

Shoya: beyond Sushi

By Kate Tapping

Shoya is situated in Market Lane in Melbourne's Chinatown. Being surrounded by a host of other Japanese restaurants sharpened Executive Chef Master Shigeo Nonaka's drive for Shoya to be considered not just the best, but the most unique Japanese restaurant in Melbourne.

"The Shoya way is *nouvelle wafu* which means modern or new style cuisine. My purpose was not only to make the best tempura or use the freshest ingredients - including Tasmanian grown wasabi - but to take a different approach to traditional Japanese dishes."

Master Shigeo credits Melbourne's love and apprecia-

tion for other cultures for the array of quality restaurants in what he considers to be the food capital of Australia, "Melbourne restaurant patrons are adventurous and not afraid to try different things... from modern trends and techniques, to the use of the freshest and rarest ingredients."

Master Shigeo uses both modern and conventional Japanese food techniques, along with the freshest possible ingredients.

"I am not creating a fusion Japanese food, I'm cooking traditional dishes with modern flair that stays true to its fundamentals. Take my Chawan Mushi (steamed omelette) for example. I have three styles of this popular dish. The first is

the original with dashi, shrimp and chicken. The second is with rich Hokkaido crab meat and black truffles. The third, which is my favourite, is the *hatching ocean egg*, which is served with spinach, tempura scampi and a slice of black truffle. All are light, fluffy and have a delicate texture; all reflect the basic fundamentals of what some would call traditional Japanese food."

Master Shigeo says since the restaurant first received the One Hat Award in 2006 the team at Shoya has constantly challenged themselves to continually develop and improve the menu and service, "With greater expectation from the dining community, we have created a greater emphasis on building a team that provides professional, knowledgeable and warm service."

When asked what he likes most about living in Melbourne Master Shigeo says he enjoys the more conservative food industry in Melbourne which he considers puts a greater emphasis on taste rather than looks, "This means fresher, more organic products are used, and food is more inventive."

Kate Tapping is a Melbourne writer. Follow Kate at www.simplicityandthecity.com



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Cook like Shigeo-san at home – Shoya's Teriyaki Chicken

"This sauce is great when you are after a quick meal at home or after work. Just add it to your favourite vegetables or meat, for quick stir-fried teriyaki vegetables."

Cooking sake
40g soy sauce
60g mirin (sweet sake)
120g crushed garlic
1 pinch chopped onion
15g sugar
20g marmalade
10g potato starch
10g water
20g orange peel grated
Juice of ¼ of an orange
Two chicken breasts (skin on) - or your choice of meat or vegetables

Place cooking sake, soy sauce, mirin, garlic, onion and sugar ('mixture 1') into a pot and heat on low for about 10 minutes. Stir the potato starch into the water to make a mix. Pour potato starch and water mix into the heated 'mixture 1', and take off the heat. Add in the marmalade and chopped orange peel and stir for a few minutes. Let sauce sit and cool down. Pan-fry chicken breasts with a dash of pepper till skin is

brown. Place chicken on plate, and dress with teriyaki sauce.

Shigeo-san's tips:

This sauce can be kept in a bottle and stored in the fridge for up to one month. For a healthier meal, you can use skinless chicken breast; and also add some grilled egg plant and zucchini on the side. You can also use this sauce for fish and beef.



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The amazing Wagyu Yakiniku Rolls

The Spanish heart of Docklands

By Dione Joseph

Sometimes it's quite hard to make that trek down to Docklands. Or so say the CBD locals. But really, the distance is all in the imagination. A straight forward walk past Southern Cross Station and

yes, before you know it, you're free of the boundaries of the inner city. Sure the concrete and high-rise buildings may seem to be lacking the warmth and glows of frequently pounded pavements, but here is a com-

munity that is growing. And what community doesn't believe in quality food mingled with spectacular sunsets and friendly service?

Whether you live in Docklands, in the city or the far flung suburbs of metropolitan Melbourne make sure you make your way down and check out an iconic restaurant: *Docked*. Led by the charismatic owner, Domenico Antonio Pronesti, the restaurant is a charming spot. Beautiful glass windows overlook the water and the atmosphere is decidedly Spanish with a contemporary twist. Specializing in delicately prepared meals by internationally renowned chef Giuseppe Lioce this is certainly the place for excellent food, coupled with the perfect liquid refreshment.

The menu is limited to a page which makes choosing a dish quite easy. Rather than spending hours wading through dozens of options you have the choice of an appetizing fare including seafood, meat and vegetarian choices. If you are a seafood lover you can't walk past the *Rebozados Fruto Secos En Salsa De Calabacin* the perfectly pistachio

crumbed prawns (superbly de-veined) and served with a delectable zucchini cream.

If you want a transformational meatball experience the *Al bondigas De La Abues* will inspire you! Forget soggy meatballs in less-than-average tomato sauce, these specimens are finely crafted and will leave you with new standards.

For vegetarians, eggplants make a well-deserved appearance in the *Timball De Berenjena con pan Crujient* which has stuffed manchego cheese. All perfectly complemented with a range of fine wines or if you wish to dine like a Spanish local pick up a bottle of Estrella. This Barcelonian beauty is a great accompaniment to all the meals. Sangria is also available.

The famous wafer like caramel dessert *Dulce De Leche* is an indulgent way to finish the night. Prices are reasonable for a special night and the special deals, happy hours and free finger food are certainly bonuses. There is also Flamenco dancing and the music is consistently in tune with the Spanish vibe. For a pleasant change from the city restaurants make sure you find the time to dock at this hidden gem.



Photo: Docked



Photo: Docked