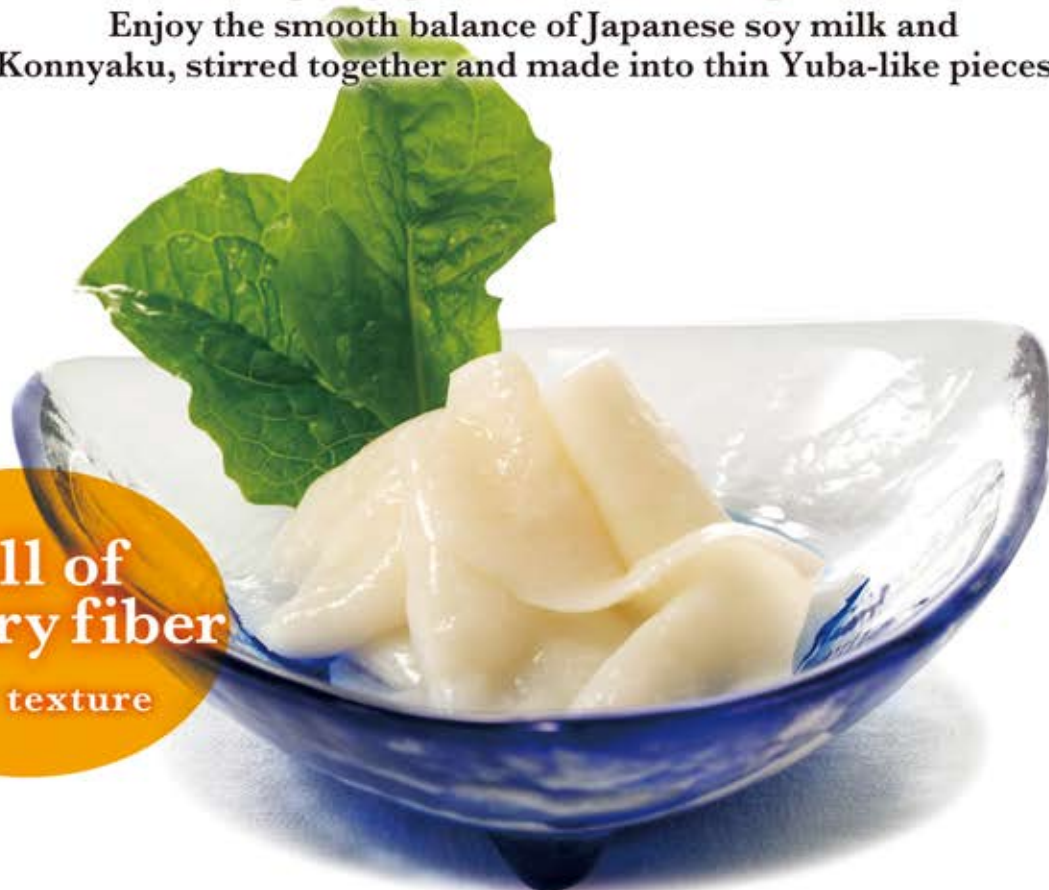




MIYUKIYA's Creative Konnyaku

# Konnyaku with Soy Milk “Yuba-Kon”

Enjoy the smooth balance of Japanese soy milk and Konnyaku, stirred together and made into thin Yuba-like pieces.



Full of dietary fiber

New texture

19  
Kcal/per  
100g



—Just rinse! Not necessary to boil!—  
Eat raw or cooked

Japanese, Chinese, Western dishes and seasonal Yuba-Kon low calorie dishes (Hot or Cold)



[With tomato sauce] [With steamed mushrooms] [As a seaweed salad] [With Kinako (soybean flour) as a Japanese dessert]

## Yuba-Kon for Retailers

(With vinegary miso paste mustard enclosed)

Standard (With vinegary miso paste mustard enclosed)	130g
Quantity	25 packs
Storage temperature range	Normal
Best before date	90 days

## Yuba-Kon for the food industry

(For various creative dishes)

Standard	500g
Quantity	15 packs
Storage temperature range	Normal
Best before date	90 days

Energy	19kcal
Protein	0.7 g
Fat	0.3 g
Sugars	1.0 g
Dietary fiber	2.3 g
Sodium	1 mg

<Nutrition facts per Yuba-Kon 100g>

In winter, the smooth texture of Yuba-Kon is enjoyable in Nabe “hot pot”, grilled dishes, soups and hot appetizers with ponzu sauce. In summer, cool in refrigerator and enjoy as Sashimi with soy sauce or dressing.

Our Konnyaku is also available for various healthy vinegary dishes, salads and desserts.

<http://miyukiya.jp>

【ゆばこんと切り干し大根サラダ】2~3人分

〈材料〉  
 ゆばこん……………130g(1袋)  
 切り干し大根……………30g  
 すだち……………適宜  
 酢……………大さじ1  
 砂糖……………大さじ1  
 塩……………少々

〈作り方〉  
 1. ゆばこんはよく水洗いしザルにあけ、水気を切る  
 2. 切り干し大根は水洗いし5分ほど水につけてもどし、水気を絞る  
 3. 調味料を合わせて1、2と味をなじませる  
 4. 器に3を盛り、すだちを飾る



【ゆばこんマリネ】2人分

〈材料〉  
 ゆばこん……………130g(1袋)  
 えび……………中4~5尾  
 ローリエ……………1枚  
 レモン……………1/2個  
 玉ねぎ……………1/4個  
 セロリ……………1/2本

〈作り方〉  
 1. ゆばこんは水洗いしザルにあげる  
 2. えびを殻付きのまま背わたを取り、さっと洗い、鍋に入れAをふりかけて蓋をし、中火で4~5分蒸してそのまま冷やして殻をむく  
 3. ボウルにBを合わせてよく混ぜる  
 4. レモンは皮をむいて薄く切る  
 5. 1~4とローリエを合わせて漬け込み15分ほど置いたのち盛り付ける

A(塩少々 酒、水 各大さじ2)  
 B(酢大さじ2 オリーブオイル大さじ4 塩小さじ1 こしょう適宜 パセリみじん切り大さじ1)



Full of  
 dietary fiber  
 New texture

【ゆばこんピリ辛ボン酢鍋】2人分

〈材料〉  
 ゆばこん……………130g(1袋)  
 だし汁……………カップ3~4  
 薬味(ねぎ)……………少々  
 ボン酢……………適量  
 ラー油……………少々

〈作り方〉  
 1. ゆばこんは水洗いしザルにあげる  
 2. 鍋にだし汁をはり、1を入れ、温める  
 3. ボン酢とラー油をあわせ、薬味を加えていただく



KONNYAKU MEIJIN  
 蒟蒻名人

【ゆばこんとグレープフルーツ】2人分

〈材料〉  
 ゆばこん……………130g(1袋)  
 グレープフルーツ……………2個  
 ガムシロップ……………1個  
 (ポーションタイプ)

〈作り方〉  
 1. グレープフルーツの皮をむく  
 2. ゆばこんはザルにあけ流水で洗う  
 3. 1と2を器に盛り付ける  
 4. 3にガムシロップをかけていただく



# 涼夏

Summer  
Cool dessert



### Kuzu Hagaromo for Retailers

(Okinawa brown sugar syrup enclosed)

Standard	130g
(Okinawa brown sugar syrup enclosed)	
Quantity	25 packs
Storage temperature range	Normal
Best before date	90 days



**7.0**  
Kcal/per  
100g

### Kuzu Hagaromo for the food industry

(For various creative dishes)

Standard	500g
Quantity	15 packs
Storage temperature range	Normal
Best before date	90 days

Energy	7.0kcal
Protein	0.0 g
Fat	0.1 g
Sugars	1.0 g
Dietary fiber	1.3 g
Sodium	0.8mg

<Nutrition facts per 100g>



MIYUKIYA's Creative Konnyaku

“Crème de la crème” of arrowroot starch,  
YOSHINO HON KUZU and Konnyaku makes

# “Kuzu Hagaromo”

Silky smooth texture

**Full of  
dietary fiber**  
New texture

New low-calorie ingredients for salads, soups,  
Nabe “Hot pot,” desserts and creative dishes!

“Kuzu Hagaromo” Cool dessert in Summer.  
Shabu Shabu Hot Pot with “Kuzu Hagaromo” in Winter.

Just rinse! Not necessary to boil!  
Eat raw or cooked!



<http://miyukiya.jp>



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# 冬鍋

Winter Shabu Shabu Hot Pot



## Kuzu Hagaromo for Retailers

(Okinawa brown sugar syrup enclosed)

Standard	130g
(Okinawa brown sugar syrup enclosed)	
Quantity	25 packs
Storage temperature range	Normal
Best before date	90 days



7.0  
Kcal/per  
100g

## Kuzu Hagaromo for the food industry

(For various creative dishes)

Standard	500g
Quantity	15 packs
Storage temperature range	Normal
Best before date	90 days

Energy	7.0kcal
Protein	0.0 g
Fat	0.1 g
Sugars	1.0 g
Dietary fiber	1.3 g
Sodium	0.8mg

<Nutrition facts per 100g>

MIYUKIYA's Creative Konnyaku

“Crème de la crème” of arrow-root starch,  
YOSHINO HON KUZU and Konnyaku makes

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 MIYUKIYA's Creative Konnyaku

# “Chijimi Konnyaku”

## Seaweed-like texture

For salads, soups, appetizers, Nabe “Hot Pot”  
and creative dishes.

**Just rinse!** Not necessary to boil! Eat raw or cooked!

- \*Low-calorie, full of dietary fiber and unique texture
- \*Flavours are easily absorbed
- \*A fulfilling accent to salads



**New texture**



KONNYAKU MEIJIIN  
蒟蒻  
名人

It's new! Lends a crunchy texture  
to any dish and easy to  
season. Create unique dishes!

**29.8**  
kcal  
100gあたり



[Chijimi Konnyaku]

Standard 350g

Quantity 15 packs

Storage temperature range Normal

Best before date 120 days

Energy	29.8kcal
Protein	0.1 g
Fat	0.0 g
Sugars	2.7 g
Dietary fiber	2.7 g
Sodium	8mg

(Nutrition facts per 100g)

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KONNYAKU MEIJIN

蒟蒻  
名人

 MIYUKIYA's Creative Konnyaku

Full of  
dietary fiber

New texture

# “Chijimi Konnyaku”

## Seaweed-like texture

For salads, soups, appetizers, Nabe “Hot Pot”  
and creative dishes.

**Just rinse! Not necessary to boil! Eat raw or cooked!**

## Salads in Summer

**\*Low calorie and unique texture**

**\*A fulfilling accent to salads**

<http://miyukiya.jp>

MIYUKIYA's Creative Konnyaku

# “Chijimi Konnyaku”

KONNYAKU MEIJIN  
蒟蒻  
名人

Seaweed-like texture

For salads, soups, appetizers, Nabe “Hot Pot”  
and creative dishes.

**Just rinse!**

Not necessary to boil! Eat raw or cooked!

Full of  
dietary fiber

New texture

## Nabe “Hot Pot”

- Low calorie and unique texture
- Flavours are easily absorbed

<http://miyukiya.jp>



KONNYAKU MEIJIN (KONNYAKU MASTER)

# Konnyaku as a healthy dessert ! "Shiratama Vegie Pearl Mixed"



Small, soft, white Konnyaku balls are filled with 2 types of "Vegie Pearl" (yellow: pumpkin powder, orange: carrot powder stirred with Konnyaku) and preserved in syrup.

A new type of dessert, "Shiratama Vegie Pearl Mixed" is very colorful and comes in two different textures.

Eat raw or top with fresh fruit. Perfect for buffet desserts!



Ingredients for "Shiratama Vegie Pearl Mixed":

Sugar, Konnyaku powder (Japanese product),  
Pumpkin vegetable powder, Carrot vegetable powder,  
Sago palm starch,

Liqueur, Processed starch, Acidifier(Citric Acid,  
Sodium Citrate) Flavor(including apple)

Calcium hydroxide

\*Sugar content 12.8

Standard 1Kg

Quantity 10 packs

Storage temperature range Normal

Best before date 90 days


 応援します。美味しく/楽しく/健康家族  
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