



Sharpens your appetite in summer heat fatigue.

Eggplant with a pungent peppery sauce.

Chop up an eggplant and put it in water and drain. Cut a green onion into small pieces. Put all ingredients except green onions and vinegar in a pot and heat it up. When it boils, cool it down. When it cools down, mix with green onion and vinegar.



Pasta Arrabbiata with NAKAMURA-YU.

Cut broccoli from the stems into bite-size chunks and boil with salt water. Drain and transfer to a bowl. Start to cook penne pasta noodles. Heat olive oil in a skillet over medium heat and cook shrimp. Add a can of tomato, season with consommé, salt and pepper and NAKAMURA-YU to boil down. Mix with cooked penne and broccoli.



 **Three Tips for when you eat.**

1. Please avoid this especially when you are meeting somebody!
2. Please share with your company when you eat this!
3. Don't be afraid of the smell of garlic!

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For more information,
go visit "NAKAMURA-YU".



For a rice topping,
for nibbles with drinks.



"Dad- created"
NAKAMURA-YU

**Recipe
Book**



Tofu steak with Nakamura-yu and green onion

Thinly slice the white part of a green onion to resemble white hairs and mix it with Nakamura-yu. Cut a half of drained tofu and slice it. Apply potato starch on the tofu and bake it brown with sesame oil in a heated skillet. Put a bite-size piece of Korean seaweed and cheese between the slices and apply the seasoned green onion over the top.



Avocado and Negitoro Dip

Chop up avocado and just mix everything together.

*Negitoro

Chopped fatty tuna (toro) with green onion seasoned with soy sauce and mirin (a condiment used in Japanese cuisine that tastes like sake cooked with sugar.)



Rizotto in a mug

Put rice into a mug and mix with all rizotto ingredients without cheese.

Apply some shredded cheese on top and microwave it for 3 minutes.



Lomi lomi salmon

In a large bowl, add diced salmon, tomatoes, onions, cucumber and use condiments to season.