



RECIPE

Vinegrette Cucumber and Seaweed

< Ingredients > Serves 2
 1/2 Cucumber (thinly sliced)
 1/4 cup Dried seaweed mix
 4 Radish (sliced)
 Two pinches of sea salt
 50cc Tosazu
 1 tsp Ginger (cut into thin match stick)



< Method >
 1. Soak dried seaweed in water to reconstitute. Then squeeze the water.
 2. Rub cucumber and radish with salt. Throw away any excess water.
 3. In a bowl, place (1) & (2), add Tosazu and ginger, mix well.

Tofu with Chia Seed Sauce

< Ingredients > Serves 6
 250g Silken tofu
 2 tsp Chia seeds
 50cc Tosazu
 1 tsp Grated ginger



< Method >
 1. Place Tosazu and chia seed in a bowl, leave it for over an hour.
 2. Cut tofu into 6 pieces, place in a small bowl.
 3. Pour chia seed sauce (now with a slight texture) on top.
 4. Decorate a small amount of grated ginger on top.

Since 1879



MARUSHO

TOSAZU

Seasoned Rice Vinegar
 with dried Bonito stock

Tosazu is high quality vinegar seasoned with natural ingredients. Real Bonito “Dashi” (stock) is added, along with other traditional seasonings, such as Honjozo Shoyu (soy sauce), Kombu seaweed and Hon-Mirin, to give the vinegar a rich flavour.

Ingredients: Rice, Kome Koji (malted rice), Honjozo Shoyu (Soy sauce, including soy bean and wheat), Amazake, Dried Bonito Flakes, Kombu seaweed, soft brown sugar, Hon Mirin.

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.

**MARUSHO RICE VINEGAR
 MANUFACTURER & CO.**

271 Tenma Nachi Katsuura-cho
 Higashimuro-gun
 Wakayama 649-5331 Japan
 Tel +81(0)735 52 0038
 Fax +81(0)735 52 6551
www.marusho-vinegar.jp/

Salad Vermicelli

< Ingredients > Serves 2

30g Rice vermicelli

1/4 Zucchini (thinly sliced length-ways)

1/3 Red onion (sliced)

A pinch of sea salt

70cc Tosazu

1/4 tsp Chili flakes (adjust as you like)



< Method >

1. Rub zucchini and red onion lightly with salt. Throw away any excess water.
2. Boil rice vermicelli and let it cool.
3. In a bowl, place (1)&(2), add chili and Tosazu, mix well.
4. Serve in a small glass bowl with sauce.

Boiled Spinach "Ohitashi" Style

< Ingredients > Serves 4 to 5

1 Bunch of spinach

4 tbsp Tosazu

1 tsp Roasted sesame oil

1 tsp Roasted white sesame



< Method >

1. Boil spinach whole. Drain and then gently squeeze excess water.
2. Remove spinach root, cut into 3cm length and place it in a small bowl.
3. In another small bowl, mix Tosazu and sesame oil, pour it on the spinach.
4. Decorate white sesame on top.

Steamed White Fish and Mushroom Provence Style

< Ingredients > Serves 2

2 fillet Seabass (240g)

(or fish of your liking)

2 Round slices of lemon

4 Brown mushrooms (sliced)

1/2 tsp Fresh thyme

1/2 tsp Fresh oregano

Sea salt and pepper, to season

3 tbsp Tosazu

2 sheets (30cm x 30cm) of foil



< Method >

1. Place water in the steamer, bring to boil.
2. Salt and pepper both sides of seabass.
3. Place mushrooms in the center of the foil.
4. Place seabass on top of the mushrooms, sprinkle thyme and oregano.
5. Place a slice of lemon on the fish, close the foil into square shape package.
6. Place(5) into the steamer, cover and cook for 15 mins.
7. Remove the foil package on a plate, open it, pour Tosazu.

Steamed Aubergine "Ohitashi" Style

< Ingredients > Serves 4

1/2 Large aubergine

(cut length-ways)

2 tbsp Tosazu

1/2 tsp Chopped fresh chives



< Method >

1. Steam aubergine in the steamer for 15 mins.
2. Cut aubergine into bite size, place in a small bowl, pour Tosazu.
3. Decorate with chopped chives on top.