japanese dishes" for the Salt Lake JACL Chapter's annual Issei Luncheon, an event Kida participated in regularly.

## How did you learn to cook? Are you self-taught?

**Bernice Kida:** You know what because my mother was so busy with all the children, and I was stuck to her, I learned a lot of things. I learned sewing. I learned flower arrangement. I learned to do the yard. I did everything. We didn't have a father for a long time.

## I understand you and your husband, Taka, helped organize the Salt Lake JACL Chapter's Issei Luncheon. Do you still help organize that event?

**Kida:** He was always with me and helped me

SEE KIDA/PAGE 16

## Potato Croquettes

2 pounds potatoes  
1 onion, finely chopped  
1/2 pound lean ground beef  
1 teaspoon salt  
1 teaspoon oil  
2 cups green peas  
2 cups all-purpose flour (approximately)  
1 1/2 to 2 cups bread crumbs  
2 eggs, beaten  
Oil for deep-frying  
Ketchup and Worcestershire Sauce (condiments for sauce)  
A dash of pepper  
Heat 1 teaspoon of oil. Sauté chopped onions until they are transparent. Add ground beef and cook till it's brown. Sprinkle with 1 teaspoon of salt and dash of pepper. Set aside. Peel potatoes and cut into chunks. Boil the potatoes in salted water and drain. In a bowl, mash and mix potatoes. Boil green peas. Add green peas and ground beef mixture to the potatoes. Form into patties (about 1-and-a-half-inches to 2-inches round). Coat patties with flour, egg, and breadcrumbs (in that order). Deep fry in hot oil at 340 to 360 degrees until golden brown. Serve with ketchup and Worcestershire sauce mixture. Makes approximately eight to ten patties.

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**Wasatch Front North JACL**  
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# VERY

truly yours

BY HARRY K. HONDA

## Capitalize 'Evacuation'

A JACL DRAFT, titled "Power of Words Handbook" and sporting the Stars and Stripes in full color on the cover, has been widely circulated as a prelude for serious consideration at the 42nd JACL National Convention, July 7-10, at the Renaissance Hollywood Hotel.

The handbook focuses on events and words in wake of Pearl Harbor, the Japanese attack upon Hawaii on Dec. 7. The nation's anger against the Japanese arose, especially those of Japanese origin residing in the United States. Temper of Americans remained relatively calm toward Japanese, German and Italian residents until late January. The FBI, meanwhile, was active questioning enemy Japanese, German and Italian aliens, detaining those considered the most immediately dangerous.

On Jan. 25, the Roberts Commission report was released. Public temper changed. This was the commission formed Dec. 15 to investigate the responsibility for losses at Hawaii and to make recommendations. President Roosevelt appointed U.S. Supreme Court Associate Justice Owens J. Roberts to head the commission.

Reviewing Pranges' "At Dawn We Slept, the Untold Story of Pearl Harbor" (1991), the Robert's Commission's conclusions were "based on unsworn testimony of key witnesses and expressing sublime indifference to the 'best evidence' — Magic." So, power of words in the media and on the air was being manifested and taking root.

The word, *Evacuation*, was previously cast in Congress as three words, to wit: House of Representative Select Committee Investigating *National Defense Migration* — a six-member committee chaired by Rep. John H. Tolan, D-Oakland, Calif., investigating "the evacuation of the military zones on the West Coast."

Evacuation (the Handbook prefers "forced removal") of 110,000 Japanese Americans involved roughly one-third *enemy alien* or Issei and two-thirds *non-alien* Japanese (U.S.-born Nisei), to "concentration camps American-style," a phrase first used by Mike Masaoka.

On Jan. 29, Attorney General Biddle announced military areas in the three West Coast States from which enemy aliens, especially Japanese, were to be evacuated by Feb. 24. Tom C. Clark was appointed coordinator of Enemy Alien Problems. Both announcements hustled newspapers and columnists calling for Evacuation in fear of sabotage and invasion. But Japanese residents in Hawaii under martial law were not subject to what Japanese on the West Coast faced.

On Feb. 2, the entire West Coast congressional delegation met with senior Sen. Hiram Johnson of California to deal with the question of enemy aliens and sabotage.

On Feb. 13, a letter, signed by Sen. Rufus Holman (Ore.), Sen. Mon C. Wallgren (Wash.) and five congressmen, was sent to President Roosevelt recommending immediate evacuation of "all persons of Japanese lineage and all others ... whose presence shall be deemed dangerous or inimical to the defense of the United States from all strategic areas."

Question of detaining citizens, which might require martial law, was doused by military considerations. The "latent subversive potentialities" compelled taking such "extreme and drastic measures," the letter explained. The recommendations resulted with E.O. 9066 promulgated on Feb. 19.

The House Select Committee held its first hearing in San Francisco on Feb. 21. That afternoon, it met in executive session with Lt. Gen. John L. DeWitt. Subsequent hearings were held in Seattle, Portland, again in San Francisco, Los Angeles and Washington, a forum mostly for Evacuation. A final report was published March 12.

Meantime, the government, local, state and federal, dealt with Japanese assets, Japanese language newspapers and schools, Japanese in hospitals and in prison, employment, liquidation of immovable property and agriculture, protection of evacuees against forced sale, fraud, and property, planning of evacuation and resettlement.

Handbook advocates and JACL, in my estimation, have a greater task to get Evacuation, meaning the above and more, capitalized and so noted in all dictionaries. ■

Harry K. Honda is the Pacific Citizen editor emeritus.



**TAE  
CARTER  
JACL'S  
TOP  
CHEF**

Tae Carter  
Hometown:  
Sendai, Japan  
Age: 81  
Hoosier JACL

## From Sendai to Indiana

When Tae Carter, 81, first moved to Indiana she could not find any Japanese food retailers in the area. Instead, Carter says she had to get Japanese food by traveling to Chicago, Ill. or ordering items from Seattle, Wash.

Carter — who grew up in Sendai, Japan — was married to an American soldier in Japan. In 1952 she resettled in Indiana with her husband and stepchildren. These days Carter says local Japanese markets have sprouted up in the area, making it easy for her to get Japanese food products for annual community events.

For years Carter has used her cooking skills to feed the hungry attendees at the Hoosier JACL's *shinnenkai* and annual picnic.

### What was it like when you first arrived in the U.S.?

**Carter:** I thought I was coming to such a country [place]. Have you been here? It's so different. I thought, 'How in the world did I come to this old country [place]. When you come in at night at 9 p.m. everybody goes to bed. Stores close at 6 p.m. [and there's] no Japanese food. I was kind of lonely. But then I made it. And people have been so good to me.

### How did you learn to cook? Did you have any training?

**Carter:** Since I came to the United States you have to do things. When I came here they didn't have any Japanese food. You had to go to Chicago or you ordered it from Seattle, Wash. But now we do have quite a bit [of markets]. We don't have to go to Chicago to order Japanese food.

### It must have been expensive to get your hands on Japanese food staples.

**Carter:** Yeah. The woman at the Chicago store said, 'We're going to close up.' I said 'Why so early?' She said, 'We made our money today.' We [used to] go with four to five people driving down there. Now we have a Japanese food market here.

### When did you join JACL?

**Carter:** I joined ... probably 40 years ago. We had quite a bit of Japanese people living here at that time. We all joined it. For us we wanted to join it because we were married to American soldiers. I thought it was a good cause because I grew up in World

War II. We didn't have the same problems [in Japan] that they had here. Like a lot of Issei they were put in the concentration camps. I thought it was terrible. I didn't know anything about it until I came here. I didn't read about that.

### You also help with the Hoosier JACL's annual shinnenkai? How many people are involved with the festival?

**Carter:** Maybe 30 to 35. You see we don't have as much members as California people [laughs]. But we did have about — I'm not too sure — but about 35. It's getting smaller and smaller.

### Why do you suppose people enjoy bonding over food?

**Carter:** I think they enjoy that. They remember what their parents fixed. Somehow they don't speak Japanese but they still think about their parents' food. ■

## Shinnenkai Ozoni

### INGREDIENTS

6 quarts of water  
1 ounce dried kelp (*dashi konbu*)  
1/2 a bag of shaved bonito flakes  
1 cup soy sauce  
1 teaspoon salt  
1 teaspoon dried *hondashi*  
3 pieces of mochi  
3 shiitake mushrooms  
Few pieces cooked spinach  
Pink & white fish cake (*naruto*)

### DIRECTIONS

Bring a large pot of water (about 6 quarts) to a boil.

Add two strips (about 1 ounce) of dried kelp (*dashi konbu*) to the water.

Continue boiling for 10 minutes until the *konbu* strips are tender and break when pinched.

Remove *konbu* strips from the water, and turn off heat.

Add half a bag of shaved bonito flakes (about 2-1/2 oz) into water and simmer for about 10 minutes.

Remove bonito flakes and continue to simmer the liquid stock over low heat.

Add Kikkoman *hon tsuyu* (a flavored soy sauce).

Start with about 1 cup and slowly add more as desired. Add about 1 tsp. salt (or more if desired). Add 1 tsp. of dried *hondashi* (optional).

Pour about half a cup of hot ozoni soup stock into a soup bowl with 3 small pieces of mochi (quarter size).

Microwave mochi pieces briefly to soften. Add three slices of fresh shiitake mushrooms (cut into 1/8-inch strips).

Include a few pieces of cooked spinach and a few small slices of pink and white fish cake.

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**Chef Tae Carter**

Sharing the art of food preparation.



## MING TSAI

CONTINUED FROM PAGE 4

Tsai later went off to Cornell University to earn his master's degree in hotel administration and hospitality marketing.

These days Tsai is raising awareness about food allergies. He became involved in crafting legislation requiring restaurants to implement safeguards to protect those with dangerous food allergies like his son, David.

Tsai's son was allergic to nearly everything: soy, wheat, dairy, shellfish and peanuts. His firsthand experience with his son's allergies, prompted Tsai to get involved in raising awareness.

"My son used to have allergies. He's been cured," Tsai added. "He has no allergies. We used an energy doctor and he's been cured."

To help those that do still have allergies, Tsai helped craft and pass a Massachusetts law in 2009 requiring restaurants to list ingredients in dishes, among other things.

As a spokesperson for the Food Allergy and Anaphylaxis Network, Tsai also developed the "Food Allergy Reference Book," which he used at his restaurant.

Despite his son's allergies to certain foods, Tsai said he could still cook numerous dishes for his



Chef Ming Tsai visited "The View" as a part of co-host Elisabeth Hasselbeck's "Gluten Free Meals" segment.

family. His son, Tsai said, ate better than most adults in the country.

Finding ways to cook daily meals for his family is important, Tsai said, even though his schedule is often hectic.

"I cooked them a beautiful caramelized hamburger on almond noodles this morning for breakfast," Tsai said.

Raised in Dayton, Ohio, Tsai received his early culinary training working in his family-owned restaurant, Mandarin Kitchen.

Tsai, however, hoped to follow in his father's footsteps and become an engineer. His father was a chief scientist at Wright-Patterson Air Force Base and is now based at

Stanford University. "He's actually a genius. He's literally a rocket scientist," Tsai said. Tsai's uncle and brother are also engineers.

Being Chinese American in Ohio, Tsai said he did not face any discrimination.

"None at all. We were an anomaly. We kind of stood out," Tsai said. "We weren't stereotypical. We were smart in math and science, but that's because our parents made us be. But my brother and I were also very athletic, so we weren't just the typical Asian nerds so to speak."

Growing up in a family of engineers, the dinner table was still where "everything happened."

"Food is our culture," Tsai

said. "Everything happened at the dinner table. That's how it's always been for me."

Tsai says he is not pressuring his two children to pursue careers as chefs. But he is passing along his childhood traditions that he learned in the kitchen.

"We would sit around and make potstickers all day, steam them, and boil them and fry them. I think spending all day making potstickers and rolling spring rolls is a fantastic way to spend a day," Tsai said about his early childhood memories in the kitchen. "My kids love rolling spring rolls and making potstickers. Absolutely." ■

## KIDA

CONTINUED FROM PAGE 14



out for quite a bit. A bad thing happened and I lost him.

**What's one of your favorite dishes to make?**

**Kida:** This is very, very popular in Japan. Any movie I watch — a Japanese movie — when they have a lunchtime scene [they eat] curry. It's so simple and it's not too expensive. That's why maybe they go for it.

**What's it like to teach sushi-making classes?**

**Kida:** Actually everyone is having a good time. But yet when they try to roll it and put the *nori* ... you have to put water on it and make it stick together. Having control in the hands is kind of hard. You need a little experience.

**What type of sushi do you enjoy making?**

**Kida:** Makizushi, which means rolled sushi with the *nori*. It's a roll with vegetables inside. ■



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