



Okinawa Agricultural, Forestry and Fishery Products
Mascot Character: Lisa-kun

**Okinawa Prefecture Agricultural,
Forestry and Fishery Products Sales Promotion Council**

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Okinawa Home Cooking Recipes



Okinawan Diamond Squid

Diamond squid, locally known as “seika,” is a marine product which only comes second to tuna in terms of catch volume in Okinawa. Some can be as long as 1 meter and as heavy as 20 kilograms. It is often used as sushi topping because of its thick flesh, and also used for multi-tiered special box dishes.



Tips on How to Select the Best Ingredient

Take the one with thick meat, pure-black eyes and tentacles with good suction which indicates its freshness.

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Diamond Squid Burger Patty



Ingredients for 2 Servings

200g Diamond squid
(tentacles or other parts)
1 stem green onion
A piece of ginger
50g mountain yam
1/2 egg
1/4 teaspoon salt
Ground pepper to taste
1 tablespoon potato starch
1 tablespoon oil

Preparation

- 1 Puree squid meat using food processor. Fine-chop green onion, and coarse-cut yam. Put them in a plastic bag, then smash it with a rolling pin. Leave the yams a little bit lumpy. Fine-chop ginger and add to the mixture.
- 2 Combine mixture in ① with egg, salt, pepper and potato starch in a bowl, then mix them together.
- 3 Pour oil in a frying pan and heat it. Take mixture ② with a spoon, shape it, then line them in the pan. Fry them over medium heat until brown on both sides. Continue to fry them over low heat with a cover on.

Diamond Squid & Pepperoncino Stir-Fry



Ingredients for 2 Servings

100g Diamond squid
(sashimi-grade)
2 cloves garlic
1 pepperoncino
2 tablespoons olive oil
1/4 teaspoon salt
Ground pepper to taste
A little bit of fine-chopped
parsley for garnishing

Preparation

- 1 Thinly slice squid lengthwise. Fine-chop garlic. Remove seeds from pepperoncino, then cut it to small pieces.
- 2 Pour olive oil into a frying pan, followed by garlic and pepperoncino. Start to fry them until the garlic smell comes out. Then add in the sliced squid, and quick sear with salt and pepper to taste.
- 3 Place it on a plate and sprinkle some parsley.