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KOCHI YUZU RECIPE BOOK



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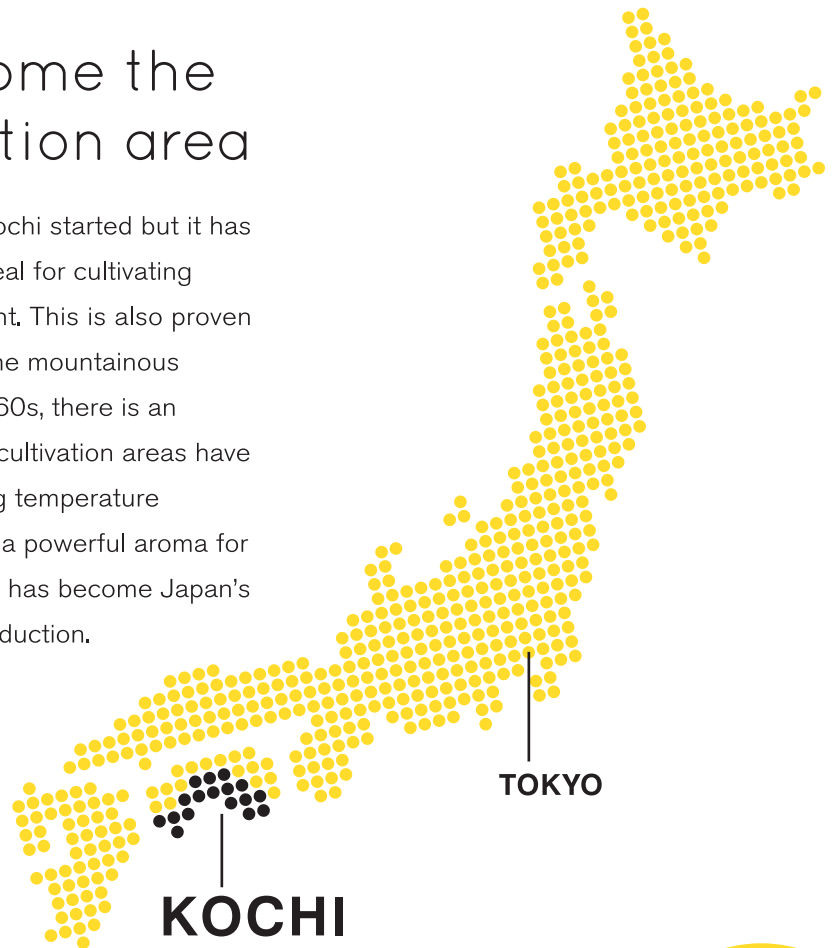


What is Yuzu?

Yuzu is a fruit from the citrus family (*Citrus junos*). The exterior of the tree has thorns of 2-5cm. A Yuzu fruit usually weighs between 120 grams to 130 grams. The skin itself is thick and coarse. This type of fruit is well-known and much appreciated in Japan for its freshness and unique aroma with similar culinary applications to that of a lemon.

Why Kochi has become the largest Yuzu production area

It is unknown when the cultivation of Yuzu in Kochi started but it has been long-established that Kochi's climate is ideal for cultivating Yuzu with its important precipitation and sunlight. This is also proven by the presence of wild Yuzu trees growing in the mountainous regions of Kochi. Since the beginning of the 1960s, there is an increasing national demand for Yuzu and many cultivation areas have developed in the mountains of Kochi. The strong temperature variations in the mountains also help to develop a powerful aroma for the yuzu fruit. For all these given reasons, Kochi has become Japan's most renown and appreciated area for Yuzu production.



The reputation of Kochi, Japan for Yuzu

20% of the Yuzu production is sold in Japan as a whole fruit and the remaining 80% for it's juice and skins. It is sold to manufacturers to produce vinegars and seasonings, especially ponzu vinegar, various beverages and a multitude of other elaborated products. The Yuzu producers in Kochi always strive to improve and modernize their equipments to heighten the quality of their products whilst also systematically controlling the hygiene conditions to satisfy all their customers and end users.

Usage of Yuzu

The Yuzu fruit can be applied in many culinary preparations such as sauces, vinaigrettes, seasoning for salt and pepper, sushi vinegars and pastries. It can also be directly used on grilled fish, tofu, barbecued dishes and beverages. Yuzu's splendid fragrance is also widely used in cosmetics such as lotions, soaps and other essential aroma oils etc.

20
%



fresh

80
%



vinegars, seasonings,
beverages or
other products

sauce

BBQ

grilled fish

pastries

cosmetics

tofu

beverages

vinaigrettes

salt

salads

peppers





CUCUMBER GIN SPARKLING

for 4 servings

INGREDIENTS

60ml Yuzu juice
150ml Yuzu syrup 1:4 (page 6)
100ml Gin
210ml Fresh cucumber juice
210 ml Soda water
4nos Yuzu wedges
Ice cubes

PREPARATION METHOD

Mix all ingredients except soda water in a shaker and shake with ice

Pour into a glass over a strainer and top up with soda water

Garnish with a fresh yuzu wedge



RUBIES
for 10 servings

INGREDIENTS

80g Water chestnut,
peeled and diced
100g Tapioca flour
100ml Yuzu juice
25g Sugar

PREPARATION METHOD

Bring juice and sugar to a boil to make yuzu syrup
Add water chestnut dices and infuse for 2 days
Strain, keep liquid and dices separately
Bring water to a boil
Coat dices with tapioca flour and blanch in boiling water
When the dices float on top, sieve them out of the water
Keep rubies in yuzu sugar mixture for a maximum period of 1 hour
Rubies can be consumed with a big straw in flavored tea

INGREDIENTS

375ml Vodka, chilled
125ml Dry vermouth
4nos Yuzu rinds
Ice cubes

PREPARATION METHOD

Place ice in shaker
Add vodka and 100ml of vermouth and shake until well combined
Pour 25ml of vermouth into chilled glass
Swirl vermouth around the glass to coat the sides
Place yuzu rind in the glass
Strain vodka and vermouth into the glass



MARTINI
for 4 servings



INGREDIENTS

4nos Scallops, raw
80g Yuzu herb mayonnaise
(page 35)
50ml Yuzu juice
2g Sea salt
1nos Garlic clove, small &
crushed
10g Onion, sliced
10ml Olive oil
Mixed edible flowers

PREPARATION METHOD

Mix yuzu juice, sea salt, garlic, onion
and olive oil
Infuse for 10 minutes and strain
Cut each scallop into 3 pieces
Marinate for 4 minutes in infused
yuzu juice
Dress mayonnaise on plate and place
scallop pieces on top of mayonnaise



MARINATED SCALLOP

for 4 servings



INGREDIENTS

YUZU CONSOMMÉ

300g Chicken bones,
roasted golden brown
1nos Onion, roasted
40g Carrot, cut in wheels
60ml Yuzu juice
3g Sea salt

FILLING

80g Cream cheese
10g Parmesan cheese

PASTA

100g Flour
10g Sweet paprika
powder
50g Egg
5ml Olive oil
1g Salt

GARNISH

20g Spring onion, sliced
10ml Yuzu oil
16nos Daikon coins

PREPARATION METHOD

Place roasted chicken bones,
roasted onions and carrots in pot
and cover with cold water

Bring to a boil and simmer for 45
minutes

Strain and season with sea salt
& yuzu juice

Mix all ingredients for the filling
and roll into 8 balls of 10g - 12g
each

Mix all pasta ingredients and
work the dough for 4 minutes

Rest for a minimum of 1 hour

Roll dough to 2-3 mm, top with
filling and wrap into rectangle
dumplings

Boil the dumplings in salt water

Heat the yuzu consommé

Dress in deep plate and garnish
with spring onion, daikon &
yuzu oil



CONSOMMÉ WITH DUMPLINGS

for 4 servings





ONSEN EGG WITH YUZU MAYONNAISE

for 4 servings

INGREDIENTS

4nos Chicken eggs
80g Yuzu mayonnaise
(page 35)
Mixed edible flowers

PREPARATION METHOD

Poach eggs at 63 degrees for 90 minutes
Place egg into a glass cup
Drizzle with yuzu mayonnaise
Garnish with edible flowers



MUSSEL WHITE WINE YUZU POT

for 4 servings

INGREDIENTS

40nos Mussels, big
40g Onion, diced
30ml Olive oil
40g Butter
40ml Yuzu juice
250ml White wine

PREPARATION METHOD

Sauté onions in a pot with olive oil over medium heat
Add white wine and bring it to a boil
Add mussels to the pot and cover; cook until mussels open up

Remove mussels, add butter and yuzu juice and emulsify
Reserve yuzu white wine liquid as sauce for glazing
Serve 10 mussels per person and glaze with sauce

INGREDIENTS

160g Arborio rice
40g Onion, diced
30ml Olive oil
20g Butter
40ml Yuzu juice
500ml Chicken stock
30g Parmesan, grated
4g Sea salt

PREPARATION METHOD

Place onions and olive oil in a pot, cook on low heat

Add rice and cook until lightly translucent

Add hot chicken stock, one ladle at a time

Stir risotto frequently; repeat this process until risotto is almost al dente and take the pot off the heat

Stir in sea salt, yuzu juice, butter and parmesan

Rest for 2-3 minutes before serving



RISOTTO

for 4 servings



INGREDIENTS

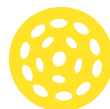
2nos	Myoga, sliced in rings, trimmings reserved	10g	Bonito flakes
2g	Sea salt	10g	Crushed macadamia nuts
30ml	Olive oil	20nos	Celery leaves
20nos	Asian pear, balls	30ml	Yuzu juice
1nos	Shishito, cut in rings	10ml	Water

PREPARATION METHOD

Mix yuzu juice with myoga trimmings, sea salt, water & olive oil

Plate asian pear balls, myoga, shishito, macadamia, bonito and celery leaves

Strain yuzu and myoga mix and drizzle on plate



MIXED SALAD WITH MYOGA

for 4 servings





SAKE BROTH WITH EGGPLANT & SHITAKE

for 4 servings

INGREDIENTS

100g	Onion, diced	3g	Sea salt
30ml	Olive oil	1000ml	Cold water
40g	Leek, diced	1nos	Eggplant
20ml	Yuzu juice	10nos	Shitake
40g	Carrot, diced	30ml	Soy sauce
40g	Celery, diced	30g	Sugar
40ml	Sake, unfiltered	1 serving yuzu pickling liquid (page 35)	

PREPARATION METHOD

Sauté onion, leek, carrot and celery with olive oil in a pot over medium heat

Add yuzu juice and cold water

Make holes into eggplant with a fork and add to broth

Simmer for 30 minutes and strain

Reduce broth by half

Cut eggplant into rounds

Cut shitake into strips

Heat pickling liquid, sugar and soy sauce

Pour over shitake and marinate for a minimum of 1 hour

Heat broth and season with sea salt and sake

Plate broth in a plate, finish with eggplant and pickled shitake



PICKLED VEGETABLES

for 10 servings



INGREDIENTS

80g	Red onion, sliced in wedges	80g	Leek, sliced in wheels
40g	Carrot, sliced in wheels	30g	Celery, sliced
40g	Red pepper, cut in triangles		1 serving yuzu pickling liquid (page 35)

PREPARATION METHOD

Bring pickling liquid to a boil
Add all ingredients and boil up again
Set aside to cool



CRAB SALAD WITH YUZU PEARLS

for 4 servings



INGREDIENTS

100g	Crab meat	20g	Green onion, julienne
30g	Yuzu mayonnaise (page 35)	20g	Purple cauliflower, thinly sliced
40nos	Yuzu pearls (page 34)	10ml	Olive oil
40g	Carrot, julienne	2g	Salt

PREPARATION METHOD

Mix crab meat with mayonnaise
Marinate vegetables with salt and
olive oil
Dress vegetables on plate
Top with crab meat mix
Garnish with yuzu pearls



BRAISED MYOGA

for 4 servings

INGREDIENTS

6nos	Myoga, halved	40g	Celery, diced
2g	Salt	10ml	Yuzu juice
30ml	Olive oil	2g	Sugar
40g	Carrot, diced	100ml	Water
40g	Daikon, diced		

PREPARATION METHOD

Sauté myoga with olive oil in pan on high heat
Add vegetable dices and salt, sauté for a minute
Add water, sugar and yuzu juice; turn down to medium heat
Braise until myoga is al dente and strain
Reduce cooking liquid by 25%
Dress on plate and glaze with cooking liquid

MARINATED PRAWNS

INGREDIENTS

12nos	Prawns, peeled and cleaned	20ml	Water
		20ml	Olive oil
		4g	Sea salt
20g	Onion, sliced		
6g	Garlic, crushed		
20ml	Yuzu juice		

PREPARATION METHOD

Mix all ingredients except prawns and infuse for 1 hour

Marinate prawns in above mixture for 15 minutes

Remove prawns and fry in a hot non-stick pan

Assemble with pasta



PASTA WITH TURNIP GREENS

for 4 servings

INGREDIENTS

YUZU PASTA		200g	Yuzu pasta
140g	Pasta flour (type 00)	80g	Turnip greens, chopped
10g	Yuzu skin puree	5g	Garlic, crushed, chopped
2g	Sea salt	60ml	Olive oil
50g	Egg	1nos	Dried chili, crushed
10ml	Oil	20ml	Yuzu juice
		4g	Salt

PREPARATION METHOD

Mix flour, yuzu puree, sea salt, egg and oil together

Work dough for 4 minutes

Let it rest for 1 hour

Roll out to desired thickness, cut and cook in salted boiling water until al dente

Blanch turnip greens in salted water until soft

Slowly heat garlic and chili with olive oil in pan

Add turnip greens with some cooking liquid into pan

Cook until puree consistency and add yuzu juice

Add blanched yuzu pasta to turnip puree and finish cooking

Season with salt and dress with prawns





STUFFED SHISHITO

for 4 servings



INGREDIENTS

COMPOTE

30ml	Yuzu juice
30g	Yuzu segments
50g	Yuzu Peel
25g	Sugar
1g	Pectine Nh

PREPARATION METHOD

Boil the peel 3 times

Cut it into fine brunoise

Place peel, juice and segments into a pot

Add sugar and pectin and bring it to a
boil until it is reduced to a viscous texture



INGREDIENTS

24nos Shishito
60g Yuzu compote
2g Sea salt

PREPARATION METHOD

Make an insertion in each shishito
Add a little compote into the shishito
Torch with a blow torch until all sides
are nicely charred
Season with sea salt



GLAZED SEA BASS

for 4 servings

INGREDIENTS

4nos	Sea bass filet, 160g	4g	Sea salt
		20g	Sugar
3g	Sea salt	2nos	Purple carrots, thinly shaved
200ml	Yuzu juice	20ml	Beet reduction
2g	Iota		

PREPARATION METHOD

Season sea bass filet with sea salt
Steam for 5-7 minutes at 65
degrees

Combine yuzu juice, iota, sea salt
& sugar in pot and boil

Glaze sea bass with above liquid
and set for 2 minutes

Before serving heat sea bass
in the oven at 85 degrees for
5-7 minutes

Dress together with purple
carrots and beet reduction





GRILLED OCTOPUS WITH YUZU KETCHUP

for 4 servings

INGREDIENTS

12nos	Octopus tentacles, cooked	20ml	Olive oil
		4g	Sea salt
6g	Garlic, crushed		1 serving yuzu ketchup (page 34)
2g	Paprika powder		

PREPARATION METHOD

Blend all ingredients except octopus
Add octopus and marinade over night
Remove octopus and grill on high heat
Assemble with yuzu ketchup

INGREDIENTS

4nos	Quails, deboned	2g	Seaweed mix, soaked
1 serving	yuzu brine (page 34)	40g	Spring onion, sliced
STUFFING		20ml	Olive oil
120g	Barley, cooked	2g	Sea salt

PREPARATION METHOD

Brine quails for 4 minutes
Remove and refrigerate
Mix all ingredients and fill each quail with 2 tablespoons of stuffing and close
Roast in oven at 220 degrees for 8-10 minutes
Slice in half before serving and garnish with torched enoki stems



ROASTED QUAIL STUFFED WITH BARLEY

for 4 servings



INGREDIENTS

YUZU SHISO CONDIMENT
for 10 servings

20g Shiso leaves
30g Spring onion
100ml Olive oil
2g Sea salt
5g Yuzu zest
1g Garlic

PREPARATION METHOD

Finely chop all ingredients
besides oil and salt
Mix well with oil and sea salt

INGREDIENTS

800g Beef rib eye or
tenderloin
50g Yuzu hollandaise
(page 34)
6g Sea salt
50ml Grape seed oil
1 serving yuzu shiso
condiment

PREPARATION METHOD

Season beef with sea salt and
sear with oil in hot pan
Roast in oven at 160 degrees
until medium rare
Slice and serve with yuzu
hollandaise and yuzu shiso
condiment



ROASTED BEEF WITH YUZU HOLLANDAISE & YUZU SHISO CONDIMENT

for 4 servings



INGREDIENTS

SPONGE

200g Eggs
75g Flour, sifted
125g Sugar
10ml Yuzu juice
5g Yuzu zest (optional)

PREPARATION METHOD

Whisk eggs and sugar until ribbon stage
Fold in sifted flour, zest and juice
Grease 9" x 11" sheet pan and place baking paper over it.
Pour mixture into sheet pan
Bake at 180 degrees for 9-12 minutes

INGREDIENTS

YUZU WHIPPED CREAM

200ml Cream
10g Icing sugar
5ml Yuzu Juice
15g Yuzu compote (page 20)
1 Shiso leaf, cut

PREPARATION METHOD

Cut shiso leaf into small pieces
Whip cream and icing sugar together
Fold in yuzu juice
Fold in yuzu compote and shiso leaf pieces



SHORTCAKE

for 4 servings



INGREDIENTS

COTTON CANDY

300g Coarse sugar
30ml Yuzu juice
2g Yuzu zest

PREPARATION METHOD

Mix sugar, juice and zest well
Spread thinly over baking paper and
sun dry until sugar is completely dry
Spin in cotton candy machine

INGREDIENTS

CHEESE CAKE

500g Cream cheese
40g Flour
200g Sugar
200g Eggs
30g Yuzu puree
80ml Yuzu juice
125ml Cream

PREPARATION METHOD

Beat cream cheese, cream, puree and juice
Whisk eggs and sugar until ribbon stage
Fold cream cheese mixture into egg
mixture; mix well
Pour into lined cake tin
Bake in a water bath at 160 degrees for
50-60 minutes



CHEESE CAKE & COTTON CANDY

for 4 servings



INGREDIENTS

PARFAIT

250g Sugar
60ml Water
125g Yolks
75ml Yuzu juice
15g Gelatin sheets
300ml Cream, whipped

PREPARATION METHOD

Whisk yolks until fluffy
Heat sugar and water until 119 degrees
Add the above mixture to the yolks gradually to make a Pâte à bombe mixture. Whisk to a ribbony texture.
Heat yuzu juice and add bloomed gelatin to it
Add gelatin mixture into the Pâte à bombe mixture
Fold in whipped cream
Set in tray, refrigerate for minimum 3 hours and cut according to desired shape



PARFAIT AND SORBET

for 20 servings



INGREDIENTS

SORBET

1000ml	Water
100g	Sugar
120g	Trimoline
40g	Glucose
80g	Candied yuzu compote (page 20)
7g	Pectin
120ml	Yuzu juice

PREPARATION METHOD

Mix water, $\frac{3}{4}$ sugar, trimoline, glucose and yuzu juice in a pot and bring it to a boil

Mix pectin with $\frac{1}{4}$ sugar and add to the mixture above

Whisk in candied yuzu peel

Churn in ice cream machine and reserve in freezer





CREAM CHEESE ICING

for 10 servings

INGREDIENTS

110g	Butter, unsalted	120g	Icing sugar, sifted
120g	Cream cheese, diced	6ml	Yuzu juice

PREPARATION METHOD

Cream butter, cream cheese and icing sugar in a mixer

Gradually add yuzu juice into mixture above

Beat until smooth

Reserve in a piping bag in refrigerator



INGREDIENTS

100ml	Yuzu juice	1.2g	Pectin
1g	Xanthan gum	15ml	Sugar syrup 1:1

PREPARATION METHOD

Place yuzu juice and sugar syrup in a pot

Add pectin and xanthan gum; bring it to a boil

Blend and strain mixture

Spread thinly onto a silicon mat

Dehydrate overnight at 40 degrees

Can be wrapped over chocolates, caramels or eaten as a refresher



PAPER

for 4 servings



INGREDIENTS

250g	Eggs	5g	Baking powder	IMBIBING SYRUP		YUZU GLAZE	
250g	Sugar	125g	Butter	50ml	Yuzu juice	300g	Icing sugar
150g	Sour cream	3g	Sea salt	200ml	Sugar syrup	60ml	Yuzu juice
250g	Flour	20g	Yuzu peel (optional)	(1:1)			

PREPARATION METHOD

Mix flour with baking powder

In a mixer combine the eggs with sugar, sour cream and sea salt

Mix well on medium speed

Add melted butter, flour mix and mix well on low speed

Fold in yuzu peel (optional)

Place in a well greased pan. Bake at 170 degrees for 50-60 minutes

Imbibe with yuzu syrup

Leave it to cool down

Mix yuzu juice and icing sugar in a whisking machine. Whisk until smooth

Glaze pound cake with yuzu glaze



TRAVEL CAKE

for 10 servings



INGREDIENTS

300g White chocolate
105ml Cream
45ml Yuzu juice

PREPARATION METHOD

Boil cream and yuzu juice and pour into chopped white chocolate
Stir gently in one direction until smooth consistency
Transfer into a piping bag
Pipe into molded chocolate and seal moulds with tempered white chocolate



WHITE CHOCOLATE GANACHE

for 10 servings



Basics

BRINE

for 10 servings

INGREDIENTS

100ml Yuzu juice
100ml Water
20g Sea salt

PREPARATION METHOD

Whisk all ingredients together until sea salt is dissolved

BUTTER

for 10 servings

INGREDIENTS

500g Butter, softened
5g Sea salt
5g Sugar
100ml Yuzu juice

PREPARATION METHOD

Reduce yuzu juice in pot to 20ml
Whip butter until creamy
Add yuzu juice, sea salt and sugar
Reserve in chiller

PEARLS

for 10 servings

INGREDIENTS

100ml Yuzu juice
2g Agar
5g Sugar
100ml Grapeseed oil
1 Squeeze bottle

PREPARATION METHOD

Mix all ingredients together
Bring to a boil; allow it to cool down and transfer into a squeeze bottle
Drop mixture into cold oil
Set for 10 minutes and strain

HOLLANDAISE

for 4 servings

INGREDIENTS

10g Onion, sliced
2g Garlic
20ml Yuzu juice
30ml Water
20g Egg yolk
180g Butter, melted
2g Sea salt
2g Sugar

PREPARATION METHOD

Reduce yuzu juice, water, garlic & onion by half
Strain and add yolk, sea salt & sugar
Return to heat and whisk until a ribbon stage
Whisk butter in slowly

KETCHUP

for 4 servings

INGREDIENTS

30ml Yuzu juice
90g Onion, diced
2g Sugar
30g Tomato paste
2g Paprika powder
3g Sea salt
2g Garlic, crushed
60ml Grapeseed oil

PREPARATION METHOD

Sweat onion & garlic in a pan with oil on low heat until softened
Add paprika powder and tomato paste and continue cooking on low heat
Add remaining ingredients and cook for 30 minutes
Puree and store in refrigerator

MAYONNAISE

for 4 servings

INGREDIENTS

80ml Grape seed oil
(Green herbal oil for
herb mayonnaise)
20g Egg yolk
15ml Yuzu juice
1g Sea salt

PREPARATION METHOD

Blend egg yolk and yuzu juice together
Using a hand blender, blend mixture and
slowly add oil until thickened
Season with sea salt

PICKLING LIQUID

for 10 servings

INGREDIENTS

100ml	Yuzu juice	3nos	Bay leaves
100ml	Vinegar	2g	Sea salt
100ml	Water	3g	Sugar

PREPARATION METHOD

Combine all ingredients in pot and bring
to a boil

OIL

for 10 servings

INGREDIENTS

100ml Grapeseed oil
20g Yuzu zest, fresh

PREPARATION METHOD

Blend oil and zest together
Infuse overnight and strain

SALT & SUGAR

for 10 servings

INGREDIENTS

100g Sea salt or Sugar
20g Yuzu zest, grated, fresh without pith

PREPARATION METHOD

Mix salt or sugar with zest
Dehydrate at 45 degrees
Crush in a mortar and pestle

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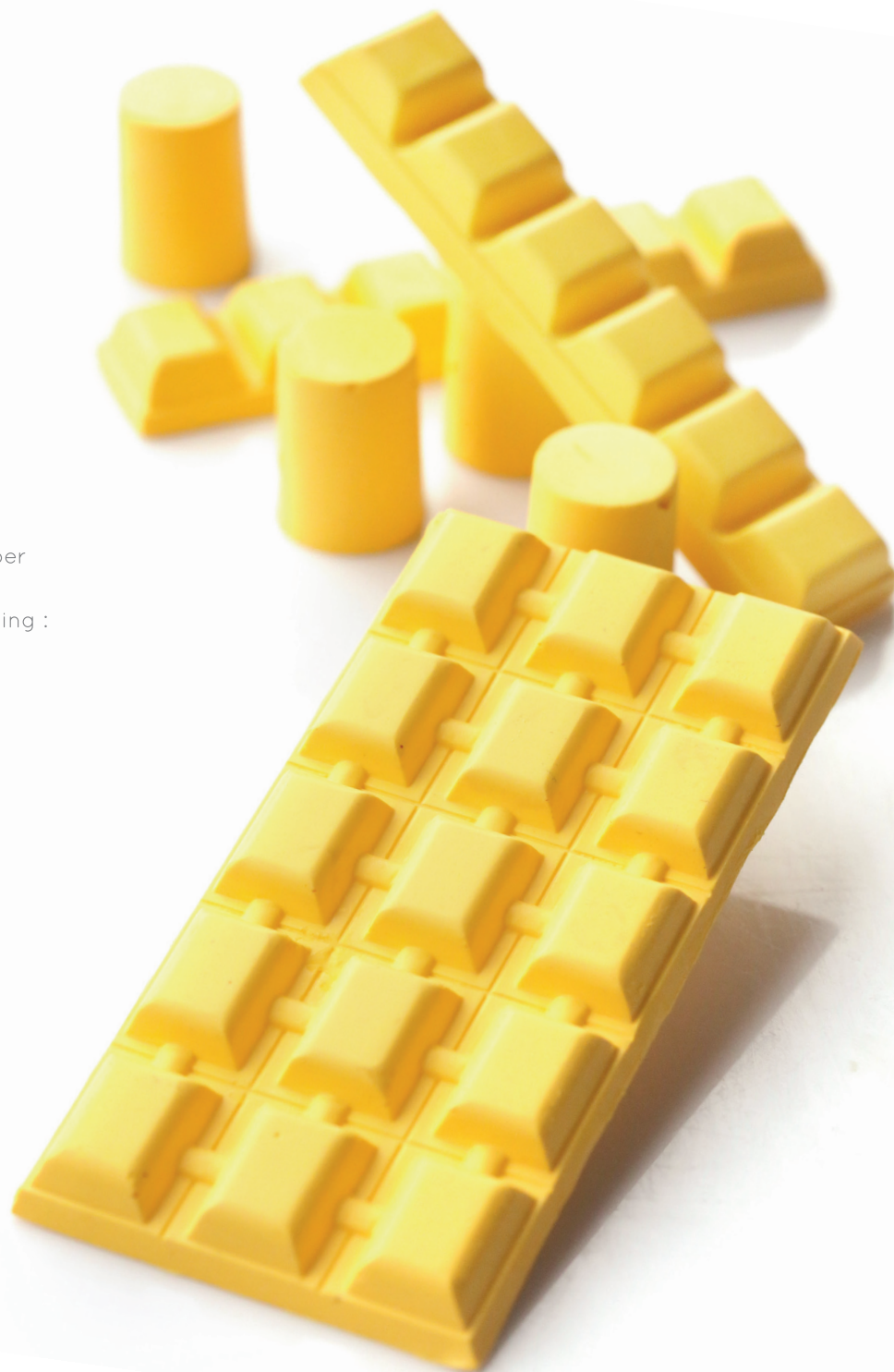
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