

About Teppanyaki-Style Japanese Hotplate Grill Cooking

The key to teppanyaki cooking is that it is **quick and simple** and incorporates the cook as an integral part of the whole 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** are a sure thing to whet the appetite.



Naturally, at home there is no grand performance like in a restaurant. However, this **style** of cooking does afford the host 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 a stainless steel electric grill hotplate, 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 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, and 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.

**Re-invent cooking and entertaining.
Imagine what you can do!**