

MARUKAI COOKING CLASS



マルカイ料理教室

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RECIPE

New Zealand THIN SLICED BEEF

Beef with Oyster Sauce

(Yield: 4 Servings)

Ingredients:

- 1/2 lb. thin sliced beef
- 2 tsp. cornstarch
- 2 tsp. shoyu
- 1 tsp. sugar
- 2 tsp. oyster sauce
- 1 can (4 oz.) button or sliced mushrooms, drained
- 2-3 green onion chopped in 2-inch length

Mix beef with cornstarch, shoyu and sugar. Stir fry beef in oil for a few minutes. Add mushrooms, oyster sauce and green onion. Stir fry for 3 minutes. Serve immediately.

RECIPE

NARUTO WAKAME KKNE08

Naruto Wakame

Naruto Wakame is direct from Tokushima, Naruto, Japan. Picked only in springtime so Wakame is really tender. Lightly wash and soak seaweed in water for 5 min. Use for miso soup, udon, soba, salad, and other simmering dishes.

WAKAME & KIMCHEE

Mix Naruto Wakame and Kimmchee. It is good for appetizer.

RECIPE

Misuzu KOYA TOFU 10 pcs./5.8 oz. KMSZ13

Misuzu Koya Tofu

1. Do not cook with only hot water.
2. The best way to cook is with seasoned soup.
3. Cut tofu to bite size. In a large bowl, put hot water(50c/122F).
4. Soak tofu for about 1 to 2 min. Lightly squeeze. (Do not rinse)
5. You may add to any simmered dish or miso soup.

RECIPE

CHIKUZENNI MIZUNI KZS-14 10.58 oz.

CHIKUZENNI MIZUNI

1 pkg. of peppered vegetables, 60g. (2.1 oz.) chicken (cut), 1 tbsp. vegetable oil, 1 tsp. sesame oil, 1/3 cup dashi stock, 1 tbsp. shoyu, sake, and mirin, 1-1/2 tbsp. sugar. Rinse prepared vegetables in a colander with cold water and drain. Heat vegetable oil and sesame oil. Stir fry chicken, add prepared vegetable. Add dashi, shoyu, sake, and mirin. Simmer for 10 min. with low heat.

RECIPE

SANSAI MIX KUKS01 1.8 oz.

SANSAI MIX

Soak in water for 15 min. Drain water. Cut 2 Abura Age into strips. Dip in hot water and remove immediately. Stir fry drained Sansai Mix and Abura Age. Add sugar and soy sauce to your taste.

RECIPE

SABA NO TERIYAKI FROZEN SABA FILLET

3 Saba fillets (cut in half)

Marinade Sauce: 1/4 cup soy sauce, 1/4 cup mirin, 1 tsp. sugar, 1/2 tsp. grated ginger root. Wash and pat dry fish fillets. Mix all marinade sauce ingredients and marinate fish fillets for at least 20 min. Broil over charcoal fire or in oven until golden brown, basting occasionally while broiling. Serve with lemon or grated daikon.

RECIPE

MIZUNI MENMA KZS-18 8.81 oz.

MIZUNI MENMA

Ingredients: 1 bag Menma Mizuni, 1 clove garlic, 2 tbsp. shoyu, 1 tbsp. sugar, 1 tbsp. sake, 1 tbsp. sesame oil, pinch of chili pepper. Heat sesame oil, add smashed garlic, chili pepper. Stir-fry drained Menma Mizuni. Add shoyu, sugar, and sake, stir-fry until water is almost gone.

RECIPE

CUP MIZU AME KSDJ07 8.9 oz.

Mizu Ame

Use for coffee, tea, bread spread, nimono (simmered dishes), and more...

RECIPE

ABURAAGE ITAMEMONO KKDM08 1.81 oz.

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.