

100% PURE SESAME OIL 極上胡麻油



MARUHON™

PREMIUM PRODUCT OF JAPAN

FREE!
Take One

Maruhon Times



VANILLA ICE CREAM WITH ORANGES *sprinkled with dark toasted sesame oil*

Ingredients (2 servings)

- Vanilla ice cream
- Oranges
- Fresh Mint leaves
- Dark Toasted Sesame Oil

Step-by-step recipe

- 1 Peel oranges and cut into bite-size pieces.
- 2 Scoop ice cream into bowls.
- 3 Top with oranges, drizzle with Dark Toasted and garnish with a sprig of mint.



DARK
TOASTED

RED & WHITE TARTARE *using tuna and flounder*

Ingredients (10 servings)

- | | | |
|---------------------------------|-----------------------|-----------------------|
| • Tuna | • Avocado sauce | • Flounder |
| 4 oz. Fresh Tuna | 1 Avocado | 4 oz. Fresh Flounder |
| 2 Tbsp. Toasted Oil | 1/4 tsp. Salt | 1 Tbsp. Salty seaweed |
| 1 Tbsp. Soy sauce | 1 Tbsp. Untoasted oil | 1 Tbsp. Walnuts |
| 1 Tbsp. Sweet cooking rice wine | 10 unsalted crackers | Salt (to taste) |
| 1 tsp. Broad bean chili paste | Parsley (as desired) | 2 Tbsp. Untoasted oil |

Step-by-step recipe

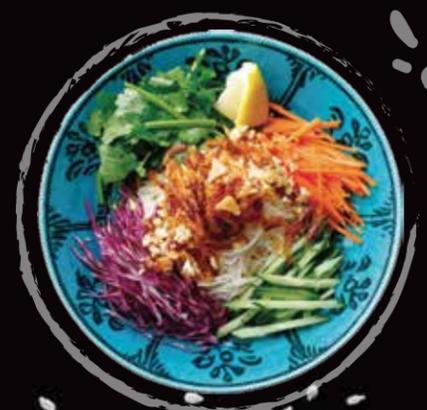
- 1 Cut tuna into small cubes. Combine tuna with next four ingredients.
- 2 In a food processor, blend avocado and Untoasted to make avocado sauce.
- 3 Salt to taste.
- 4 Top crackers with a dollop of avocado sauce and tuna mixture.
- 5 Garnish with parsley.
- 6 Cut flounder into small cubes.
- 7 Combine flounder with Untoasted oil and salt to taste.
- 8 Finely mince the salty seaweed and walnuts.
- 9 Serve flounder mixture on spoons, topped with seaweed and nut mixture.
- 10 Garnish with parsley.



TOASTED
&
UNTOASTED

FREE RECIPE *sesame garlic shrimp noodles*

Do you want free sesame oil recipes? Go to maruhonoil.com, enter your email address, and receive the Sesame Garlic Shrimp Noodle recipe. Plus, each month we will send Japanese recipes straight to your inbox.





AJILLO OF CHICKEN, *prawns, and mushrooms*

• Ingredients (2 servings)

- 5 large Prawns cut into three
- 4 Mushrooms (white)
- 4 Mushrooms (brown)
- 3/4 cup Untoasted Oil
- 3.5 oz Chicken
- 2 Red peppers
- 1/2tsp. Salt
- 2 cloves Garlic
- 1 sprig Rosemary
- 1 Laurel

• Step-by-step recipe

- 1 Peel and devein the prawns.
- 2 Cut the mushrooms in half.
- 3 Cut the chicken in bite-size pieces, and peel and mash the garlic.
- 4 Put Untoasted oil in a pot and add **1**, **2**, **3**, red peppers, laurel and rosemary. Sauté over medium heat, stirring occasionally.
- 5 The dish is done when the chicken is cooked thoroughly.

UNTOASTED



YUDOFU

(tofu simmered in hot water)

• Ingredients (4 servings)

- 1 block (300g) Firm Tofu
- 1 sheet (12×12cm) Seaweed
- 2 cups Water
- Salt (To taste; for seasoning later)
- Lightly Toasted (as desired)



LIGHTLY
TOASTED

• Step-by-step recipe

- 1 Score seaweed and place in an earthenware pot with water. Let sit for 30 minutes.
- 2 Cut tofu into large chunks and add to the pot.
- 3 Cook until tofu chunks are warmed. Serve in bowls. Drizzle with Lightly Toasted and salt to taste.



SCALLOP TEMPURA

with untoasted sesame oil

• Ingredients (5 servings)

- 5 Scallops
- Flour
- 1 Egg
- 3/4 cup Water
- Untoasted oil
- Salt

UNTOASTED



• Step-by-step recipe

- 1 Sprinkle the scallops with salt. Rinse with water and dry with a paper towel.
- 2 Add one cup of water to one egg and whisk. Chill the egg water.
- 3 Sift flour and lightly mix with the egg water until a batter forms. It is not necessary to whisk away all the lumps.
- 4 Pour Untoasted in a deep pot for frying. Heat oil to about 350 °F.
- 5 Dust scallops with flour, then drench in the batter.
- 6 Deep fry scallops until golden brown.

☆ UNTOASTED

Very clean, neutral flavor profile. Versatile and smooth. Excellent alternative to vegetable, olive, and other oils. An authentic, cholesterol-free choice. Mix with herbs to make a salad dressing. Use as a butter substitute in baking.



☆ LIGHTLY TOASTED

Fresh, mild aroma. Not overpowering. Perfect for a wide range of different cuisines. An authentic, cholesterol-free choice. Add a couple drops to give Asian soups and garlic sauces (ajillo) more flavor.



MARUHON™ PARTNERS

with the Culinary Institute of America



To kick off Maruhon Sesame Oil's entry into the U.S. market, we partnered with the Culinary Institute of America in New York.

On September 12th and 13th, Takemoto chefs visited the aspiring chefs at the Institute's New York location. They demonstrated the wide variety of ways Japanese sesame oils can be used in recipes. The culinary students sampled their creations and were encouraged to create a new twist on an American classic using one of the four types of traditionally pressed Japanese sesame oils.

The Culinary Institute students were invited to pair up and submit a recipe video to enter the Maruhon Sesame Oil Culinary Challenge. The pair of chefs submitting the best recipe will win a trip for two to Japan!



☆ TOASTED

Rich aroma. Concentrated, nutty flavor.
Perfect for a wide range of ethnic recipes.
An authentic, cholesterol-free choice.
Use for marinating vegetables, seafood, and chicken.



☆ DARK TOASTED

Very fragrant, strong aroma with a balanced, robust flavor. Best for Asian cuisine.
An authentic, cholesterol-free choice.
Use in Japanese, Chinese, and Korean recipes; makes a great BBQ sauce.



ASIAN FRIED CHICKEN

with sake and two sesame oils

Ingredients (2 servings)

- 2 chicken breasts (about 2/3 pound)
 - ★ 2 cloves garlic, minced
 - ★ 1 tablespoon minced ginger
 - ★ 2 tablespoons soy sauce,
 - ★ 2 tablespoons Sake (rice wine or your favorite white wine)
 - ★ 1 tablespoon Toasted sesame oil
- ★ salt and pepper
- ★ a pinch of five star spice mix
- ❖ 1/2 cup all purpose flour
- ❖ 1/2 cup corn starch
- ❖ 1 teaspoon baking soda

Untoasted sesame oil
(for deep frying)

TOASTED
& UNTOASTED



Step-by-step recipe

- 1 Cut chicken into 1 1/2 inch cubes.
- 2 Combine next 7 ingredients (garlic through five star spice mix).
- 3 Add chicken and set aside to marinate.
- 4 Combine flour, corn starch and baking soda in a bowl.
- 5 Drain chicken and discard marinade. Dredge chicken in flour mixture.
- 6 In a deep pot or wok, heat Toasted sesame oil to 320°F. Stir fry chicken about 8 minutes until crispy and golden brown.



PARMESAN CARROT FRIES

with untoasted sesame oil

Ingredients (4 servings)

- 2 carrots
- Salt and pepper for taste
- ★ 1 cup breadcrumbs
- ★ 3 Tbsp. grated parmesan
- ★ 2 Tbsp. chopped almond or your favorite nuts
- ★ 2 tsp. minced Italian parsley
- 1 cup flour (or more if needed)
- 1 egg, beaten
- 2-3 Tbsp. Untoasted sesame oil
- Italian parsley for garnish

Step-by-step recipe

- 1 Cut carrot into small rectangles and season with salt and pepper.
- 2 In a small bowl combine ★ ingredients.
- 3 Dredge carrots in flour, dip in beaten egg, then dredge in breadcrumb mixture.
- 4 In a skillet heat Untoasted oil. Add carrots and pan fry over low heat, turning until crispy. Garnish with Italian parsley.

UNTOASTED



MARUHON™

100% PURE
SESAME OIL

Premium product of Japan

極上 胡麻油



Takemoto Oil & Fat Co., Ltd is located in Gamagori city in the Aichi prefecture, between the mountain and the ocean. The founder, Chozaburo Takemoto, established Takemoto Oil & Fat Co., Ltd. in 1725. It is the oldest operating oil extraction company in Japan.



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