

# MULTIGRAIN OCHAZUKE WITH UMAMI MISO MUSHROOM DASHI, PICKLED SHIITAKES, SESAME SPINACH, AND A POACHED EGG

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Umami Miso Mushroom Broth</i>	
Shiitake mushrooms, dried	2 oz.
Water	2 qt.
Knorr® Professional Intense Flavors	
Miso Umami	1 ½ Tbsp.
Soy sauce, low sodium	1 oz. or as needed
Sugar	1 Tbsp. or as needed
<i>Pickled Shiitake Mushrooms</i>	
Shiitake mushrooms from Umami Miso Mushroom Broth, stemmed, sliced ¼" thick	1 cup
Umami Miso Mushroom Broth (see above)	½ cup
Brown sugar	3 Tbsp.
Soy sauce, light	¼ cup
Cider vinegar	¼ cup
Garlic clove, smashed	1 ea.
Ginger, peeled, cut in ¼" rounds	3 ea.
<i>Sesame Spinach</i>	
Spinach	2 lb.
Tamari	3 Tbsp.
Rice vinegar	1 Tbsp.
Sesame oil	4 Tbsp.
Salt	½ tsp.
Sesame seeds, toasted	¼ cup
<i>Poached Eggs</i>	
Eggs	12 ea.
White wine vinegar	1 Tbsp.
<i>Assembly</i>	
Multigrain Mix (recipe follows)	6 cups
Edamame, shelled	½ cup
Pickled Shiitake Mushrooms (see above)	½ cup
Sesame Spinach (see above)	½ cups

Shoga	as needed
Green onions, julienned	½ cup
Furikake, vegetarian	2 Tbsp.

*Optional Garnishes*

Tamari	as needed
Sesame oil	as needed

**Method**

1. *For the Umami Miso Mushroom Broth:* Bring water and shiitake mushrooms to a simmer, and gently simmer on low heat for 10 minutes.
2. Turn off heat, add the Knorr® Professional Intense Flavors Miso Umami, and steep for 30 minutes. Strain, removing the mushrooms and reserving them for the pickled shiitakes along with ½ cup of liquid.
3. Reserve the remaining Umami Miso Mushroom Broth. Season with soy and sugar.
4. *For the Pickled Shiitakes:* Combine the mushroom soaking liquid, sugar, soy sauce, vinegar, garlic, ginger, and mushrooms in a small pot. Bring to a low simmer and cook for 30 minutes or until the mushrooms are tender and full of flavor. Let cool.
5. *For the Sesame Spinach:* Bring a pot of water to a rolling boil.
6. Using a wire skimmer, blanch spinach quickly for 10 seconds. Shock spinach in ice water to stop the cooking, then transfer to a perforated pan. Set aside to completely drain. Gently squeeze with your hands to remove any excess water.
7. Transfer to mixing bowl and toss gently with soy sauce, rice vinegar, sesame oil, salt and sesame seeds.
8. *For the Poach Eggs:* Carefully break egg into a cup, then gently pour into the boiling water. Immediately remove the pan from the heat and set it aside. After about 4 minutes the egg should be poached.
9. Using a slotted spoon, carefully transfer the poached egg to a bowl of warm water to keep it from cooling down. Once all the eggs are done, dry them on kitchen paper.
10. *To Serve:* Place warm Multigrain Mix into bowls, sprinkle with edamame. Place 1 tablespoon of shiitakes, a mound of sesame spinach, and a poached egg on top. Carefully pour in Umami Miso Mushroom Broth.
11. Garnish with shoga, green onions and furikake. Serve optional garnishes on the side in bowls.

# MULTIGRAIN MIX

*Yield: 6 Cups*

<b>Ingredients</b>	<b>Amounts</b>
<i>Quinoa</i>	
Canola oil	1 ½ Tbsp.
Quinoa	1 cup
Shallots, diced	¼ cup
Garlic, minced	½ tsp.
Vegetable stock	2 cups
Salt	1 ¼ tsp.
Ground black pepper	½ tsp.
 <i>Black Rice</i>	
Black rice, short grain	1 cup
Water	2 cups
Salt	as needed
Ground black pepper	as needed
 <i>White Rice</i>	
Japanese sushi rice	1 cup
Water	1 cup

## **Method**

1. *For the Quinoa:* Heat oil in a saucepan over medium high heat. Add the quinoa; it should sizzle in the pan. Let cook for 5 to 8 minutes, stirring constantly until the quinoa is toasted and golden brown in color. It will have a slightly nutty aroma.
2. Add the shallots and garlic, and sauté them for 1 to 2 minutes. Add the stock and season with salt and pepper.
3. Stir well with a kitchen fork, and bring the stock to a simmer over medium heat. Reduce the heat to low. Cover the pot and simmer the quinoa over low heat or in a 325°F oven for about 20 minutes, or until the quinoa is tender and very fluffy.
4. Fluff quinoa with a fork to break up any clumps. Check the seasoning and add the salt and pepper to taste before serving.
5. *For the Black Rice:* Rinse the rice until the water is clear. Bring the water to a simmer in a small pot. Add the drained rinsed rice and seasonings. Bring back to a simmer, turn to low, cover and cook until the rice has absorbed the water and is tender. Cook for 25 minutes. Let sit for 5 minutes then gently fluff. Pour into a hotel pan to cool.
6. *For the White Rice:* Rinse the rice until the water is clear. Soak in water until the grains turn solid white, approximately 20 minutes. Drain well.
7. Bring the water to a simmer in a small pot. Add the drained rinsed rice. Bring back to a simmer, turn to low, cover and cook until the rice has absorbed the water and is tender, about 25 minutes. Let sit for 5 minutes then gently fluff. Pour into a hotel pan to cool.
8. Combine rice and grains. Gently mix. Place rice mixture on a hotel pan.