

JAPANESE FERMENTATION BASICS

CHAPTER 2

COOKING WITH KOJI-BASED SEASONINGS

Discover how to use homemade koji seasonings in practical, everyday Japanese cooking. In this hands-on online class, you'll prepare simple, nourishing dishes using salt koji, soy sauce koji, and ama koji to create deep umami and natural flavor without complicated techniques.

BEFORE THE CLASS:

To help everything run smoothly, please:

- Pre-measure all ingredients before class
- Wash and dry all produce in advance
- Remove all ingredients (except meat and fish, if included) from the refrigerator ahead of time
- Prepare your tools based on the equipment list
- Organize ingredients by recipe (using trays or baking sheets is highly recommended)
- If possible, prepare steamed rice and/or miso soup before class for plating and serving.

You may also receive a short additional prep note a few days before class depending on the menu.

IMPORTANT NOTES:

- This class assumes you already have prepared or possess salt koji, soy sauce koji, and ama koji.
- Results may vary depending on ingredient quality, equipment, and cooking experience.
- Ingredient substitutions may alter the flavor, texture, and overall outcome of the recipes.
- If you have questions about ingredient substitutions or equipment, please contact us before class at info@kojiandmore.com.
- One ticket is valid per device. Multiple participants may attend together using the same screen; separate devices require separate tickets.

INGREDIENT SHOPPING LIST

Below is a list of ingredients needed for the recipes included in this class packet. To help you prepare with ease, we've also included a curated Amazon shopping list featuring ingredients and recommended items that may be helpful for class.

You can browse the recommended ingredient list here (or scan the QR code):

<https://www.amazon.com/shop/kojiandmore/>

Yield: 2 Servings

Koji Seasonings

- ☐ Approximately 50 g salt Koji
- ☐ Approximately 40 g ama Koji or sugar
- ☐ Approximately 20 g Soy sauce Koji



Salt Koji Cucumber Pickles

- ☐ 2 Japanese cucumbers or Persian cucumbers

Optional flavor variations. You may select one ingredient from below.:

- ☐ Small piece of kombu
- ☐ Yuzu peel or lemon peel
- ☐ Katsuobushi (bonito flakes)
- ☐ 2-4 pieces of shiso leaves

Steamed Salt Koji Salmon

- ☐ 2 salmon fillets (approximately 4–6 oz / 115–170 g each)
- ☐ (Optional) 4 pieces of shiso leaves

Steamed Green Beans with Sweet & Salty Sesame Dressing

- ☐ Approximately 120 g green beans
- ☐ 2 tbsp toasted white or black sesame seeds (whole/unground seeds are recommended)
- ☐ 1 tsp sesame oil

Optional for Final Plating

- ☐ Steamed rice (prepared before class)
- ☐ Miso soup (prepared before class)

EQUIPMENT CHECKLIST

Below is a checklist of kitchen tools and equipment recommended for the best class experience.

Having these items prepared in advance will help ensure a smooth and enjoyable cooking session.

- ☐ Cutting board
- ☐ Chef's knife
- ☐ Measuring spoons
- ☐ Measuring cups
- ☐ Mixing bowls (small and medium)
- ☐ Mortar and Pestle (only needed if you grind sesame seeds yourself, not if you buy them already ground)
- ☐ Kitchen scale (recommended)
- ☐ (Optional) Vegetable peeler or zester (for citrus peel)
- ☐ Steamer basket or bamboo steamer
- ☐ Large pot or pan with lid for steaming
- ☐ Tongs or chopsticks
- ☐ Serving plates or bowls for final plating
- ☐ Paper towels or clean kitchen towels

Questions about substitutions? Please contact us at info@kojiandmore.com.