

# SPICE OF THE MONTH CLUB

January 2024

## Join us to discuss

*Tuesday, 1/30 / 6:00pm / Annex*

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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## This month's spice: Shichimi Togarashi

### History

Shichimi togarashi (sometimes sold as nana-iro togarashi outside of Japan) is a Japanese spice blend made up of seven different spices. The most common ingredients are red chili pepper, orange peel, black sesame, white sesame, ginger, hemp seed, and nori. It was invented as a medicine in 1625 and only after it became popular for its therapeutic benefits was it sold primarily as a seasoning. The company that invented it, Yagenbori, is still around and still offering its most famous product.

### Use

Shichimi togarashi is used as a seasoning in cooking and as a condiment on the table for soups, noodle dishes, tempura, and many other Japanese dishes. In Western cooking it is effective for seasoning barbecued, broiled/grilled, or pan-fried seafood--just mix with a little salt and rub on before cooking. A cooked cob of corn, buttered while hot and sprinkled with shichimi togarashi, is far more interesting than one seasoned simply with salt and pepper.



# Togarashi Seared Tuna with Wasabi Avocado Sauce

*Total prep and cook time: 30 minutes*

*Yields 4 servings*

## INGREDIENTS:

Tuna:

3-4 Ahi Tuna Steaks

2 tbsp of Togarashi Seasoning

2 tbsp of Canola Oil

Chopped Scallions for garnish

Wasabi avocado sauce:

½ of an Avocado

2½ tbsp of Buttermilk

2 tbsp of Fresh Cilantro

8 Garlic Cloves

1½ tbsp of Rice Wine Vinegar

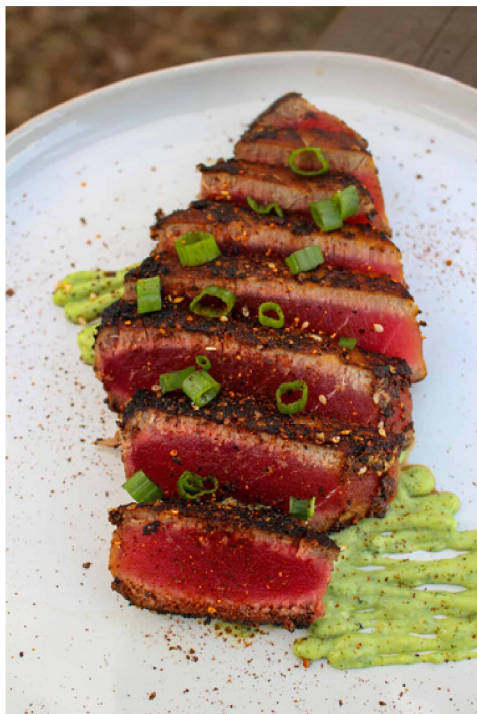
2 tsp of Wasabi Paste

½ tsp of Sesame Seed Oil

½ tsp of Sea Salt

½ tsp of Black Pepper

½ of a Lemon squeezed



## STEPS:

1. In a food processor, blend all the ingredients for the Wasabi Avocado Sauce until completely smooth. Place in a bowl or a bottle and place in the fridge till ready to use.
2. Season your Ahi Tuna with the Togarashi seasoning thoroughly. Let set for 5 minutes while you build your fire.
3. Build a high heat fire (around 400F) for direct skillet cooking. Add your skillet/plancha one minute before cooking along with some canola oil.
4. Add your tuna steaks to cook for 30 seconds per side. Once done, pull them off and rest for 1 minutes.
5. Add a drizzle of the Wasabi Avocado Sauce to a place with the Togarashi Seared Tuna on top. Garnish with chopped scallions and more togarashi seasoning if desired. Enjoy!

# Soba Noodles with Pork, Scallions, and Shichimi Togarashi

*Total prep and cook time: 50 minutes*

*Yields 4 to 6 servings*

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## INGREDIENTS:

- 3 tablespoons vegetable oil
- 1½ pounds pork tenderloin, trimmed and sliced thin crosswise
- 10 ounces shiitake mushrooms, stemmed and quartered
- 6 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 6 ounces (3 cups) bean sprouts
- ½ cup soy sauce
- ¼ cup mirin
- ¼ cup rice vinegar
- 8 ounces dried soba noodles
- 1 tablespoon salt
- 4 scallions, sliced thin
- ¼ cup shichimi togarashi

## STEPS:

1. Heat 1 tablespoon oil in 12-inch nonstick skillet over high heat until just smoking. Add pork in single layer and cook, without moving, for 1 minute. Stir and continue to cook until pork is lightly browned around edges and little pink remains, about 3 minutes; transfer to bowl.
2. Add remaining 2 tablespoons oil to now-empty skillet and heat over medium-high heat until just smoking. Add mushrooms and cook until browned, about 4 minutes. Push mushrooms to sides of skillet. Add garlic and ginger to center and cook, mashing mixture into skillet, until fragrant, about 30 seconds. Stir mixture into mushrooms. Stir in bean sprouts, soy sauce, mirin, rice vinegar, and pork along with any accumulated juices. Cook until pork is just heated through, about 1 minute. Remove from heat and cover to keep warm.
3. Meanwhile, bring 4 quarts water to boil in large pot. Add noodles and salt and cook, stirring often, until al dente, about 4 minutes. Reserve ½ cup cooking water, then drain noodles and return to pot. Stir in pork-mushroom mixture and scallions and adjust consistency with reserved cooking water as needed. Sprinkle individual portions with shichimi togarashi. Serve.

**Note:** For this dish, avoid the darker colored soba noodles made from 100 percent buckwheat as they take twice the amount of time to cook as the lighter colored soba, which are made with part buckwheat and part regular wheat.

# Shichimi Togarashi Chicken Stir Fry

*Total prep and cook time: 20 minutes*

*Yields 4 servings*

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## INGREDIENTS:

- 2 tablespoons sesame oil – toasted or black sesame oil is best
  - 1 tablespoon garlic – minced
  - 1 tablespoon fresh ginger or 1 teaspoon dried ground ginger
  - 1 pound chicken breast – chunked
  - 1 tablespoon salt
  - ½ teaspoon shichimi togarashi 7 spice blend – more for more heat
  - 2 cups red bell peppers – diced
  - 1 jalapeno pepper – diced seeds removed for milder stir fry
  - 4 cups zucchini – chunked
  - zest from 1 orange
- For sauce:
- ¼ cup orange juice
  - ¼ cup soy sauce
  - 1 tablespoon honey
  - 2 tablespoon cornstarch



## STEPS:

1. Prep all vegetables and chicken.
2. Mix together orange juice, soy sauce, honey and cornstarch then set aside.
3. Heat a wok or large skillet to high heat.
4. Add sesame oil, garlic, ginger, chicken breast, salt and shichimi togarashi then cook chicken through then remove from pan and set aside.
5. Add red bell peppers, jalapeno, zucchini and orange zest and cook until peppers and zucchini are softened.
6. Add back in the chicken mixture.
7. Stir the sauce mixture quickly then add to the stir fry and cook until sauce thickens slightly.
8. Enjoy over rice or on it's own.