CHAMPONZU Five Japanese Citrus Ponzu with Soy sauce

Salmon & Avocado Don

< Ingredients > Serves 2
240g Salmon (cut into 1cm dice)
1/2 Avocado (cut into 1 cm dice)
2 tsp Salmon roe
2 small bowl of warm rice
< Sauce >
2 to 3 tbsp Champonzu
1/2 tsp Wasabi
1 tsp Chopped dill



- < Method >
- 1. In a bowl, place champonzu and wasabi, mix well.
- 2. Add salmon, avocado and dill. Mix well.
- 3. Serve warm rice in a serving bowl, place the above (2) over the rice. Decorate salmon roe on top.

*Don: Japanese quick-eat style food. A bowl of rice with various choice of prepared food on top.

Potato Pancake Korean Style

< Ingredients > Makes 1

(1 x 20cm pancake)

1 Potato medium size 4 cm Carrot (thinly sliced length-ways) 1/4 Onion (sliced) 3 cm Zucchini (thinly sliced length-ways) 1/4 tsp Sea salt, 2 tsp Sesame oil < Sauce > 3 tbsp Champonzu, 1/2 tsp Sesame oil

2 tsp Ground white sesame 2 tsp Water, Chili flakes



< Method >

- 1. Peel the potato and grate.
- 2. In a bowl, add the grated potato with carrot, onion, zucchini, and salt. Mix well.
- 3. Heat sesame oil in a non-stick pan over medium heat, spread (2) in a thin round shape. When cooked, turn it over and cook the other side well.
- 4. Cut into bite size, serve immediately with mixed sauce on the side.



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Champonzu is a creative version of traditional Ponzu, using plenty of citrus juices. We used a blend of five traditional Japanese citrus fruits, Yuzu, Daidai, Yuko, Kabosu and Sudachi, and added a blend of "dashi" (bonito, Kombu, and Shiitake mushroom) to give its refreshing aroma and taste.

Ingredients: Citrus (Yuzu, Daidai, Yuko, Kabosu, Sudachi), Japanese apricot, Honjozo Shoyu (Soy sauce, including soy bean and wheat), Hon Mirin, Amazake, Natural broth (Bonito, Kombu seaweed, Shiitake mushroom).

Storage: Store in cool dark place and away from direct sunlight. Store in fridge once opened.

Best to use: Within one year from the date of manufacture.

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Tomato and Tofu Salad Italian Style

< Ingredients > Serves 2 1 Tomato medium size 1/4 Red onion (sliced) 60g Tofu (or Feta cheese)

<Dressing> 2 tbsp Champonzu 2 tsp Olive oil A small amount of fresh oregano A few fresh basil leaves



- < Method >
- 1. Blanch tomato and peel the skin. Cut into 1 cm dice size.
- 2. Boil Tofu for 5 mins, cut into 1 cm dice size.
- 4. Add tomato, red onion, Tofu and fresh basil into (2). Mix and marinade for 30mins.
- sauce.

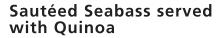
Aubergine and Eringi Mushroom Marinade

< Ingredients > Serves 2

1 Aubergine medium size (cut into bite size)

1 Eringi mushroom (cut into bite size)

Vegetable oil (for deep frying) 4 tbsp Champonzu 1/4 tsp Grated ginger



< Ingredients > Serves 2 2 fillet (240g) of Seabass Sea salt and black pepper, to season 1 tbsp Olive oil 1/2 cup Quinoa 1cup (200cc) Water 4 Fresh chives 2 to 3 tbsp Champonzu

Lettuce Stir-fry Chinese Style

< Ingredients > Serves 2 5 Leaves of lettuce (tear into large pieces by hand) 1 tsp Sesame oil 1 tsp Champonzu 1/4 tsp Chili flakes (adjust as you like) 1/2 tsp Roasted white sesame



- 3. In a bowl, mix dressing ingredients using a whisk.
- 5. Place in a small glass bowl with its



- < Method >
- 1. Make some shallow lattice cut on the surface of the eringi mushrooms.
- 2. Deep fry aubergine and mushroom.
- 3. In a bowl, mix Champonzu and grated ginger.
- 4. Place aubergine and mushroom in a small bowl, pour the sauce on top. Can be served hot or cold.



- < Method >
- 1. Place quinoa and water in a small pan, cook over medium heat. Bring to boil, turn the heat low, cook for 15 mins covered. Turn the heat off, steam for 10 mins.
- 2. Make some shallow cuts on the surface of the fish skin. Salt and pepper on the both side.
- 3. Heat olive oil in a frying pan, place the fish skin down, grill for a few mins over medium heat.
- 4. Turn the fish, cook for a few seconds. Turn off heat.
- 5. Place quinoa on a plate, put the fish on top. Pour Champonzu and decorate with chives.



- < Method >
- 1. Heat sesame oil in a frying pan, add lettuce and chili flakes, stir-fry for a few minutes. Turn off the heat.
- 2. Add Champonzu, mix while lettuce is warm.
- 3. Place on a plate, sprinkle white sesame. Delicious even when cold.