

# MARUKAI COOKING CLASS



マルカイ料理教室

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RECIPE

## UNAGI TAKIKOMI GOHAN NO MOTO 10.5 oz. KICB45

### UNAGI TAKIKOMI GOHAN NO MOTO

Wash 2 cups rice (rice cup=180 ml.) Put rice in the cooker. Add the dashi package. Fill with water up to the line for 2 cups. Cook as you do with regular white rice. When it is cooked, add Unagi & ingredients. Mix and let it stand for 5 to 10 min.

RECIPE

## KANERYO KONBU SALAD 1.1 oz. KKNE04

### KUBU (seaweed) IRIICHEE

Ingredients: 1 bag Kubu Irichee, 3.5 oz konnyaku, 8.4oz stir-fry pork, 2 tbsp sugar and mirin, 6 tbsp shoyu, 4 tbsp sake.

Soak Kubu Irichee in hot water for 10 min and drain water. Put pork and konnyaku in boiling water, drain and cut konnyaku into bite size. \*Save the broth for later. Stir-fry pork and konnyaku. Add sugar, mirin, shoyu and sake. Add Kubu Irichee and broth (to desired amount) Cook until water is gone.

RECIPE

## USDA Prime SPENCER STEAK

### PRIME STEAK FRIED RICE

#### Ingredients:

Cooked rice (2 cups), Prime Beef (extra tender) (0.7 lb.), 4 cloves of garlic, 1/2 red leaf lettuce, 2 bunches of watercress

#### How to prepare:

1. Crush one clove of garlic and rub it on the beef. Cut the rest of the cloves in thin slices.
2. In the Chinese frying pan, put 3 tbsp of oil and fry the garlic until it comes brown. Then, take the garlic out.
3. Sprinkle salt and pepper on the beef. Put 2 tbsp of butter in the same frying pan and roast both sides of the beef (Inside the beef should be rare.) Take the beef out of the pan and cut into small squares.
4. Put cooked rice in the same pan, stir-fry with 2-3 tbsp, shoyu and pepper. Put garlic and beef back in the pan and mix everything together.
5. Serve on a plate. Put lettuce and watercress on the side.

\*You can wrap the rice in lettuce when you eat.

RECIPE

## BANBANJI SAUCE 1.76 oz. KFJ106

### BAN BANJI SAUCE

Ingredients: 4.5oz steamed chicken, 1 cucumber, 1/2 tomato, 1bag Ban Banji sauce (refrigerate). Tear chicken, julienne strip cucumber. Slice tomato. Dish up all ingredients as pictured on front of bag. Pour cold Ban Banji sauce.

RECIPE

## WARABI MIZUNI 3.52 oz. KZS-11

### WARABI & NAGAIMO

Put Warabi in hot water. Drain, smash stem with wood stick to make soft. Cut into bite size. Add your favorite amount of vinegar & shoyu. Add grated Nagaimo. You may add wasabi and katsuo bushi (bonito) if desire.

RECIPE

## Ichibiki KONBU SHIITAKE TSUYU 20.2 oz. KICB40

### KONBU SHIITAKE TSUYU (Concentrated Seasoning)

#### For proportion:

Soup for noodle - Tsuyu 1:Water 5  
Ten Tsuyu - Tsuyu 1:Water 3  
Donburi Tsuyu 1:Water 3  
Nimono Tsuyu 1:Water 3-4  
(Simmered Dishes)

RECIPE

## Yamae JAPAN HOTCAKE

### MIX 28 oz. MAR-140

#### HOT CAKE MIX with Calcium

1. Mix 1 large egg and 0.6 cup (150) milk. (You may add oil or butter for more moisture).
2. In a bowl, put 1 bag of Hotcake Mix (200g/7 oz.) and 1.
3. Heat 1 tsp oil in pan. Pour 1/4 of batter into pan and cook with low heat for about 3 min.
4. Flip it over when small bubbles appear on surface.

RECIPE

## YOUKI SHISEN TOBAN JAN 4.58 oz. KYUK01

### YOUKI SHISEN TOBAN JAN (Bean paste with chili pepper- NO MSG)

Add Shisen Toban Jan for extra flavor and taste.  
Good for Mabo tofu, Fried rice, Fried vegetables, soup, etc.

RECIPE

## MOTSUNABE SOUP 6.3 oz. KTKS11

### MOTSU NABE SOUP

#### Ingredients:

14 oz. beef intestines, 1/2 cabbage, 1 bunch chives, 1 tamanegi, 1/2 carrot, 1/2 gobo, 1 pack tofu, 1 clove sliced, garlic, pinch of red pepper, 1 bag Motsu Nabe Soup, 4-3/4 cup water.  
Cut all ingredients into bite size. Mix Motsu Nabe Soup and water. Bring to boil, reduce heat to medium, add all ingredients.