



This month, the Southern California Horticultural Society invited Florence Nishida, M.S., a Research Associate at the Natural History Museum of Los Angeles County and co-founder of the non-profit [L.A. Green Grounds](#), to present a webinar on how to grow Asian vegetables.

These are a couple of Florence's Asian cooking recipes. To watch the full replay of Florence's presentation, visit <https://youtu.be/8tco9QCGqCM>.

Chicken Stew with Sato Imo, Potatoes, Carrots

Ingredients

4-5 chicken thighs
½ onion, chopped
3 small carrots, peeled, cut “rengon” style*
1 pkg dashi
1 T. soy sauce
1 T. mirin (sweet rice wine)
3-4 small sato imo, peeled, cut into 1 ½” chunks
1 small potato, peeled, cut into 1 ½” chunks
2-3 sprigs cilantro

Directions

1. Brown chicken thighs, remove to a plate.
2. Add chopped onions, cook until translucent
3. Add chopped carrots. Cook for ca. 8 min. Add boiling water to cover w/ 1” over. Put a floating lid on, simmer for 20 min.
4. Add seasoning: soy sauce, mirin, dashi. Simmer 6 min.
5. Add sato imo, potato. Simmer all for about 10 min.
6. Serve in large bowls with chopped cilantro (or mitsuba) as garnish. Serve with rice in a separate bowl.

Notes

*Rengon style cutting. Peel vegetable (usually). Make first cut at a diagonal about 30 deg., rotate the vegetable ¼, make another diagonal cut. Continue this way until the end of the vegetable is reached. Most rengon-cut vegetables are cut about 1 ½” in width.



Vegetables commonly cut like this for stews or “nishime” are carrots, potatoes, gobo, daikon.

Asian Mustard Greens basic seasoning

Ingredients

1 T. sesame seeds
2 tsp. sesame oil
6 c. mustard greens chopped
¼ c. water
1 tsp garlic minced
1 T. soy sauce
3 tsp mirin (Japanese sweet rice wine)
1 tsp sake (Japanese rice wine)
1 tsp. sugar
Red pepper flakes (opt.)

Suggestions

- Mix a variety of greens among: bok choy, napa, mizuna, purple mustard, tatsoi,
- Can saute ½ onion sliced or chopped before adding greens.
- Rinse greens with cold water. Cut greens into narrow ribbons or tear into 2” squares. Saute greens still moist with the rinse water.
- No need to add salt. Soy sauce is salty.
- Heat oil in large skillet or wok until hot. Stir fry greens until limp, cook another 1-2 min.