

# MARUKAI COOKING CLASS



マルカイ料理教室

SEE MORE RECIPES  
& COUPON VALUES!

[www.marukaihawaii.com](http://www.marukaihawaii.com)

MEAT  
DEPT.

RECIPE

6<sup>99</sup>  
per lb.

## USDA Choice Beef SIRLOIN TRI TIP STEAK

- 2 lbs. beef cut into 1" cubes
- 1/4 cup butter or margarine
- 3/4 cup sherry (optional)
- 1 med. clove garlic minced
- 2 cans (10.5 oz. each) condensed Golden Mushroom Soup
- 1 Tbsp. finely chopped onion or shallots
- 1/2 cup water
- Cooked egg noodles

"FAMILY  
PACK"

### GOLDEN MUSHROOM "SIRLOIN" BEEF TIPS

In a skillet brown beef in butter. Add remaining ingredients. Cover and cook over low heat 2 hours or until tender. Stir now and then. Serve over noodles.

DELI

RECIPE

4<sup>99</sup>

### UNAGI TAKIKOMI GOHAN NO MOTO KICB45, 10.5 oz.

#### UNAGI TAKIKOMI GOHAN NO MOTO

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

FISH  
DEPT.

RECIPE

GREEN  
or RED 4<sup>19</sup>  
KONA OGO per lb.

### SEAWEED (OGO TEMPURA)

Wash seaweed, pour hot water over it and drain after 5 minutes. Pour cold water over it and squeeze to remove water.

1 lb. Seaweed (Ogo)

Batter:

1 Cup Flour 1 Tsp Soy Sauce  
1/2 Tsp Sugar 1 Egg  
1/2 Tsp Salt 1/4 Cup Milk  
Oil for Deep Frying

Mix flour, sugar, salt, soy sauce, egg and milk. Dip Ogo in batter in small amounts, and fry in deep fat. Drain and serve hot

RECIPE

### Mitsukan MARINATE VINEGAR KMTS70 10 oz.

2<sup>49</sup>

#### 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

### OKINAWA GOYA MEN OKI-65 8.8 oz.

3<sup>89</sup>

#### Goya Men

Put Goya Men in boiling water and cook for 2 to 3 min. Rinse in a colander with cold water and drain. Serve as hot or cold as regular noodle.

DELI

RECIPE

2<sup>27</sup>

### YUDE ZARU UDON KHGK13 21.16 oz.

#### Zaru Udon

Put Udon in boiling water and cook for 3 min. Rinse in a colander with cold water and drain. Serve with your favorite Tsuyu (Noodle Sauce). Add wasabi, chopped green onion and seaweed for extra flavor.

RECIPE

### Mishima GOMA AE NO MOTO 52829 1.6 oz.

2<sup>39</sup>

#### Goma Ae No Moto

Ingredients:  
1-1/2 eggplant, 1.5 oz. snow pear, 1 bag Goma Ae No Moto, 1 tbsp. rice vinegar and pinch of salt. Wrap eggplant with plastic wrap, heat in microwave until it becomes soft. Peel skin, cut into bite size. Cook snow pear in salted boiling water. Soak in cold water, then drain and cut in half. Mix rice vinegar and Goma Ae No Moto. Pour mixture on eggplant and snow pear.

RECIPE

3<sup>79</sup>

### Morita SHIRO DASHI SHOYU 12.1 oz. YMI-2

#### Tokusen Shiro Dashi

Use Shiro Dashi for extra flavor. Add water to use Shiro Dashi. Good for: Chawan Mushi, Oden, Simmered dishes, Udon, Soba, etc.

RECIPE

2<sup>59</sup>

### Marukai KUROME 042069 1.5 oz.

#### Kurome

Soak with water until Kurome gets soft. Drain water. Stir fry with shrimp or surume ika.