

# Japan

## Kanpai!

### Shichimi togarashi inspiration



Japanese food is a millennium cuisine with a learning curve that can be intimidating at times but also fascinating. Some say that it's thanks to their way of life and well-balanced diets that the Japanese stay healthy and are extraordinarily long-lived. Japanese cuisine is characterized by its low consumption of meat, using vegetable proteins derived from soy, like tofu or miso, as substitutes. Shichimi togarashi is one of the few seasonings used in Japanese cuisine. This is our inspiration for Kanpai! Shichimi togarashi. **Kanpai!** means "cheers," literally!

Shichimi togarashi, is a mixture of seven spices. This blend is commonly composed of red hot chili peppers, zest of mandarin, sesame seeds, poppy seeds, ginger, nori and sanshō (a type of Sichuan pepper). Some recipes may add or use yuzu zest, rapeseed or shiso as a substitute. Tōgarashi means "chili."



PRODUCT CODE: Q54426

**INGREDIENTS:** Sesame, irradiated spices, dehydrated vegetables (red bell pepper, garlic), sea salt, orange peels, yeast extract, sugar, sesame oil, orange oil. Allergen: sesame seeds.

**BSA**

MEMBER OF THE FRUTAROM GROUP  
**FRUTAROM**  
FOUNDED 1993  
MEMBRE DU GROUPE FRUTAROM





# Shichimi togarashi inspiration

## Kanpai!



Our pleasant Kanpai! seasoning blend is hot, but not intensely so. In Japanese cuisine, shichimi togarashi is used to add heat and flavour to fish, rice, soup and vegetables.

- ✿ Appealing colored blend
- ✿ Heat from the red chili
- ✿ Slight sour note
- ✿ Add nori if desired
  
- ✿ Sprinkled lightly over a meal
- ✿ Mixed in tempura dough
- ✿ Crushed with a mortar & pestle
- ✿ Used as a rub

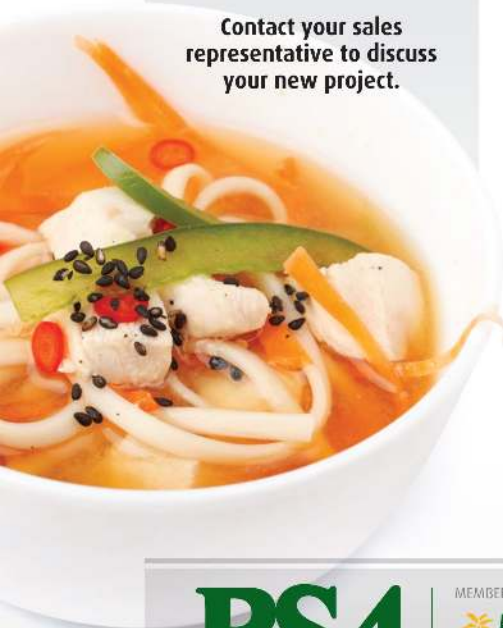
- ✿ No artificial flavours or colours
- ✿ No MSG
- ✿ GMO-free

### SAUCE & MARINADE

BSA offers liquid and dry sauces and marinades for meats, fish, beans, tofu and soy or pea protein textured meats alternatives.

Try this new Japanese Shichimi Togarashi Kanpai! in your next project!

Contact your sales representative to discuss your new project.



### KANPAI! EDAMAME SALAD

#### Frozen Ingredients

- 1 cup frozen edamame

Cook the edamame in salted boiling water for about 3 to 4 minutes. Cool under running water and drain.

#### Fresh Ingredients

- 1/4 cup red onion, finely chopped
- 1/2 cup cucumber, diced
- 1/2 cup mini-tomatoes, halved
- 1/3 cup red pepper strips
- 1/2 cup celery, chopped
- 1/3 cup carrots, finely bevel-cut
- 1/4 cup green onion, finely chopped
- 1/2 cup zucchini, thinly sliced strips
- 3 tablespoons rice vinegar
- 3 tablespoons sesame oil
- 2 tablespoons Kanpai! seasoning
- 1/4 teaspoon sugar
- Salt to taste

#### Preparation

Mix all ingredients together.

Also delicious with tofu, shrimp, salmon, tuna steak, oily fish, tempura, in noodles.

### SEASONED MAYONNAISE

#### Ingredients

- 1 cup mayonnaise
- 3 tablespoons daikon, finely chopped
- 3 tablespoons rice vinegar
- 1 tablespoon honey
- 3 tablespoons soya sauce
- 1 tablespoon sesame oil
- 1 teaspoon ginger, finely chopped
- 1 1/2 tablespoons Kanpai! seasoning

#### Preparation

Mix all ingredients in a bowl thoroughly. Keep refrigerated. Serve with vegetables, fish, sushi, meats, salad and other dishes you enjoy.



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