

Vegetable Main Dish
Recipes Vol. 18

Zucchini is Best Enjoyed During the Hot Summer

Although it looks like a cucumber, zucchini is part of the pumpkin family. It has a light, neutral flavor, so it can be used in a variety of dishes in both Japanese and Western cuisines.

By Makiko Hei



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Nutritional value

Zucchini has relatively high levels of potassium, which plays an important role in eliminating excess sodium, regulating blood pressure, and retaining cellular water. Potassium is one of the nutrients that is important to obtain from food, especially during the summer months, because it is eliminated through sweat.

Zucchini also has considerable amounts of folic acid, a B vitamin. Folic acid helps build blood and aids in cell renewal. A deficiency of folic acid can cause anemia.

Zucchini is 95% water. In addition, it is low in carbohydrates and high in fiber. Dietary fiber absorbs and cuts excess fat, sugar, and sodium, which can help prevent and improve lifestyle-related diseases such as obesity and high blood pressure.

How to select a good zucchini

- The cut end of the stem is thick and uniform in overall thickness.
- The skin should be shiny with no blemishes on the surface. If the skin is not shiny, the water content is low, and the zucchini will have less flavor.
- Look at the "butt" of the zucchini, and if it has

many striations, it means it is not shriveled. The flesh will be tasty.

How to store zucchini

- At room temperature: Can be stored at room temperature between 15°C and 25°C. Wrap each zucchini in newspaper and place in a cool, dark place. Storage time is about one week.
- Refrigerated: Wrap whole zucchini in a paper towel, place in an airtight bag, and store in the vegetable compartment of the refrigerator. The standard storage period is four to five days. If you want to keep it longer, freeze it.
- Frozen: Cut into convenient sizes, place in airtight bags with cut ends not overlapping, and freeze. Use frozen cut pieces in stews, etc. The standard storage period is one month.

Cooking tips

Zucchini skin is soft, so it is best to cook it with the skin. Prepare it by sprinkling lightly with salt, and it can be enjoyed deliciously as *namul* (Korean vegetable dish) or in salad.

Deep-fried Zucchini and Chicken Breast in Broth

Deep-fried Zucchini and Fried Chicken Breast in a Refreshing Japanese *Dashi* Broth.

Cooking time: 20 minutes

*Excluding time for making soup stock and marinating the chicken in seasoning.

[Ingredients] 2 servings

1 chicken breast, skinless (about 350 g)
1 zucchini 4 *shiso* leaves
3 tablespoons *katakuriko* (potato starch)
Frying oil as needed



(A)

1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon grated ginger

[B : Dipping Sauce]

Dried bonito and kelp broth 240ml (*see the bottom of this page)
2 tablespoons *mirin* (sweet cooking rice wine)
2 tablespoons light soy sauce

[How to cook]

1. Place B in a saucepan over medium heat, bring to a boil, remove from heat, and set aside to cool.
2. Pierce the chicken breast with a fork all over the underside, cut in half lengthwise, chop into bite-sized pieces, place in a bowl, rub with A, and let stand at room temperature for 30 minutes. Cut off both ends of zucchini and slice into 1 cm wide rounds. Cut *shiso* leaves into thin strips, soak in water, and drain well.
3. Heat deep-frying oil to 170-180C° and deep-fry zucchini for 1.5 minutes, then drain off the oil and add to the dipping sauce in (1) above.
4. Coat the seasoned chicken with potato starch and deep-fry at 170C° for 2 minutes. Just before removing the chicken from the oil, increase the heat for 30 seconds or so to make it fragrant. Drain off the oil and add to the dipping sauce.
5. Serve in a bowl and garnish with the *shiso* leaves from (2) above. Can be stored in the refrigerator for up to 3 days.

*You can eat it right away, but it tastes even better if you let it sit in the refrigerator for an hour or two to let the flavors meld.



[How to make soup stock for dipping sauce]

Ingredients: 1 liter or more water, 10g kelp for soup stock, 25g dried bonito

Preparation: Put water and kelp in a pot over very low heat for 20 to 30 minutes to slowly draw out the kelp extract*1, add dried bonito just before it comes to a boil, and turn off the heat. Cover and steam, once it's cooled, strain through a fine-meshed colander. Leftover soup stock can be frozen for up to one month.

*1. You can also use a liter of water with kelp in it, which was kept in the refrigerator for 6-12 hours.



Dried bonito(left) and kelp in water(right)

Zucchini and Tuna *Namul* (Korean Vegetable Dish)

Raw Zucchini is Fresh and Delicious! With its Spicy Flavor, Can Be Served as a Side Dish or a Snack.

Cooking time: 25 minutes

[Ingredients] 2 servings

1 zucchini (about 200g)

70 g (small can) tuna

1/4 teaspoon salt

1 tablespoon white roasted sesame seeds

A few threads of red chili pepper (or a small piece of red chili pepper), as needed

1 tablespoon sesame oil

1-2 teaspoons chili bean paste (to taste)



[How to cook]

1. Cut off the stem the zucchini, slice into thin rounds with a slicer, and place in a bowl. Sprinkle with salt and let stand for 10 minutes, then squeeze out the water and put into the bowl with a mixture of sesame oil and chili bean paste.
2. Add tuna and sesame seeds. Arrange in a bowl and top with sliced red chili pepper.



Tips

- Can be refrigerated for up to three days.
- Adjust the amount of chili bean paste and chili pepper to taste.

Profile

Makiko Hei

I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes."

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