

MARUKAI COOKING CLASS



マルカイ料理教室

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& COUPON VALUES!**

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**MEAT
DEPT.**

RECIPE
**Farmland
BONELESS
PORK CHOPS**
(Chilled)

Extra Easy Grilled Peppered
Pork Chops

per lb.

4 boneless pork chops 3/4 to 1" thick
2 tsp salt free all purpose seasoning
2 tsp crushed oregano
2 tsp lemon pepper

Combine all seasoning.
Sprinkle on both sides of
each chop. Grill over
medium heat 15 min per side
or until desired doneness.

RECIPE

**Riken
SALAD MIX
Wakame & Chirimen**
KRIK41, 5.35 oz.

Soak ingredient in water for 10
min. It will increase 10 times
larger.

Drain water. Add Jyako (Dried
fish) and dressing. (Included in
packet)

RECIPE

**KIMCHEE
NABE TSUYU**
13.36 oz. KYMK04

Kimchee Nabe
Put 1 bottle of Kimchee Nabe,
add 3-1/4 cup water in pot. When
it is boiled, add your favorite
meat and vegetables.

DELI

RECIPE

2食入り

**HIYASHI CHUKA
GOMA TARE**
KIKM03, 9.59 oz.

Put noodle in boiling water and cook for
3 min. Rinse in a colander with cold
water and drain. Add Gomadare
(included) before serving. Add sliced
ham, cucumber, tomato, fried egg, and
mustard for extra flavor.

**FISH
DEPT.**

RECIPE

**FRESH
ISLAND
AHI**

Ahi Linguine
1lb fresh ahi, 2 tsp olive oil, 2 tsp sun dried tomatoes,
1/4 cup pamesan cheese (grated), 1 tsp minced parsley,
1 pkg linguine, 1/2 medium onion (thinly sliced),
1 tsp butter, 2 tsp capers, 1/2 tsp salt.

Cut ahi into cubes. Cook pasta, drain and keep warm. Heat 1 tsp olive
oil in a skillet. Sauté onion and garlic until golden brown and set aside.
Heat remaining olive oil and butter in skillet. Sauté ahi for about 2 min
or until it flakes easily. Add onion mixture, sun dried tomatoes, capers,
pamesan cheese and salt. Toss gently. Serve ahi over linguine and sprinkle
with parsley.

MARUKAI
SPECIAL
PRICE

RECIPE

**Glico
POWDERED
SEASONING
SAUCE**

•KEZG42 Kani Ankake 1.3 oz.
•KEZG40 Gomoku Kani 1.4 oz.

Mix Toromi Ko (flour) with 1/4cup water (Set aside)
Cook 1 bunch of broccoli. Cut into bite size pieces.
In a small pot, add 1-cup water, and ingredient.
Simmer 3 to 4 min. with medium heat. When
boiled, add soup base. Lightly mix. Add 1 beaten
egg. (Do not mix well)

Remove heat. Add Toromiko. Simmer until it
becomes thick.

RECIPE

**YOSENABE
SOUP BASE**
KIKS12, 6.3 oz.

Ingredients:
14oz thin sliced pork, 1/2 hakusai, 4
shiitake, 2 yaki tofu, 2 tokyo negi, 7oz
ito konnyaku, 1/2 carrot, 1enoki
mushroom, 1/2 syungiku, 1 bag
Yosenabe Soup base, and 4-4 3/4 cup
water.

Cut pork, and all ingredients into bite
size. In a pot, put Yosenabe Soup base
and water. Mix and heat. Add all
ingredients.

RECIPE

**Kansai
SHIN KOYA
TOFU 1.75 oz. KIKW01**

Kansai Shin Koya Tofu Niziru (soup)
•For 2-3 servings: 20 Koya, 1 bag
of Ajidashi (soup base), 300cc water (or
warm water).
•For 4-5 servings: 1 bag of Koya, 2 bags
of Ajidashi, 400cc water (or warm water).
Put Ajidashi and water in a sauce pan.
When it is boiling, add Koya Tofu. Cover
and simmer for about 10 min. with
medium heat.
*You may add shiitake and seasonal
vegetables for additional taste.

DELI

つゆ付
2食入り

RECIPE

**NAMA ZARU
SOBA KIKM04**
8.4 oz.

Mix 1 bag Men Tsuyu and 1/4 cup
water.

Put Soba in boiling water and cook
for 3 min. Rinse in a colander with
cold water and drain. Add wasabi,
chopped green onion, and seaweed,
for extra flavor.