

About Teppanyaki-Style Japanese Grill Hotplate Cooking

The key to teppanyaki cooking is that it is **quick and simple** and **incorporates the cook** as an integral part of the dining process, rather than relegating him or her to the kitchen or the grill.

One of the essential features of teppanyaki cooking is the **entertaining** way the food is cooked and served to waiting diners – very **relaxing, yet stimulating**. Seeing the fresh food, watching someone cooking – or **interacting** in the process – and smelling the **delicious aromas** is a sure thing to whet everyone's appetite.



Naturally, at home there is no grand performance like in a restaurant. However, this **sociable style** of cooking does afford the host/cook with the opportunity to **show off** their cooking skills and knowledge of ingredients.

The word teppanyaki derives from "teppan", which originally means "iron plate", while "yaki" translates to "grilling". Today teppanyaki-style cooking can be performed on an electric stainless steel flattop grill, which can be used both, **indoors and outdoors**.

The food is being **cooked where it is to be eaten**. The diners are involved in the process by their **presence and interaction**, making the meal a very **convivial experience**. Teppanyaki-style cooking can **easily be adapted** to the Western style of barbecuing or grilling and is a **tasty alternative** for those who are seeking a change from traditionally prepared steaks and sausages.

Most of the preparation of a teppanyaki meal is done beforehand, and the cooking begins when all the company is seated around the table. Then the sampling of small amounts of **tasty delights** starts, as they are cooked and served. Many believe that it is even more fun to eat straight from the teppan.

The Cook-N-Dine teppanyaki grill hotplate, or teppan, is a **very versatile** piece of equipment that can be used to cook a **wide variety** of other dishes as well, like breakfast, vegetables and dessert, or i.e. Okonomiyaki, a Japanese savory pancake version.

In Japan it is usual for food to be served in a series of smaller, separate portions, sometimes not much more than a mouthful that can be savored to the fullest. The most common side dishes are steamed or fried rice, salads, pickles and miso soup.

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