

(ii) Delicious! Healthy! Kamaboko Recipe

The kamaboko is healthy and fills you up. It is also low in calories, and matches also various western menu items. It can be enjoyed in various types of cuisine.



Kamaboko Sandwich

Steamed Kamaboko loaf on a wooden plate is characterized by its excellent elastic mouth feel. You can experience the unique, chewy texture by this Kamaboko sandwich recipe too.

Ingredients (Serves 4) and Recipe

(i) Cut 1/2 of the steamed kamaboko loaf on a wooden plate into widths of 5 mm. Slice the 2 pieces of crab flavored kamaboko in half. Take the 2 pieces of lettuce with curled leaves and tear it to the size of the bread. Cut the 1/2 tomato and 1/2 peeled avocado with the seeds removed into 5 mm width.

(ii) With 20 g of butter and a 1 teaspoon of mustard to 8 slices of rye bread as a yardstick, thinly spread the butter and mustard in that order on one side of the bread. On a slice of bread with the butter and mustard side up, place lettuce with curled leaves, 1 slice of cheddar cheese, avocado, tomato, kamaboko, and crab flavored kamaboko. Then sandwich it with the other slice of bread with its buttered side down.

Oden

Oden is a Japanese typical stewed food for wintertime. You can enjoy the harmony of the mild soy-sauce flavored soup stock and various Kamaboko such as Chikuwa, Hanpen floated-Kamaboko, and deep-fried Kamaboko.

Ingredients (Serves 4) and Recipe

(i) Cut 1/2 a daikon (Japanese white radish) into 2 cm round slices after peeling off the skin. Add the daikon to the pot, and add water in until it covers the radish. Heat it over medium heat, and once it boils, reduce the heat and cook it for 10 minutes. Take 1 piece of konnyaku (pre-boiled), cut it into 4 pieces, and cut the pieces diagonally once. Cut the 2 pieces each of chikuwa and satsuma-age with burdock in half in a way that rounds the cut. Cut 1 piece of hanpen into 8 pieces.

(ii) Add 8 cups of soup stock, 1/4 cups of sake and mirin, 2 large tablespoons of soy sauce, 1 teaspoon of salt, daikon, konnyaku, 4 boiled eggs, and 8 pieces of tied kelp, and heat it at strong heat. Reduce the heat to weak heat just before it is about to boil, and cook for 50 minutes. Add 4 pieces of chigiriage (bite size fried-kamaboko), chikuwa, satsuma-age with burdock, and hanpen, and cook for 5 minutes. Serve it on a dish and eat with the mustard paste as desired.



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Wrap Sushi with Crab Flavored Kamaboko

Wrap sushi is a type of sushi where ingredients of various colors are added to the red crab flavor kamaboko which is red. It can be made easily, and is made in cute bite-size pieces.

Ingredients (Serves 4) and Recipe

- (i) To 500 g of cooked rice, add 1 bag of chirashizushi seasoning and 1 tablespoon of white sesame to prepare the sushi rice. Add 1 tablespoon of sugar and a small amount of salt to a beaten egg, and prepare the scrambled egg beforehand.
- (ii) Cut the crab flavored kamaboko in half length and split them into thin strips, mix the white part of crab sticks with the sushi rice, and divide the sushi rice into 12 parts. Boil the 20 g of snow peas in salt water after removing the stems and cut into thin slices.
- (iii) Arrange the red part of the crab flavored kamaboko, scrambled egg, and snow peas for each of 12 pieces on a plastic wrap. Add one of 12 portions of the sushi rice made in (ii) and wrap it into a drawstring-pouch-like ball. Prepare the rest in the same way.

Crab flavored Kamaboko Tortilla

A Spanish-style omelet where the good texture of the crab flavored kamaboko can be enjoyed. It comes in a big portion with various ingredients. It is also recommended for people who want a big breakfast.

Ingredients (for 5-6 People) and Recipe

- (i) Cut the 8 pieces of crab flavored kamaboko in half, and roughly split the meat into strips. Cut 1 potato into quarter slices of 5 mm in thickness, soak them in cold water once, then wipe off the moisture. Thinly slice 1/4 of an onion, and cut the 1/4 bundle of spinach into 4 cm lengths.
- (ii) Add 2 teaspoons of olive oil to a frying pan and heat it over medium heat. Add the potato and cook it for 2-3 minutes. Add the remaining vegetables, salt, and pepper, and cook it a little bit longer.
- (iii) Take 4 beaten eggs, and add 1/2 a teaspoon of salt, a little bit of pepper, crab flavored Kamaboko, and (ii), and mix well.
- (iv) Add 1 teaspoon of olive oil to a frying pan, heat at medium heat, add (iii), and mix gently. When one side is cooked, flip it over and cook the other side until it is browned.

