

# MARUKAI COOKING CLASS



マルカイ料理教室

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RECIPE

## CHIKUZENNI YASAI MIZUNI

17.6 oz. KNIK01

1 pkg. of prepared vegetables, 150 g. (5.3 oz.) chicken (cut), 7 oz. satoimo, 1 1/2 tbsp. oil, 2 1/2 tsp. sugar, 3 tsp. shoyu, 2 tsp. mirin, 1 tsp. sake, 3/4 cup dashi soup

Peel satoimo skin, and cut into bite size. Wrap with plastic wrap and put in microwave. Cook 4 min. Heat oil in pan, cook chicken. Add washed & rinsed Chikuzenni and satoimo. Stir-fry. Add dashi soup, simmer for a while. Add sugar, mirin, sake, and shoyu. Simmer for 20 min. (use Otoshi buta-put aluminum foil on top of ingredients)

RECIPE

## Yamaki KONBU SHIRODASHI

13.52 oz. YAK-100

Soup for noodle  
Shiro Dashi 1: Water 7  
Asazuke Shiro Dashi 1: Water 1  
Nimono Shiro Dashi 1: Water 11  
(Shimmered Dishes)  
Takikomi Gohan  
Shiro Dashi 2 tsp: Rice 1cup  
Water: regular (line 1)

You may use for any dishes for extra flavor of bonito, konbu and soy sauce.

RECIPE

## New Zealand BEEF RIB EYES (Previously Frozen)

### BARBECUED RIB EYES

INGREDIENTS:  
• 2 lbs. rib eyes sliced  
• 1/4 cup shoyu  
• 2 Tbsp sake

• 3 Tbsp sugar  
• 1 clove garlic  
• 1 pc. ginger

Mix and soak meat. Remove meat from marinade. Flour meat on both sides. Add oil to frying pan. Fry meat on fairly high heat. Replenish oil as needed.

Yield: 4-6 Servings

RECIPE

## KOYA TOFU TAMAGO

1.4 oz.  
KTKW06

KOYA TOFU  
-Tamago Toji-  
Put 1 bag ajidashi, 1-1/4 cup water or hot water in pot. Bring to boil, add Koya Tofu and ingredients. Cover and simmer for 10 min. Add beaten egg when soup is almost gone.

RECIPE

## YAKIMESHI NO MOTO

•KHGN24  
Curry 1.26 oz.  
•KHGM20 Shoyu 0.84 oz.

Heat 1 tbsp oil in pan, fry 1 beaten egg. Add 8oz cooked rice. Cook for 2 min. Add 1 bag Curry Yaki Meshi no Moto, cook for 1 min.

RECIPE

## Mitsukan MARINATE VINEGAR 10 oz. KMTS70

MARINATED SALMON  
Ingredients:  
100g (3.5oz) smoked salmon,  
1 round onion, 2-3 pieces lettuce, 1 Marinade Mix, your favorite herb and vegetables.

1. Cut smoked salmon into bite size.
2. Slice onion, soak in water and drain.
3. Combine (1) & (2) and add Marinade Mix. Let it stand for 10 min. \*Add yellow pepper, herb if desired.
4. Serve with lettuce.

RECIPE

## House SUKUI TOFU Extra Soft 12 oz.

RASPBERRY TOFU CHEESE CAKE  
Ingredients: 1 12oz pkg House Sukui Tofu or Extra Soft  
8oz cream cheese at room temperature, 1/2 cup sugar, 1tbsp grated lemon rind, 1 tbsp lemon juice, 1 tbsp vanilla extract, 1 envelope gelatin, 1/4 cup water, graham cracker crust for 9 inch pie pan, 1/2 cup fresh or frozen raspberries, 1/4 cup sugar, fresh raspberries (optional)

Beat tofu, cream cheese and sugar until smooth. Stir in lemon rind, juice and vanilla extract. Soften gelatin in 1/4 cup water in a small pan. Stir over a gentle heat until dissolved. Stir into the tofu mix. Pour filling into prepared crust. Puree the raspberries and sugar. Pour over the cheesecake filling. Refrigerate overnight. Garnish with fresh raspberries if desired.

RECIPE

## TANSAN BOX 1.7 oz. KMRC01

"Tansan" means Baking Powder in Japan. You can use as baking powder.  
CURRY YAKI MESHI NO MOTO  
(Fried rice w/ Curry flavor)  
HGR-126  
Heat 1 tbsp oil in pan, fry 1 beaten egg. Add 8oz cooked rice. Cook for 2 min. Add 1 bag Curry Yaki Meshi No Moto, cook for 1 min.

RECIPE

## Bull Dog SPAGHETTI SAUCE

•KBUL10, Tarako 0.67 oz.  
•KBUL11, Umejiso 0.71 oz.  
•KBUL12, Mentaiko 0.74 oz.  
•KBUL13, Sake 0.67 oz.

SPAGHETTI SAUCE  
Just mix 1 pack of spaghetti sauce with cooked hot spaghetti (100g/3.5oz.), butter or cooking oil and sprinkle seaweed (nori) over the spaghetti.