



Hotate Mentaiyaki (Mentaiko scallops)

Serves 6 as a starter

Ingredients:

- 4 sacs of mentaiko
- 250g of scallops
- 100g of Japanese mayonnaise
- 100g of Cheddar cheese (optional)
- Garnish (spring onion or coriander)

Steps:

1. Thaw scallops in refrigerator overnight. Drain and pat dry. Thaw mentaiko in refrigerator for an hour.
2. Make a slit along the length of each sac of mentaiko. Scrape out the roe in each sac with the back of a knife or a spoon. Combine this with mayonnaise and stir well.
3. Preheat oven to 180 degree celsius and bake scallops on a tray for 4 mins.
4. Place 2 – 3 scallops in a small ramekin or place one each on a plain biscuit/ cracker.
5. Top with a small dollop of mentaiko mayonnaise and a sprinkle of cheese. Finish off in the oven for another 3 mins.
6. Garnish with chopped spring onion or a touch of coriander.



Oven-baked crispy squid with garlic mayonnaise

Serves 4 as a starter

Ingredients:

For garlic mayonnaise:

- 100g Japanese mayonnaise
- 3 cloves of garlic
- Lemon juice (to taste)

For squid:

- 400g of squid rings
- 1 egg
- 100g flour
- 200g breadcrumbs or panko

Steps:

1. Mix chopped garlic with mayonnaise.
2. Add lemon juice according to taste and refrigerate.
3. Thaw squid rings in refrigerator overnight and pat dry.
4. Preheat oven to 200 degree celsius. Line a baking tray with parchment paper.
5. Place lighten beaten egg, breadcrumbs and flour into one bowl each.
6. Roll each piece of squid in flour, followed by egg and finally breadcrumbs.
7. Place each piece with space in between and bake for 8 mins.
8. Turn each piece over with a pair of tongs and bake for another 6 mins until golden brown all around.
9. Remove from oven and sprinkle with salt and pepper. Serve with garlic mayonnaise.



Mentaiko pasta

Serves 6 as a main course

Ingredients:

- 8 sacs of mentaiko
- 500g of pasta (angel hair is ideal)
- 100g of seaweed strips
- 100g of butter
- Hand-full of chopped spring onions

Steps:

1. Thaw mentaiko in refrigerator for an hour. Make a slit along the length of each sac of mentaiko. Scrape out the roe in each sac with the back of a knife or a spoon.
2. Cook pasta to preferred texture. Drain and stir in butter.
3. Mix mentaiko with the pasta and season to taste if needed.
4. Plate the pasta and top with spring onions and seaweed.



Pan fried trout with almonds and coriander

Serves 4 as a main course

Ingredients:

- 4 pieces of 125g trout fillet
- Juice of 1 lemon
- 100g of almonds
- 30g of coriander

Steps:

1. Thaw trout in refrigerator overnight. Pat dry and spread oil onto all sides of the fillet.
2. Preheat oven to 150 degree celsius. Heat a pan over the stove and sear the skin-side of the fillet for 3 mins. Remove from pan and place them on a baking tray, skin-side up. Bake for 5 mins and test for appropriate doneness.
3. Heat a pan with a tablespoon of oil. Add in chopped almonds and toss till golden brown. Remove from heat and dose in lemon juice. Stir in coriander.

Tip: Place the sauce on the plate before adding the fish. This helps maintain the trout's crispy crust.



Cooked prawns

These prawns are best served cold, right after thawing. They taste great on a luscious bed of salad or on their own as a side dish. Strict hygiene standards from farm to production allows consumption right out of the box after thawing.

The ideal method to thaw them will be in the refrigerator for about 6 hours. Avoid direct contact with water if product is thawed in a water bath (place them in a sealed ziplock bag).

If preferred to consume warm, place thawed prawns in a bowl and pour enough water to cover the prawns for 2 mins. Mix 800ml of boiling water with 200ml of room temperature water before adding into the bowl to avoid re-cooking them.

Don't miss out on the rich taste of the roe that is found near the head of the prawn!