

 **LEXUS** CULINARY PARTNER




New Zealand



CHEF

SACHIE

NOMURA

 @sachieskitchen

## ABOUT

Born in Aichi, Japan but based in New Zealand for the last twenty years, Sachie Nomura is the founder of Australasia's largest Asian cooking school, Sachie's Kitchen; the executive chef of the restaurants at CLOUDY BAY Marlborough and CLOUDY BAY Central Otago; a cookbook author, an entrepreneur, an inventor – her Avocadomilk won the 2020 World Food Innovation Award as the Best Health or Wellness Drink -- and a television host of "Sachie's Kitchen." She lives in Auckland with her husband Nick and son, Zachariah.

## PERSPECTIVE

As both a culinary educator and an ambassador for washoku, Nomura is dedicated to gently welcoming her guests into the intricacies of Japanese cuisine. To that end, she is careful to gauge her guests' interest and comfort-level before presenting her menus. These are frequently guided by both the Japanese concept of shibui, or a pleasing simplicity, and gomi goshoku goho, the culinary theory of balance including five ways of cooking, five flavors and five colors.

*Inspiration For* —————

## BEEF NIGIRI

Nigiri is traditionally made of rice topped with a piece of high-grade raw fish. Along with maki and sashimi, nigiri is a main element in the sushi arsenal. However, in this preparation, Nomura used the form to present a slice of charbroiled beef. "Whatever I do I want to demystify things for people so they don't feel threatened," she explained, "So by giving them beef, a common protein for Western society, I wanted to put them together, East meets West."

## ASPARAGUS WITH BLACK SESAME

At the center of this accompaniment is the fifth flavor of gomo goshoku goho: umami. It is to be found in the sesame seed paste, a combination of seeds, brown sugar and soy sauce. But the colors too -- two of the five: a vibrant green and an inky black powder -- delight the eye. For Nomura, the simplicity of this preparation allows the guests to better and accept more easily black sesame, a perhaps novel ingredient.





**BEEF  
NIGIRI**







## BEEF NIGIRI

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PREP TIME

1 HR



COOK TIME

30 MIN



SERVES

6



DIFFICULTY

4/5

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### INGREDIENTS

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Sushi rice - 320g cooked  
Mix with sushi vinegar after cooked

Eye fillet - 10g per serve

Fine salt

Ginger

Spring onion

100ml soy sauce

100ml mirin

100ml cooking sake

50g brown sugar

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### DIRECTIONS

#### SUSHI:

Cook rice and then mix with sushi vinegar when done.

#### TERIYAKI SAUCE:

Mix soy sauce, mirin, sake, and brown sugar and bring to a boil.  
Then cook on low heat until sauce thickens.

#### BEEF:

Slice beef thinly, make it into Nigiri and sprinkle with fine salt.  
Grill and brush with teriyaki sauce when done.

#### GARNISH:

Peel and grate ginger. Soak onion in ice cold water.

#### PLATE:

(In order) Rice, beef, ginger, and onion







## ASPARAGUS WITH BLACK SESAME

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PREP TIME

30 MIN



COOK TIME

10 MIN



SERVES

6



DIFFICULTY

1/5

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### INGREDIENTS

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60 asparagus, peeled, cut  
(3-4pc, 5cm long)

10g black sesame powder

10g brown sugar

10ml soy sauce

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### DIRECTIONS

#### ASPARAGUS

Blanch asparagus in salted water for 2.5 minutes. Drain water, rinse under cold water and drain. Slice into half if they are large (except head).

#### SESAME PASTE

Grind black sesame powder using spice grinder to make small particles. Mix black sesame powder, brown sugar and soy sauce to make black sesame paste and pack in 3 separate piping bags.

Garnish with white sesame seeds and serve.



