

MUKAI "MASTER" CLASS

MUKAI FARM & GARDEN PRESENTS

Japanese Pickling

Saturday, November 14th ~ 2:00pm



Fred Harriman



Your Instructors: Takayo & Fred Harriman

Course description: ASA-ZUKI, The Basics of Japanese Pickling

Japanese expect even the simplest of meals to include: Rice, Tea, Broth, and a prepared dish. Pickles as the prepared dish are one of the first things that come to mind when planning meals from quick breakfasts to banquets. In this class, Takayo and Fred Harriman will demonstrate the simplest of pickling methods: ASA-ZUKE ("Ah-Sah Zoo-Kay"), which can produce pickles with only minutes of preparation, and a few hours in brine. Once understood, this method will serve as basic knowledge for more sophisticated pickling in the future.

Participants will be able to download a PowerPoint presentation for reference in the future, and build a library of Japanese recipes. The presentation itself will be about 30 minutes, and a Q&A session will follow to complete the class.

\$15
per person

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Bios/More info

Fred Harriman lived in Japan for 17 years, where he married his wife Takayo Miyazaki from Hamamatsu City of Shizuoka Prefecture. Takayo grew up in a small village outside of Hamamatsu on the shores of the magnificent estuary of Lake Hamana — a source of a wide variety of seafood, with hills and rallies perfect for cultivating rice and vegetables. As Fred and Takayo raised their daughters Aya and Chie, the family often gathered on weekends and for longer periods during which traditional country fare was prepared. A proper Japanese meal is rice, miso soup or broth, and something else. That "something else" is often various forms of pickles.

For this class, Fred and Takayo will confer to present the most simple and most essential aspects of Japanese pickling. Chinese and Korean cuisine have a magnificent array of pickling methods —



all loved and respected in Japan as well. But traditional Japanese cuisine, which has also faced the basic need to preserve with salt, tends to be much simpler, and normally uses fewer ingredients to make the flavor of the main ingredient (radish, greens, etc.) take the main stage.

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Mukai "master" Class is an immersive online self-education experience giving you access to Mukai Farm & Garden programming and events highlighting Japanese and Asian culture. Most classes will be offered online, but we will gather in-person when we can ensure safe social distancing.

Mukai Farm & Garden - www.mukaifarmandgarden.org