

# MARUKAI COOKING CLASS



マルカイ料理教室

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RECIPE

**ABURAAGE  
ITAMEMONO**  
KKDM08  
1.81 oz. **2<sup>99</sup>**

**Stir fry Zuiki & Aburaage**  
*\*Zuiki is taro imo stem, and it has lots of mineral.*  
**Ingredients:** 1 bag Stir fry Zuiki & Aburaage, 1 tbsp oil, 1 tbsp sugar, 1 tbsp mirin, and 1/3 cup water.

Wash Zuiki and soak with hot water for 5 min. Rinse well with running water, and squeeze. Heat oil in pan, and stir fry Zuiki. Add water, sugar, mirin, ingredients, and seasoning. Cook until water is gone.

RECIPE

**Ichibiki  
SEKIHAN  
NO MOTO**  
KICB42, 5.6 oz. **3<sup>29</sup>**

**Sekihan no Moto**  
•In a rice cooker, put 2 cups washed sweet rice and all ingredients.  
•Add 1/2 tsp. salt and 250cc(1 1/2 cup) water. Mix well.  
•Cook as regular white rice.  
•When it's cooked, let it stand for about 10 to 15 min.  
•Sprinkle sesame and salt on top of Sekihan.

**3  
SERVINGS**

RECIPE

**DELI** **MUSHI YAKI  
SOBA KHGK15**  
17.03 oz. **2<sup>69</sup>**

**Yakisoba**  
Heat oil in pan, stir fry chopped pork and add your favorite vegetables. Add noodles, and 3 tbsp water, cook until water is almost gone. Add sauce, mix well

RECIPE

**OKONIMIYAKI  
OMAKASE SET**  
KNSS47, 9.5 oz. **4<sup>79</sup>**

Mix 1/2 bag Okonimiyaki Mix, 1/3-cup water and 1 egg. Add 3.5 oz. shredded cabbage and your favorite ingredients (squid, shrimp, corn, etc.) Put oil in a pan, and heat to medium. Put dough in and heat both side for 3 min. After it is cooked, sprinkle with aonori. You may add mayonnaise or sauce for taste.

RECIPE

**3<sup>29</sup>**  
per lb.  
**IMITATION  
CRAB MEAT**

**FISH  
DEPT.**

**CRAB and SPINACH ROLL**  
•1 bunch horensō  
•1/2 lb. imitation crab meat

Blanch horensō. Drain and spread on bamboo mat. Place shredded crab meat in the center and roll as in making sushi maki. This makes 2 rolls. Refrigerate for a few hours. Slice diagonally in 2" pieces. Serve with mayonnaise or katsuobushi and shoyu.

**MEAT  
DEPT.**

RECIPE

**Farmland  
BONELESS  
PORK BUTT**  
(Chilled) **2<sup>09</sup>**  
per lb.

**OVEN KAILUA PIG**  
4 lbs pork butt 2 Tbsp rock salt  
1/4 cup liquid smoke  
4 large ti leaves, rib removed

Score pork on all sides making 1/4" deep slits 1 inch apart. rub salt into slits, then rub all sides with liquid smoke. Wrap in ti leaves, then in aluminum foil and seal. Let stand 30 to 40 mins. Place on rack in shallow roasting pan. roast at 500°F for 45 mins., then at 400°F for 3-1/2 hours or till done. Shred pork.

RECIPE

**OKINAWA  
SANGO  
MOZUKU**  
OKI-64, 17.6 oz. **5<sup>99</sup>**

Soak Mozuku in water for 10 min. Wash 4 to 5 times until salt is gone.

RECIPE

**MELON  
JELLY**  
KHUS19  
3.3 oz. **2<sup>39</sup>**

Mix 1 bag of Jelly Mix and 3/4 cup boiling water. Add 3/4 cup water and mix well. Pour Jelly Mix in cups. Let stand for 30 mins. Refrigerate for 2 hours

RECIPE

**DELI** **YAMAU BIBINBA**  
KYMU15, 5.29 oz. **2<sup>49</sup>**

Ready to eat!  
Use for salad, stir-fry or on top of rice with seasoned cooked beef, etc.