



THE

# Asian

MASTERS OF FLAVOR  
BUYING GUIDE

Welcome to my "Asian Masters of Flavor" buying guide and free recipe ideas. I created this booklet to help you understand the "big 4" condiments of Asian cooking. It's hard to pick just 4 (one day I'll let you peek in my pantry), but these are by far the most used sauces and condiments in my Asian cooking.

I've also included some of my favorite recipes that are available for free, on the blog. Many of these have step-by-step cooking videos to show you exactly how to make them. Just click on the recipe name and you'll be directly linked to the recipe online.

At the end of this booklet, I'm sharing with you one of my latest projects! I am just about to publish my third cookbook, which will be a series of shorter ebooks priced at \$2.99. The first one is all about Chinese Take Out, how to re-create your favorites at home, but much healthier! Come check it out on the very last page of this booklet.

I hope you enjoy this free booklet! Happy Cooking!

*Jaden*

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## FISH SAUCE

Fish sauce is the foundation of Southeast Asian cooking. It provides the salty-savory-sweet “umami” flavor that’s difficult to replicate with any other condiment or ingredient. It may smell strong when you open the bottle, but once you begin cooking with fish sauce and incorporating other ingredients, it mellows out, rounds out and gives a beautifully balanced, “tasty” flavor to the dish.

A little fish sauce goes a long ways! I usually start with just a little fish sauce, taste and add more as needed, a teaspoon at a time. Good quality fish sauce should be light in color, similar to tea. Store fish sauce in your cool pantry or refrigerator. Fish sauce doesn’t like heat.

Of all Asian pantry ingredients, this one has the most variation between good quality and crap! The most popular brand that you see at Asian markets is called Squid brand. However, the Squid brand rated the worst. It’s too salty, too pungent. Even my local Asian market gives me a bottle free with \$25 purchase! I politely decline.

I used to recommend Three Crabs Fish Sauce, but once I tasted the Red Boat brand, there was a distinct difference. Red Boat is 100% natural, and only 2 ingredients: wild anchovies and sea salt.

It may be more difficult to find Red Boat locally, unless you live near a major Asian market. I buy via Amazon (it’s strange, buying books and fish sauce in the same shopping cart.) and found that the prices were reasonable.

For a little more reading, come see [Our Daily Brine’s article on taste testing 13 different brands of fish sauce](#)

[Buy Red Boat Fish Sauce on Amazon](#)





**THAI GRILLED SHRIMP**  
**BLACK PEPPER SAUCE**



**THAI GRILLED PORK CHOPS**  
**GINGER COCONUT SAUCE**

**ROASTED BRUSSELS**  
**SPROUTS, SWEET**  
**CHILI SAUCE**



**PALEO CAULIFLOWER**  
**BACON FRIED RICE**





## VIETNAMESE PHO NOODLE SOUP

## 20-MINUTE HOMEMADE SRIRACHA



## THAI SEAFOOD CURRY

## STEAMED MUSSELS COCONUT CURRY BROTH



# THE *Asian* MASTERS OF FLAVOR



## SOY SAUCE



Chinese soy sauce, Japanese soy sauce, what's the difference? A lot! Soy sauce is one of the oldest condiments in the world, originating in China in between 3rd-5th century!

Let's start with Japanese soy sauce. Soybeans are mixed with roasted wheat and cultures to ferment and make soy sauce. Once the soy sauce is fermented and brewed, it is pressed to separate the solids from the liquids.

The first pressing is the best quality soy sauce, and sold as premium soy sauce. Generally, this first pressing is reserved as a dipping sauce, rather than as a cooking soy sauce.

Further pressings will be made, and those will be a lower quality soy sauce.

Typically, Chinese soy sauce is more intense, flavorful but also more salty. This is because unlike the Japanese version, less grain (if at all) is added.

Chinese also have a dark soy sauce, which is thicker, darker, less salty than regular soy sauce. The sauce is fermented longer and sometimes has added molasses to make it sweeter. This soy sauce is wonderful for braising meats. Light or regular soy sauce is NOT interchangeable with dark or thick soy sauce.

### How to buy soy sauce?

Look for low-sodium soy sauce. We all consume enough salt already! Asian foods use soy sauce as a flavoring agent for its umami-taste, and not necessarily just for the salt.

Look for organic and limited ingredients. Good quality soy sauce should only have five ingredients: water, organic soybeans, organic wheat and salt. There should be no MSG or anything artificial.

My two favorite brands are San-J and Kikkoman.

San-J is known for their gluten free sauces, dressings and dips. Their Gluten Free Tamari is made from 100% soybeans (no wheat) and contains no artificial anything. Tamari means soy sauce with no wheat.

The San-J Organic Shoyu (Japanese word for soy sauce) contains all natural ingredients, no MSG or any artificial ingredients.

Kikkoman Organic Soy Sauce and the Kikkoman Low-Sodium Soy Sauce are always in my kitchen. I buy them by the gallon! The Organic variety has no artificial ingredients. The low-sodium version has 40% less salt.



## ASIAN STEAK & NOODLE BOWL



## GARLIC GINGER SHRIMP STIR FRY

## HEALTHY GENERAL TSO'S CHICKEN







## HONEY SOY GLAZED CHICKEN

## TAIWANESE NOODLES WITH MEAT SAUCE



## CHINESE TEA EGGS

## CHINESE STEAMED FISH



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## OYSTER SAUCE

Oyster sauce is a Chinese sauce that is dark, thick, sweet-salty sauce that is made from oyster extracts. It's used in braises, stir fries and as thinned with sesame oil to drizzle on top of Chinese broccoli.

The most popular brand is Lee Kum Kee, based in Hong Kong. Mr. Lee, a restaurateur, invented oyster sauce by accident, he had left a pot of oysters cooking and tasted the thick, brown liquid that was at the bottom of the pot.

In 1888, he created his company to mass produce oyster sauce for sale.

Modern oyster sauce actually doesn't contain very much oyster at all. It's now called "oyster-flavored sauce" instead of oyster sauce.

The amount of oyster extracts in the bottle determines the quality of the sauce. My favorite brand is the Lee Kum Kee Premium Oyster Sauce - with a lady and a boy on a boat.

Vegetarians, don't fret! There's a Vegetarian Oyster Sauce which has no oysters at all, but rather flavored with dried black mushroom extract. It's just as delicious and I often will use the vegetarian version for a lighter taste.

**LOOK FOR "LEE KUM KEE"  
AND THE LABEL WITH THE  
LADY AND THE BOY ON A  
BOAT WITH OYSTERS**







## FRIED EGG WITH OYSTER SAUCE



## CHINESE GAI LAN WITH OYSTER SAUCE

## GARLIC SCALLION NOODLES





## GREEN BEAN MUSHROOM STIR FRY

## CHINESE BEEF AND BROCCOLI



## BLACK PEPPER STEAK

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## MISO

I've been using miso paste in so many dishes outside of just miso soup! A spoonful of miso paste will transform any bland or dull tasting dish to more rich taste with incredible savory depth of flavor. I've even added a spoonful into my turkey gravy once - the gravy I made lacked flavor and was flat. The miso rounded out the taste, brought out to "meatiness" for the gravy and no one guessed the secret ingredient.

Miso is a Japanese condiment made from fermented soybeans and other ingredients like barley, hemp and buckwheat. There are many types of miso paste, and each region in Japan specializes in their own varieties.

My favorite is Shiromiso, which is white miso. Of all the miso pastes, this one is the lightest, cleanest, sweetest of flavors. Shiromiso is made from rice, barley and a lesser amount of soybeans. I use Shiromiso in salad dressings, soups and as I mentioned, a flavor booster to any dish.

Miso stores in the refrigerator for many months! Just keep it in the same container that it comes in. Usually, they come in plastic tubs. I like to press a piece of parchment paper on the surface of the miso to prevent it from drying out or getting too much air exposed.

The brand I like is Marukome. I've helped them develop so many recipes using their miso! Marukome is the #1 miso brand in Japan and has been making miso since 1854! Their product sold here in the USA is made in the USA (the factory is in Irvine, California) and Marukome only uses non-GMO soybeans.







## MISO MASHED POTATOES



## 15 MINUTE UDON MISO NOODLE SOUP



## MISO SALMON WITH ORANGE & FENNEL

## NO-COOK, 3-INGREDIENT MISO ALMOND SAUCE





## MISO BUTTER SHRIMP



## MISO ASPARAGUS



## WHISKEY MISO PORK CHOP

## MISO RAMEN SOUP



# MY NEWEST BOOK!

*Make your favorite Chinese recipes at home!*

**Shrimp Fried Rice**  
**Moo Shoo Pork**  
**Egg Drop Soup**  
**Sweet & Sour Pork**  
**Orange Chicken**  
**Shrimp & Snow Peas**  
**Beef Broccoli**  
**General Tso's Chicken**  
**Chow Mein**  
**Peanut Noodles**  
**Wonton Soup**  
**Hot & Sour Soup**  
**Almond Cookies**



exclusive pre-order special! Get 5 bonus recipes when you pre-order by November 8th

**\$2.99**  
amazon.com

Here's my new book, "[Healthy Chinese Take Out Favorite Recipes](#)" just about ready to launch on Amazon! It's an e-book with some of the most popular Chinese take-out recipes. A great feature in the book is that each recipe comes with "Cooking Lessons" that explain in more detail what you'll learn in the recipe.

- Why I like to add garlic and ginger at the MIDDLE of the stir frying, not at the beginning
- Why shrimp is stir-fried at low heat
- How to marinate shrimp for even MORE flavor
- The basic rules of stir frying to make perfect dishes every single time
- How to make quick and easy wonton for dinner tonight
- My Mom's secrets of perfect fried rice every single time

The book launches early-November, but I'm giving you a special bonus if you pre-order the Kindle book by November 8th, 2014. All you have to do is fill out a form ([link below](#)) after you've pre-ordered the book.

[Pre-order Healthy Chinese Take Out Recipes here on Amazon](#)

[I've pre-ordered, send my bonus recipes form!](#)