

# SendaiFu Arrabiata



If you want to enjoy eating a lot of tomatoes, Arrabiata is the best choice!

Cooking time 15min

## Ingredients (serves 4)

- 80g 18mm sliced SendaiFu (≒ 20 pieces)
- 2~3 cloves of garlic
- 2~3 chilli peppers
- 1 canned tomatoes
- 1 tbsp agave syrup
- 1/2 tsp salt
- A pinch of pepper
- 4 tbsp olive oil
- Basil

1. Crush the garlic.  
Remove the stems and seeds from the chili peppers.
2. Put olive oil, garlic, and chili in a pan and cook over low heat, pressing down on the garlic and chili with a spatula, until the garlic is browned.
3. Add the canned tomatoes, agave syrup, salt, pepper, and SendaiFu, and mix well to absorb the sauce.
4. Serve them in a dish and garnish with basil.

## Arrabiata with SendaiFu.

SendaiFu absorbs all the flavor inside, giving it an excellent taste and texture. It goes well with wine, so it is recommended for both meals and snacks.

# Quinoa salad with Sendaifu



Cooking time 15min

## Ingredients (serves 4)

- 40~50g 9mm sliced Sendaifu (≒ 20~25 pieces)
- 30g Quinoa
- 160g cut vegetables
- 1 tomato
- 1 kiwi fruit
- 1 avocado
- 3 tbsp olive oil
- 1/2 tsp salt
- A pinch of salt
- 1 tbsp vinegar
- 1/2 tsp soy sauce
- Edible flowers

## How to Cook

1. Boil the quinoa and drain.  
Slice tomatoes and kiwi into rounds, remove seeds and skin from avocado, and slice lengthwise.
2. Make the dressing.  
In a bowl combine the olive oil, salt, pepper, vinegar, and soy sauce.
3. Put 1. in a bowl and mix with 2. dressing.
4. Place them on a plate and top with Sendaifu and edible flowers.

A hearty salad using Sendaifu. It is recommended for women because it contains quinoa, kiwi, avocado, and tomatoes, which have high beauty effects. You can use any dressing you like.

Let's cooking

My family's favorite!

Sen dai fu

仙台麩®

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❖ Feature ❖

Sendaifu (fried) is made from high-quality wheat protein (gluten) kneaded with wheat flour and deep-fried with high-quality soybean oil. It is savory and nonperishable.

❖ How to Keep ❖

Keep it out of direct sunlight so that it does not lose flavor. Once you open it, please keep it dry and use it early.



Name	Sendaifu
Ingredients	Wheat flour, Gluten Vegetable oil (soybean oil)

Sen dai fu

仙台麩® (fried)

Manufacturer

Yamagataya Shoten Company Ltd.

Sen dai fu

仙台麩®

recipe

❖ Sendaifu rusk ❖



❖ (Ingredients) ❖

Sendaifu ..... 1  
Butter ..... 60g  
Granulated sugar ..... 30g  
Cinnamon (if desired) .....  
1 teaspoon

❖ (How to cook) ❖

1. Cut Sendaifu diagonally into 1 cm widths. Preheat an oven to 150°C.
2. Put butter into a heat-resistant ball, heat it for about 1 minute in a microwave oven at 600 w, and melt it.
3. Combine Sendaifu and granulated sugar with the butter and mix them well.
4. Bake in an oven for 8 to 10 minutes.
5. Use sprinkled cinnamon if desired.

❖ White gratin of Sendaifu ❖

serves 4 people



❖ (Ingredients) ❖

Sendaifu ..... 1/2  
Sendaifu (grated) ..... 1 tablespoon  
Potato ..... 200-250g peeled  
Canned tuna ..... 165g  
White sauce ..... 200cc  
Pizza cheese ..... 20g  
Grated cheese ..... 1 tablespoon  
Butter ..... a little bit  
Chopped parsley ..... a little bit

❖ (How to cook) ❖

1. Cut Sendaifu in half lengthwise, and also cut into 5-mm slices.
2. Cut a potato into quarter-rounds in 5-mm widths, and heat it in a microwave oven for 10 minutes. Preheat an oven to 250°C.
3. Spread butter on a heat-resistant plate, and put the potato on the plate, add Sendaifu and canned tuna, put white sauce, pizza cheese and grated cheese, and grated Sendaifu on them, and bake in an oven for 5 minutes.
4. Sprinkle cut parsley.

❖ Sendaifu and pescatore paste ❖

serves 4 people



❖ (Ingredients) ❖

Sendaifu ..... 1/2  
Spaghetti ..... 320g  
Seafood mix ..... 200g  
Garlic ..... 1 globe  
Canned whole tomato ..... 200g  
Olive oil ..... 2 tablespoons

❖ (Seasoning) ❖

Salt ..... 1 teaspoon  
Pepper ..... a little bit  
Sugar ..... 1 teaspoon

❖ (How to cook) ❖

1. Cut Sendaifu into quarter-rounds in 1-cm widths.
2. Boil water in a pan, add some salt, boil spaghetti, and empty the pasta into a colander.
3. Put olive oil in a pan, stir-fly a globe of garlic and when the scent comes out, add Sendaifu and seafood mix.
4. Add a whole tomato while crushing with the juice to 3, mix them, and boil them for about 5 minutes.
5. Season with salt, pepper and sugar, and boil about 3 minutes more.
6. Dish spaghetti and put 5. on it.