

# **COOKING TIPS AND PRODUCT GUIDE**

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**ICE CREAMS & SORBETS** 

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# **DIETARY SYMBOLS**

V...Vegan | VG... Vegetarian | GF... Gluten-Free

DF... Dairy-Free | NF... Nut-Free



# **SAUCES & CONDIMENTS: Sauces & Dressings**



ラー油 Chili Crunch Rayu Sauce by Gyoza Bar

# Ingredients:

rayu, shrimp, shallot, sesame, oyster sauce, garlic, soy sauce, bonito flake, kombu, sugar

# DF/NF

250g

Storage Instructions: Keep refrigerated Shelf Life:

1 month in fridge

**Recommendation:** 

Enjoy with your favourite rice or noodle dish!





GLUTEN FREE, DAIRY FREE & VEGAN 375 ML

1 month in fridge **Recommendation:** 

すし酢

375mL

**Ingredients:** 

V/GF/DF

Shelf Life:

rice vinegar, sugar, salt

**Storage Instructions:** Keep refrigerated

Use this house-made vinegar for your sushi rice. Add 1/4 cup vinegar to 1 cup cooked rice for the perfect amount of flavour.

House-Made Sushi Vinegar



# DARY FREE

375 ML

# ポン酢

House-Made Ponzu

375mL

Ingredients: daidaizu, soy, sugar, bonito flakes DF

**Storage Instructions:** Keep refrigerated

Shelf Life: 1 month in fridge

## **Recommendation:**

Use as a sauce for meat or fish dishes or enjoy as a salad dressing!





GLUTEN FREE, DAIRY FREE & VEGAN

# うまみ 醤 油ドレッシング

# House-Made Umami Soy Dressing

375mL

# Ingredients:

gluten-free soy sauce, vinegar, sugar, sesame oil, citrus juice

# V/GF/DF

Storage Instructions: Keep refrigerated Shelf Life: 1 month in fridge Recommendation: Enjoy this dressing on salads!



# セサ ミドレッシング House-Made Sesame Dressing 375mL



# House-Made Mirin

375mL

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V/GF/DF

Shelf Life:

Ingredients:



DAIRY FREE & VEGAN

375 ML

sesame, soy sauce, daidaizu, canola oil, sugar, water

# V/DF

Storage Instructions:

Keep refrigerated

Shelf Life:

**Ingredients:** 

1 month in fridge

# **Recommendation:**

Enjoy this dressing on salads or try it with hot pot!

Sweet and rich in umami, mirin is perfect for sauces, marinades, dressings, and glazes.

> DAIRY FREE AND VEGAN 375 ML

> > 1 month in fridge

# **Recommendation:**

**Storage Instructions:** 

Keep refrigerated

Enjoy this dressing on salads!

# DIETARY SYMBOLS

V...Vegan | VG... Vegetarian | GF... Gluten-Free DF... Dairy-Free | NF... Nut-Free

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# SAUCES & CONDIMENTS (FROZEN): Ramen Broths



# Ramen Broth- Tonkotsu

300mL



#### **Ingredients:** pork back bone, mirin, katsuo bushi, garlic, onion, fish sauce

DF

Storage Instructions: Keep in freezer or in fridge Shelf Life: 1 month if kept frozen, 3 days if refrigerated Cooking Instructions: Reheat and serve

# Ramen Broth- Creamy Vegetable

300mL

Ingredients: corn, soy bean, soy, wheat, sugar, garlic, onion, ginger, sesame

# VG/DF

Storage Instructions: Keep in freezer or in fridge Shelf Life:

1 month if kept frozen, 3 days if refrigerated **Cooking Instructions:** Reheat and serve



# **Ramen Broth- Tomato Shio**

300mL

# Ingredients:

pork back bone, mirin, katsuo bushi, soy milk, soy bean, garlic, fish sauce, kombu, celery, tomato, onion, sugar, corn

DF

**Storage Instructions:** Keep in freezer or in fridge

# Shelf Life:

1 month if kept frozen, 3 days if refrigerated

**Cooking Instructions:** 

Reheat and serve

# READY-TO-EAT: Ramen

**Tonkotsu Pork Ramen** 



serves 1

#### Ingredients:

pork char siu, ramen noodle, tonkotsu broth, rapini, green onion, kikurage

# DF

**Storage Instructions:** 

Keep refrigerated

Shelf Life:

3 days in fridge

\*Contains egg, seafood, flour, soy

**Cooking Instructions:** 

1. Defrost the bowl with broth and noodles in the fridge

2. Once defrosted, pour broth and noodles in bowl

3. Replace lid on bowl and microwave for 3:30-4 minutes, or until hot

4. Microwave toppings tray separately for 1 minute

5. Arrange toppings on top of noodles and broth

6. Serve while hot!

# **DIETARY SYMBOLS**



# **PREPARE-TO-EAT (FROZEN): Meal Kits**



# Teriyaki Chicken Meal Kit

# Serves 2 Ingredients:

chicken thigh, teriyaki sauce (soy, mirin), napa cabbage, shishito pepper, shiitake mushroom

DF

**Storage Instructions:** Keep in freezer or in fridge

Shelf Life:

2 weeks if frozen, 3 days refrigerated after defrosting

# **Cooking Instructions**

1. Defrost beef chicken package, sauce packet, and open

- 2. Remove moisture from chicken using paper towel
- 3. In a frypan, add 1 tablespoon vegetable oil and place on medium heat
- 4. Add chicken into frypan, cook until fully cooked
- 5. Pour teriyaki sauce into pan and chicken
- 6. Cook until sauce has caramelized or thickened

7. In another pan, add 1 tablespoon vegetable oil and saute vegetables over high heat, until cooked

Chef's recommendation: Do not defrost vegetables, cook from frozen state for best texture

8. Divide vegetables into portions, and serve teriyaki chicken on top

# **Miso Baked Salmon Meal Kit**

# Serves 2

DF

**Ingredients:** 

miso marinated salmon, miso sauce (sake, mirin), bell peppers, napa cabbage, tofu, onion

**Storage Instructions:** Keep in freezer or in fridge

**Shelf Life:** 2 weeks if frozen, 3 days refrigerated after defrosting

# **Cooking Instructions (per 1 serving)**

1. Defrost Miso marinated salmon packages in running water or in fridge

2. Preheat over to 450 F

3. Line oven tray with aluminum foil or parchment paper, and place salmon lined tray

4. Bake salmon in oven for 12 minutes, or until medium well

5. In another pan, add 1 tablespoon vegetable oil and saute vegetables over high heat, until cooked

Chef's recommendation: Do not defrost vegetables, cook from frozen state for best texture

6. Divide vegetables into portions, and serve Miso Bake Salmon on top

# **PREPARE-TO-EAT (FROZEN): Ramen Bowls**



# **Tonkotsu Pork Ramen**

serves 1 Ingredients:

pork char siu, ramen noodle (flour, egg, yeast),

# **Cooking Instructions:**

1. Defrost bowl (broth and noodle) in fridge

2. Take out all packages from bowl





tonkotsu broth, rapini, green onion, kikurage

# DF

#### Storage Instructions:

Keep in freezer or in fridge

#### Shelf Life:

2 weeks if frozen, 3 days refrigerated after defrosting

3. Pour broth and noodle into bowl togtether

4. Replace lid on bowl and microwave for 3:30-4 minutes, or until hot

4

5. Microwave toppings tray separately for 1 minute

6. Arrange toppings on top of noodles and broth

7. Serve while hot

# DIETARY SYMBOLS



# **PREPARE-TO-EAT (FROZEN):** Gyoza



# ポーク餃子 Gyoza Bar Signature Pork Gyoza

20pcs

# Ingredients:

Pork, egg, chicken powder, abalone sauce, chicken broth, cabbage, chives **DF/NF** 

**Storage Instructions:** Store in freezer

Shelf Life: 1 month

# **Recommendation:**

Try with Gyoza Bar Signature Umami Gyoza Sauce!

## **Cooking Instructions:**

PAN FRY METHOD: 1. Place non-stick pan on medium heat 2. When hot, add 2 tablespoons of oil 3. Place an even layer of frozen dumplings in pan 4. Pour in some water, enough to reach about 1/2 - 3/4 up the sides of the dumplings 5. Cover and cook for about 10 minutes on medium to high heat or until the water evaporates 6. Serve and enjoy!

BOIL METHOD:

Boil frozen gyoza from cold water and wait until it is boiling
 When water boils, cook for another 6 to 8 minutes
 Serve and enjoy!

3. Serve and enjoy!



# エビ餃子

# Umami Chili Shrimp Gyoza

## 20pcs

Ingredients:

Shrimp, pork stock, chive, mirin, rayu, celery, cayenne, oyster sauce, egg **DF/NF** 

**Storage Instructions:** Store in freezer

Shelf Life: 1 month

# **Recommendation:**

Try with Gyoza Bar Spicy Miso Sauce for an extra kick!

## **Cooking Instructions:**

PAN FRY METHOD: 1. Place non-stick pan on medium heat 2. When hot, add 2 tablespoons of oil 3. Place an even layer of frozen dumplings in pan 4. Pour in some water, enough to reach about 1/2 - 3/4 up the sides of the dumplings 5. Cover and cook for about 10 minutes on medium to high heat or until the water evaporates 6. Serve and enjoy!

BOIL METHOD:

- 1. Boil frozen gyoza from cold water and wait until it is boiling
- 2. When water boils, cook for another 6 to 8 minutes
- 3. Serve and enjoy!

# **DIETARY SYMBOLS**



# **PREPARE-TO-EAT (FROZEN): Ramen Kits**



# Tomato Shio Ramen Kit

#### Serves 2

#### **Kit Contains:**

Ramen Broth....2 x 800mL bag Flavour Oil....1 x 20z jar Ramen Noodles....4 x bundle Char Siu....4pcs

Vegetable Toppings

# Ingredients:

<u>Tomato Shio Broth</u>: pork bone, tomato, tomato paste, fish sauce, soy sauce, shrimp, bonito flake, mirin

<u>Noodle</u>: egg, flour, potato starch <u>Flavored Oil: c</u>anola oil, sesame, garlic, ginger, green onion BBQ Pork Char siu: pork collar meat, soy sauce,

garlic, sugar, sake, mirin

# DF/NF Storage Instructions:

Keep in freezer or in fridge

# Shelf Life:

2 weeks if frozen, 3 days refrigerated after defrosting

## **Recommendation:**

Pair with soft boiled egg for extra deliciousness and Chili Crunch Rayu Sauce by Gyoza Bar for extra spice!

#### Cooking Instructions (per 1 bowl serving)

DEFROSTING: Defrost all frozen packages in the fridge (approx. 1 day in advance)

# PREPARATION:

1. In a large bowl, pour in 0.5oz (1/4 jar) flavour oil and set aside

PREPARING THE NOODLES:

2. Boil water in a large pot until bubbling

3. Put in one (1) ramen noodle bundle
4. Stir noodles regularly to prevent sticking and cook for 55 seconds for al-dente bite, or longer to your preference
5. Remove from heat and drain noodles well

#### PREPARING THE BROTH:

# 6. In a pot, pour in 400mL (1/2 bag) ramen broth

- 7. Boil broth until bubbling
- 8. Pour bubbling broth into large bowl with flavored oil and tare
- 9. Stir broth to mix ingredients together

## FINISHING TOUCHES:

10. Mix and arrange cooked noodles in ramen broth

- 11. Add and arrange Char Siu and Vegetable Toppings as desired
- 12. Enjoy your ramen while it's piping hot!

# Chef's tip #1:

Use a proper size pot for boiling water to ensure that noodles are sufficiently cooked! Use a 4L pot of water for 2 noodle bundles

#### Chef's tip #2:

Make sure to drain the noodles well! This will ensure that the broth is not diluted when the noodles are added, and the ramen retains its full flavour.

# Tonkotsu Ramen Kit

# Serves 2

# Kit Contains:

Ramen Broth....2 x 800mL bag Tare (dark soy)....1 x 2oz jar Ramen Noodles....4 x bundle Char Siu....4pcs Vegetable Toppings

## Ingredients:

<u>BBQ Pork Char Siu</u>: Pork collar meat, soy sauce, garlic, sugar, sake, mirin <u>Tonkotsu Broth</u>: pork bone, soy sauce, shrimp, bonito flake, mirin <u>Noodle</u>: egg, flour, potato starch <u>Flavoured Oil</u>: canola oil, sesame, garlic, ginger, green onion <u>Tare</u>: soy sauce, seafood, garlic, vinegar, sake **DF/NF** 

## Cooking Instructions (per 1 bowl serving)

DEFROSTING: Defrost all frozen packages in the fridge (approx. 1 day in advance)

BREBARING THE NOODLES:

2. Boil water in a large pot until bubbling. I. In a large bowl, pour in 0.5oz (1/4 jar) flavour oil and set aside **3. Put in one (1) ramen noodle bundle** 

4. Stir noodles regularly to prevent sticking and cook for 55 seconds for al-dente bite, or longer to your preference

5. Remove from heat and drain noodles well

#### PREPARING THE BROTH:

6. In a pot, pour in 400mL (1/2 bag) ramen broth

- 7. Boil broth until bubbling
- 8. Pour bubbling broth into large bowl with flavored oil and tare
- 9. Stir broth to mix ingredients together

FINISHING TOUCHES:

10. Mix and arrange cooked noodles in ramen broth

# tomato shio — RAMEN KIT FOR FOUR—

Enjoy Gyoza Bar's guest-forvourite, Tomato Shio Ramen - ath annel Try this kit with your foxourite unique toppings, such as care, book choy, soft bolied egg, seaweed, and more. Serves four: Make it a full home dring experience with Gyoza Bar's Uman Chill Britma Gyoza. De F and F and the CONTAINS: SEAPOOD, BBC

> THIS KIT INCLUDES: mL Tomato Ship Broth. (4x) packs of ramer

> > Keep in freezer or in fridge

Storage Instructions:

# Shelf Life:

2 weeks if frozen, 3 days refrigerated after defrosting

## **Recommendation:**

Pair with soft boiled egg for extra deliciousness and Chili Crunch Rayu Sauce by Gyoza Bar for extra spice!

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11. Add and arrange Char Siu and Vegetable Toppings as desired

12. Enjoy your ramen while it's piping hot!

#### Chef's tip #1:

Use a proper size pot for boiling water to ensure that noodles are sufficiently cooked! Use a 4L pot of water for 2 noodle bundles

#### Chef's tip #2:

Make sure to drain the noodles well! This will ensure that the broth is not diluted when the noodles are added, and the ramen retains its full flavour.

# **DIETARY SYMBOLS**



# **FROZEN INGREDIENTS: Other**



# Ramen Noodle (Frozen)

4 servings

Ingredients: egg, flour, yeast, salt VG/DF

**Storage Instructions:** Keep in freezer or in fridge

**Shelf Life:** 2 weeks if frozen, 3 days refrigerated after defrosting

#### **Recommendation:**

Pair with Gyoza Bar ramen broth of choice, softboiled egg, and pork char siu

## **Cooking Instructions:**

1. Defrost noodles in fridge

2. Add 4L of water in a medium-sized pot (use approx. 1L per bundle of noodles)

- 3. Bring water to a boil
- 4. Add noodles

5. Cook noodles for 55 seconds for an al-dente bite, or longer depending on your preference

6. Drain and serve



# Gari (Pickled Ginger)

**Ingredients:** ginger, water, sorbitol, salt, acedic acid, citric acid, lactic acid, aspartame, potassium sorbate, malic acid

# V/VG/GF/DF

8oz

**Storage Instructions:** Keep in fridge

Shelf Life: 2 weeks refrigerated



# Wasabi

4oz

Ingredients: wasabi (horseradish) V/VG/GF/DF

**Storage Instructions:** Keep in fridge

Shelf Life: 2 weeks refrigerated

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# DIETARY SYMBOLS



# **DESSERT & PASTRIES: Prepare-To-Eat**



# Matcha Latte Mix

120z

Ingredients: matcha powder, water, sugar V/GF/DF

Storage Instructions: in fridge Shelf Life: 2 weeks **Cooking Instructions:** Mix 2 tablespoons of matcha latte mix and 1 cup of milk

Chef's recommendation: Try this recipe both cold and hot!

# House-Made Chocolate Chip Cookies (Frozen)

12pcs

VG

# Ingredients:

all-purpose flour, baking soda, katakuriko, salt, butter, brown sugar, sugar, eggs, vanilla extract, dark chocolate

Storage Instructions: in freezer Shelf Life:

1 month

# **Baking Instructions:**

1. Preheat oven to 350F

2. Line baking tray with parchment paper or silicone baking mat, place cookie doughs on tray at least 2" apart

3. Bake for 12-13 minutes or until cookies become golden brown

4. Let the cookies cool on baking tray for 5-10 minutes before transferring to a wire rack



# House-Made Matcha White Chocolate Cookies (Frozen)

## 12pcs

## Ingredients:

all-purpose flour, baking soda, salt, matcha powder, butter, sugar, brown sugar, vanilla extract, eggs, white chocolate

#### VG Storage Instructions: in freezer

Shelf Life: 1 month

## **Baking Instructions:**

1. Preheat oven to 350F

2. Line baking tray with parchment paper or silicone baking mat, place cookie doughs on tray at least 2" apart

3. Bake for 8-10 minutes or until cookies become golden brown

4. Let the cookies cool on baking tray for 5-10 minutes before transferring to a wire rack

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# **Premium Matcha Powder**

50g

Ingredients: matcha powder

V/VG/GF/DF

**Storage Instructions:** cool dry place

Shelf Life:

3 months

# DIETARY SYMBOLS