

Add a Little Spice to Your Life!

Grab & Go Spice Kits for Adults: Pure Wasabi Powder

Do you love to cook? Do you love to cook? Do you like to try new flavors and recipes? Or maybe you are in a cooking rut and don't know how to start expanding your cooking repertoire. Let us help you get spicy in the kitchen. Your kit includes a pre-measured packet of pure wasabi powder and a few recipes.

What is wasabi? Wasabi, often called Japanese horseradish, is derived from the rhizome of the *Wasabia japonica* plant and is a member of the Brassicaceae family. Other members in this family are cabbage, broccoli and *Armoracia rusticana* which is the root vegetable also known as horseradish or European horseradish. Wasabi is used as a condiment in Japanese cuisine, particularly in sushi dishes. It may help reduce inflammation, improve digestion, and boost immune function. In addition, some studies suggest that the compounds found in wasabi may have anti-cancer properties, although more research is needed to confirm these claims.

Real Wasabi vs. Fake Wasabi. Wasabi plants are temperamental and require specific conditions to grow optimally. The harvesting process for wasabi is meticulous and labour-intensive. Because of wasabi's high price and scarcity, most of the wasabi found in U.S. restaurants and supermarkets is fake wasabi which is typically made from horseradish, mustard, and green food coloring. Thickening agents like flour or cornstarch may also be included. These mixtures contain little if any pure wasabi.

Easy ways to add wasabi to your diet. One of the defining characteristics of wasabi is its intense heat which dissipates quickly, leaving behind a refreshing sensation that cleanses the palate. In addition, wasabi has a complex flavor profile that combines notes of sweetness, heat, and earthiness.

To make wasabi paste, mix 2 teaspoons of wasabi powder with 1 teaspoon of water. Let the paste rest for 15 minutes to allow its flavor to develop. Besides its inclusion in some of the recipes below, this paste is also perfect for sushi.

To make a wasabi mayo, mix ¼ cup mayo with 1 teaspoon wasabi powder and 1 teaspoon soy sauce. Cover and chill until flavors blend, about 10 minutes.

Recipes featuring pure wasabi powder.

- *Wasabi-Soy Vinaigrette*
- *Ginger Wasabi Dip*
- *Chicken and Celery Salad with Wasabi-Tahini Dressing*
- *Wasabi and Roasted Garlic Mashed Potatoes*
- *Teriyaki Salmon with Mirin Cucumber Salad*
- *Panko Parmesan Crusted Chicken*
- *Grilled Rib-Eye With Wasabi-Garlic Paste*

Need more inspiration? You can watch a six-part Great Courses class called *The Everyday Gourmet: Essential Secrets of Spices in Cooking* for free with your library card by using a [Hoopla Great Courses BingePass](#) or streaming on [Kanopy](#).

Wasabi-Soy Vinaigrette

By Eric Kim

INGREDIENTS

- 2 large garlic cloves, finely grated
- 2 tablespoons granulated sugar
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 1½ teaspoons wasabi paste, plus more to taste

PREPARATION

1. In a small liquid measuring cup or a glass jar with a tight-fitting lid, combine ¼ cup water, the garlic, sugar, soy sauce, rice vinegar, sesame oil and wasabi paste. Whisk to combine, or, if using a jar, seal tightly and shake vigorously until emulsified. Taste and add more wasabi if you like; the wasabi flavor will intensify as the vinaigrette sits.
2. Use immediately or refrigerate in an airtight container for up to 1 week. This tastes great with any green salad, of course, but also with raw, crunchy vegetables, like cucumbers, sugar snap peas and thinly sliced asparagus.

Ginger Wasabi Dip

By Marie Porter

INGREDIENTS

- 2 tablespoon Wasabi Powder
- ¼ Cup Water
- 1 tablespoon Freshly Grated Ginger
- 1 Garlic Clove
- 1 teaspoon Soy Sauce
- 1 teaspoon Sesame Oil
- 1 Cup Sour Cream
- 1 Cup Mayonnaise
- 2 tablespoon Dried Onion Flakes

PREPARATION

1. In a medium bowl, mix wasabi powder together with water to form a smooth paste. Allow to sit for 10-15 minutes.
2. Then stir in ginger, garlic, soy sauce, and sesame oil, stirring until everything is well combined and smooth. Add sour cream and mayo, once again stirring until everything is well combined and smooth. Add dried onion flakes, stir well distributed.
3. Cover bowl with plastic wrap, chill for at least 1 hour before serving.

Chicken and Celery Salad with Wasabi-Tahini Dressing

By Sue Li

Yield: 4 to 6 servings

INGREDIENTS

- 2 small boneless, skinless chicken breasts (about 1 pound total)
- Kosher salt
- ¼ cup fresh lime juice, plus more lime wedges, for serving (3 to 4 limes)
- ¼ cup tahini
- 1 to 2 tablespoons wasabi paste
- 2 garlic cloves, grated
- ½ teaspoon granulated sugar
- 8 to 10 celery ribs, plus ½ cup celery leaves
- Sesame seeds, for serving

PREPARATION

1. In a medium pot, cover chicken breasts with about 2 inches of water, and season with 2 tablespoons of kosher salt. Bring to a boil over high heat, then simmer on low until the chicken is cooked through, about 20 minutes. Once the chicken is cooked, remove it from the pot and let cool.
2. While the chicken cools, make the dressing: In a medium bowl, whisk together lime juice, tahini, wasabi paste, garlic, sugar and ¼ cup water until smooth. Season to taste with salt.
3. Cut celery into 2-inch segments, then cut segments lengthwise into matchsticks and place in a large bowl.
4. Using two forks or hands, shred the chicken into bite-size pieces and transfer to the bowl with the celery.
5. Pour dressing over the chicken and celery and toss to coat. Top with celery leaves and sesame seeds, and serve with lime wedges.

Wasabi and Roasted Garlic Mashed Potatoes

By Guy Fieri

Yield; 4 to 6 servings

INGREDIENTS

- 1 head garlic, whole
- 1 teaspoon olive oil
- 2 1/2 pounds waxy potatoes, such as red bliss, quartered
- 4 teaspoons wasabi powder
- 1/2 to 1 teaspoon water
- 1 cup unsalted butter, room temperature
- 1/2 cup heavy cream, plus more if needed
- Kosher salt and freshly cracked black pepper¹

PREPARATION

1. Preheat the oven to 425 degrees F.
2. Trim off the top 1/2-inch of the garlic bulb with a sharp knife to expose some of the clove ends. Drizzle with olive oil, wrap loosely in aluminum foil, and place on a small baking sheet. Roast until the bulb is soft and fragrant, 45 to 55 minutes. Squeeze the cloves from the skins and set aside in a small bowl until ready to use.
3. Place the potatoes in a large stockpot and cover with cold water. Bring to a boil over high heat and simmer until a fork inserted into a potato releases easily, about 20 minutes.
4. In a small glass bowl, mix the wasabi powder with 1/2 teaspoon of water to start, adding any additional water by drops until a thick paste is created. Cover with plastic wrap and set aside to bloom, at least 5 minutes.
5. Drain water from the potatoes and return the potatoes to the pot, allowing excess water to evaporate. In a small saucepan or in the microwave, warm the butter and heavy cream. Add the mixture to the potatoes, along with the wasabi and roasted garlic cloves, and mash until smooth and uffy. Adjust seasoning with additional salt and pepper, if needed.
6. Serve warm.

Teriyaki Salmon with Mirin Cucumber Salad

By Ming Tsai

Yield: 4 servings

INGREDIENTS

- 1 cup thin soy sauce
- Juice and zest of 2 oranges
- 3 tablespoons brown sugar
- 4 cloves of garlic
- 1 tablespoon minced ginger
- 1 tablespoon white sesame seeds
- 4 (6-ounce) salmon fillets

Mirin Cucumber Salad:

- 1/2 tablespoon wasabi powder
- 1 tablespoon mirin
- 1 tablespoon rice wine vinegar
- 1 teaspoon sugar
- 1/2 cup canola oil
- Salt and white pepper to taste
- 2 large English cucumbers, julienned
- Sesame seeds, for garnish

PREPARATION

1. Combine all but sesame seeds and salmon in a saucepan. Bring to boil and slowly simmer until a syrupy consistency is achieved, about a 50 percent reduction. Let cool completely.
2. Add sesame seeds and salmon and marinate for 1 hour. Remove salmon from marinade and bring sauce to a boil. On a hot grill, cook salmon for about 3 to 5 minutes per side. Occasionally, brush the salmon with the teriyaki sauce.
3. MIRIN CUCUMBER SALAD: Make a paste with the wasabi and mirin. Whisk in vinegar and sugar. Whisk in oil. Season with salt and pepper. Toss the

cucumbers with enough vinaigrette to coat completely. Lay grilled salmon on top of a small pile of salad. Garnish with sesame seeds.

Panko Parmesan Crusted Chicken with Wasabi Tomato Sauce

By Robin Miller

Yield: 4 servings

INGREDIENTS

For chicken:

- Cooking spray
- 6 boneless skinless chicken breast halves, about 5 ounces each
- Salt and freshly ground black pepper
- 1 cup all-purpose flour
- 2 eggs, lightly beaten
- 1 cup panko crumbs or unseasoned dry bread crumbs
- 1 cup grated Parmesan

For spicy tomato sauce:

- 2 cups canned or jarred tomato sauce
- 2 teaspoons wasabi paste
- 2 teaspoons sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 tablespoon fresh cilantro leaves, chopped

PREPARATION

1. Preheat the oven to 400 degrees F.
2. Coat a large baking sheet with cooking spray.
3. Season both sides of chicken with salt and black pepper. Place flour in a shallow dish. Place eggs in a separate shallow dish. Combine panko crumbs and Parmesan in a third shallow dish. Dip chicken first in flour, then in the egg and then panko crumb mixture. Transfer chicken to the prepared baking sheet and spray the surface with cooking spray. Bake for 25 to 30 minutes, or until chicken is golden brown and cooked through. Remove from the oven.

4. While the chicken is cooking, in a small saucepan, combine tomato sauce, wasabi paste, sugar, chili powder, and cumin. Set pan over medium heat and bring to a simmer, for 10 minutes. Remove pan from heat and reserve 2/3 cup of the sauce.
5. Serve 4 of the chicken breast halves with remaining tomato sauce spooned over top. Reserve remaining chicken and 2/3 cup of the sauce for another use.

Grilled Rib-Eye With Wasabi-Garlic Paste

By Mark Bittman

Yield: 4 servings

INGREDIENTS

- 1 tablespoon wasabi powder or paste
- 2 or 3 large cloves garlic
- Salt
- 1 tablespoon canola or corn oil
- 2 large or 4 small rib-eye steaks, 24 to 32 ounces

PREPARATION

1. Prepare a gas or charcoal grill or heat a large heavy skillet until it is just smoking.
2. Place wasabi powder in a small bowl, and add about 1 tablespoon cold water. Stir to dissolve, adding water if necessary to make a paste. If you are using the paste, squeeze it into a bowl. Smash and peel garlic, then sprinkle it with salt, and mince it finely. Stir into wasabi along with oil until smooth.
3. Grill the meat on one side until well browned, 4 or 5 minutes. Season the uncooked side with salt, then turn, and smear the cooked side with the paste. Cook 2 to 5 minutes longer, depending on the doneness you like, and serve.