

Glossary of Ingredients for Japanese Teppanyaki

The best source for genuine ingredients is, of course, a well stocked Japanese Market. Many oriental supermarkets might offer Japanese sauces, condiments and spices as well. Nowadays, even regular grocery stores usually carry a nice variety of Asian condiments and sauces, which can be used as substitutes.

- ❑ **Aonori** dried green algae (flakes or powder)
- ❑ **Benishoga** red pickled ginger (there are two varieties: a slightly sweeter one used as condiment, also called "sushi" ginger, and a thinly chopped one for cooking)
- ❑ **Cyuzu** Japanese citrus fruit
Substitute: fresh lime-juice
- ❑ **Daikon** large white Japanese radish
Substitute: white radish or little red radishes
- ❑ **Dashi** Japanese stock (available as powder), flavored with bonito + kelp)
- ❑ **Gori** Ginger root – has to be peeled and chopped or grated
Substitute: Ginger paste
- ❑ **Katakuriko** Japanese potato starch
Substitute: rice or cornstarch
- ❑ **Katsuo bushi** paper-thin shaved dried fish flakes, made from smoked and fermented skipjack tuna (bonito)
- ❑ **Mayonaise** The Japanese version contains more egg-yolk; tastes slightly different
Substitute: Miracle Whip
- ❑ **Mirin** sweet cooking sake
- ❑ **Miso** soy bean paste (available in several different varieties, for cooking or dips; tell the vendor what you are planning to use it for)
- ❑ **Nerigoma** white or black sesame paste
Substitute:
- ❑ **Nori** dried and toasted green seaweed; comes in sheets or strips
- ❑ **Okonomi sauce** needed for Okonomiyaki (Japanese pancakes) made from fruit and vegetables, slightly sweet and savory)
Substitute: A 57
- ❑ **Ponzu** Japanese citrus vinaigrette
- ❑ **Rice vinegar** has less acidity than Western vinegar
Substitute: diluted apple cider vinegar
- ❑ **Sake** Japanese rice wine (also available in a variety just for cooking)
- ❑ **Shishimi** Japanese seven spices
- ❑ **Shishitou** Japanese green chiles; not particularly hot
Substitute: mild light green peppers or spring onions (scallions)
- ❑ **Shiso** Japanese green basil
Substitute: chopped lemon grass stem
- ❑ **Shoyu** Soy sauce. The Japanese variety is slightly sweeter and rounder in taste
Substitute: any other variety with a pinch of sugar added
- ❑ **Teriyaki sauce** Soy sauce with sugar, mirin and water
- ❑ **Wasabi** Japanese green horseradish
Substitute: Wasabi paste or hot prepared horseradish
- ❑ **Yamaimo** Japanese yam potato, powder or frozen
- ❑ **Yukari** salted, dried red basil powder
- ❑ **Yuzu** Japanese citrus
Substitute: Lemon zest