



## RECIPE

### 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 tbsps 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 tbsps 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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MARUSHO

## CHAMPONZU

### Five Japanese Citrus Ponzu with Soy sauce

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, Yuku, 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, Yuku, 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.  
3. In a bowl, mix dressing ingredients using a whisk.  
4. Add tomato, red onion, Tofu and fresh basil into (2). Mix and marinate for 30mins.  
5. Place in a small glass bowl with its 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



< 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.

## Sautéed Seabass served with Quinoa

< 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



< 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.

## 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



< 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.