

MARUKAI COOKING CLASS



マルカイ料理教室

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RECIPE

KONNYAKU KO POWDER KZNG01, 1.85 oz.

Ingredients:

1 pkg (50g) Konnyaku Powder, 1pkg(2.5g)
Lime Powder, 6 cups Lukewarm Water

1. Dilute lime powder with 1 cup of lukewarm water and set aside.

2. Heat remaining 5 cups of lukewarm water on low heat and mix in Konnyaku Powder stirring constantly with wooden spoon.

3. When Konnyaku powder mixture thickens and becomes clear, turn off heat. When it becomes body temperature, add the lime powder mixture, stirring vigorously until it is well mixed.

4. Pour into square pan and let it set for 10 min. When it becomes firm, pour a small amount of water to loosen. Cut into six portions.

5. Bring to boil a pot of water then add Konnyaku pieces for 10 to 20 min. to remove "Aku".

6. Drain and it's now ready to use.

RECIPE

KAISO DAIKON SALAD KKDM06 1.79 oz.

Soak ingredient in water for 10 min. Drain water. Add dressing. (Included in packet) You may add seasonal vegetables, seafood, etc.

RECIPE

Shirakiku CHUKA ZENSAI 10.58 oz.

"Quick & Easy Salad"

Mix Chuka Zensai with sliced cucumber, tomato, onion, and lettuce to make salad. Very simple and delicious!

RECIPE

KAREI Rock Sole

INGREDIENTS:

•2-1 lb. Whole Sole or Flounder
Simmering Sauce:
•2/3 Cup Dashi Stock
•3 Tablespoon Miso
•2 Tablespoon Sake
•2-1/2 Tablespoon Sugar
•4 Tablespoon Soy Sauce
•2 Green Peppers, cut into quarters
•2 Tablespoon shredded fresh ginger roots

Mix all simmering sauce ingredients and place into a 12" skillet and bring to boil. Add shredded ginger root and whole cleaned fish. Cover and simmer for about 12-13 minutes over low heat, so that the skin of the fish does not break off. Cook green peppers in the stock and place over fish before serving.

RECIPE

RENKON MIZUNI KZS-12, 10.58 oz.

Ingredients:

1 Renkon Mizuni, 2.8oz ground chicken, 4 shiso leaf (cut into small strips), 1.8oz flour, 1 tsp ginger juice, 1 tsp usukuchi shoyu, 1/2 lemon, salt & pepper, and oil (for fry).

"Fuwa Fuwa Age"

Grade Renkon Mizuni, add all ingredients and mix well. Heat oil. Use spoon to scoop mixture. Fry until it becomes brown and crispy. Pour lemon juice on fried Renkon.

RECIPE

KUKI WAKAME ITOZUKURI KUNY13, 2.82 oz.

Soak seaweed in water for 20 min. Rinse in a colander with cold water and drain. You may use for salad, simmer dishes, sunomono, miso shiru, stir fry vegetable, and more.

RECIPE

Lean OX TAIL 4-lbs or More Knife Cut (Previously Frozen)

OX TAIL SOUP 5-6 Servings,
Cooking time approx. 2 hours

4-5 lbs ox tail 3 pcs star anise 1/2 tsp white pepper
1-1/2 gallon water 1 pc. crushed ginger 1 lb pak choy
1 cup beef base 4 cups chicken broth 1 lb mustard cabbage
4 oz. raw peanuts 2/3 Tbsp Hawaiian salt

In large pot boil ox tail on high heat for 1/2 hour. Drain. Add 1/2 gal. water and bring to boil. Add beef base, star anise, ginger, chicken broth, Hawaiian salt, white pepper, raw peanuts. In a separate pot, par boil pak choy and mustard cabbage. Drain. Set aside until ready to serve. Serve with grated ginger, Chinese parsley or green onion.

RECIPE

SANSAI MIX KUKS01 1.8 oz.

SANSAI MIX
Soak in water for 15 min. Drain water. Cut 2 Abura Age into strips. Dip in hot water and remove immediately. Stir fry drained Sansai Mix and Abura Age. Add sugar and soy sauce to your taste.

RECIPE

Higashimaru KANI CHOTTO ZOUSUI 51698 0.56 oz.

Boil 1 cup water and add 4 oz cooked rice (1 rice bowl), and 1 bag Kani Chotto Zousui. Mix and simmer for 2 to 3 min.