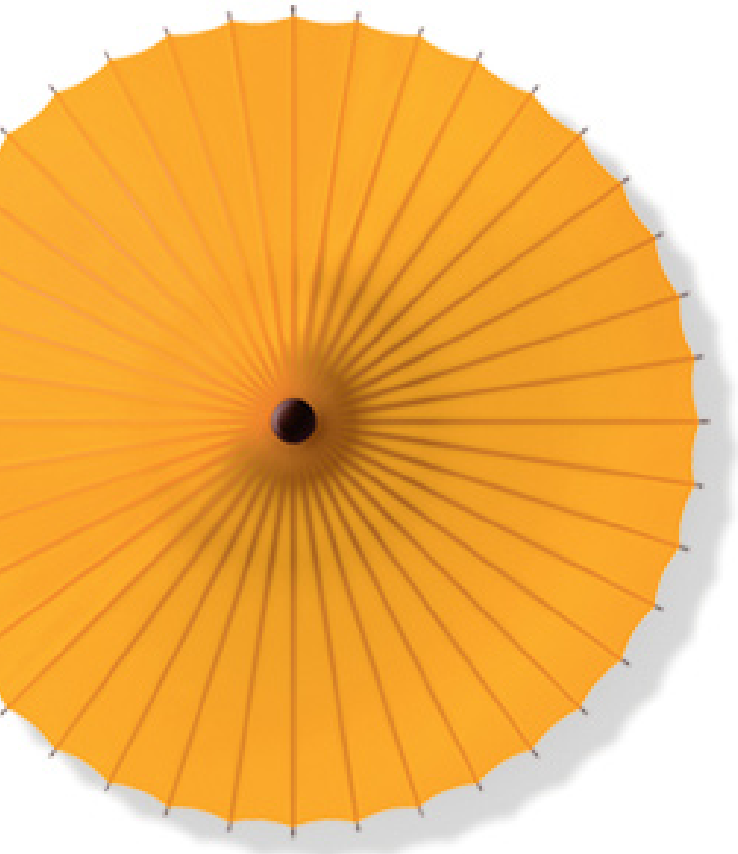
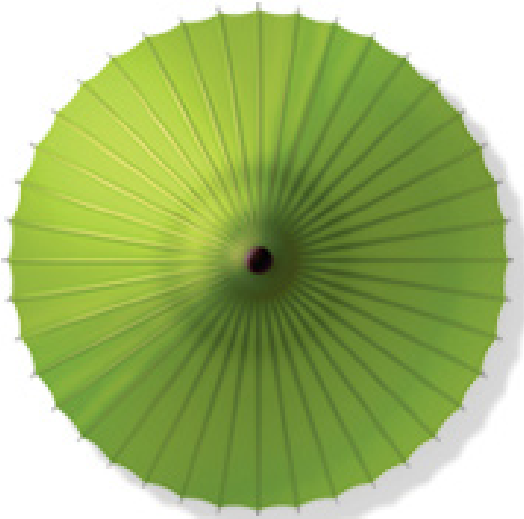


# Experience a touch of Japan!

Wafu. JAPANESE VINAIGRETTE

Dress, dip and marinate.  
JAPANESE-STYLE.



WAFU®

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# Wafu® Fact Sheet

## Authentically Japanese

Wafu®'s inspiration lies in the ingredients. Authentic Japanese ingredients and/or ingredients essential to authentic Japanese cooking are at the core of each Wafu® flavour. Each ingredient has a story to tell, as does the flavour it inspires. *Allow yourself to experience a touch of Japan!*

## Unique and Delicious

Wafu®'s unique great taste has already won the hearts of many. Every flavour offers a different taste experience. Unlike other dressings, Wafu®'s authentic Japanese-style taste and homemade qualities make it stand out from the crowd. *Try Wafu® and fall in love!*

## Simply Versatile

Wafu® is more than just a dressing. Each flavour offers endless opportunities for creating memorable meals in a flash. Whether you are dressing, dipping or marinating, Wafu® will surprise you every time. *Just open the Wafu® Recipe Box and be inspired!*

## As Good as it Gets

Just when you thought it couldn't get better... what's not in Wafu® makes it as good as it gets! No artificial colours, no artificial flavours, no cholesterol, no trans fats and no peanuts. And Wafu® contains no dairy or meat content, which makes it kosher (pareve). *You just can't say "no" to that!*



# Wafu® Japanese Vinaigrette Product Line & Nutrition Facts



## Wafu® ORIGINAL Japanese Vinaigrette

The Original. Smooth and creamy with an unmistakable nutty\* Japanese flavour. *Inspired by lightly toasted sesame oil.*



\*FONDATION DES MALADIES DU CŒUR  
HEART & STROKE FOUNDATION

INCLUDING A SMALL AMOUNT OF UNSATURATED FAT EACH DAY IS PART OF HEALTHY EATING. MARI'S FOODS FINANCIALLY SUPPORTS THE HEALTH CHECK™ PROGRAM. THIS IS NOT AN ENDORSEMENT. WWW.HEALTHCHECK.ORG



No artificial colours, No artificial flavours, No cholesterol, No trans fats, Source of Omega-3 polyunsaturates, No peanuts, Kosher (pareve)



## Wafu® ORIGINAL Light Japanese Vinaigrette

The Original, with 43% less fat than Wafu® Original! The same smooth and creamy texture with an unmistakable nutty\* Japanese flavour. *Inspired by lightly toasted sesame oil.*



\*FONDATION DES MALADIES DU CŒUR  
HEART & STROKE FOUNDATION

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No artificial colours, No artificial flavours, No cholesterol, No trans fats, No peanuts, Kosher (pareve)



## Wafu® GINGER CARROT Japanese Vinaigrette

Light and refreshing, with a unique and zesty Japanese twist. *Inspired by pickled ginger.*



\*FONDATION DES MALADIES DU CŒUR  
HEART & STROKE FOUNDATION

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No artificial colours, No artificial flavours, No cholesterol, No trans fats, Source of Omega-3 polyunsaturates, No peanuts, Kosher (pareve)

\*Does not contain nuts.



# Wafu® Authentic Ingredient Lexicon

## Toasted Sesame Oil

### INGREDIENT OVERVIEW

Sesame is used extensively in Japanese cuisine.

Sesame oil is extracted from pressed toasted seeds and is commonly used as a flavouring. In Japan, the sesame seeds are always lightly toasted, which produces an intriguing aroma and a rich, nutty flavour.

### A BRIEF HISTORY

Sesame is one of oldest and most important oil seeds known to man. Historically, sesame oil has been used as food, salve and medication. Due to the complexity of its processing, sesame oil has even been a legendary symbol of wealth and immortality.

### USES IN JAPANESE CUISINE

Toasted sesame oil is mixed with dressings and dipping sauces and used as a flavouring oil for tempura.



## Pickled Ginger

### INGREDIENT OVERVIEW

Pickled ginger is used extensively in Japanese cuisine. The fresh ginger root is actually a piece of rhizome, called a 'hand.' It is available in different forms and its taste is warm, sweet and pungent.

### A BRIEF HISTORY

The original use of ginger as a spice is so ancient that it predates historical records. Ginger was likely introduced to Japan in the 3rd century, where it was used as a "yang" ingredient to achieve harmonic cuisine. Ginger has been used over centuries for its therapeutic properties and has long been ascribed aphrodisiac powers.

### USES IN JAPANESE CUISINE

In Japan, ginger is often pickled (known as gari). It is used as an accompaniment with sushi and sashimi, and is served to cleanse the palate between courses and as a beautiful garnish. It is also grated and used raw on tofu or noodles, or can be used as a seasoning to rice. Ginger is also made into a candy.



# Wafu® Recipe Box

## Wafu® Grilled Red Chili Chicken

- 4 Boneless, skinless chicken breast halves, about 6oz each
- Granulated sea salt or kosher salt to taste
- Freshly ground black pepper to taste
- Red chili flakes to taste
- Wafu® Original Japanese Vinaigrette

1. Rinse chicken breasts under cold water and pat dry.
2. Place breasts in large, re-sealable plastic bag and pour in Wafu® Original. Chicken breasts should be well immersed in Wafu® Original.
3. Press air out of bag and seal tightly. Turn bag to distribute Wafu® marinade and refrigerate 10 to 12 hours.
4. Remove chicken breasts from bag and reserve excess Wafu® marinade.
5. Sprinkle chicken breasts with salt, pepper and chili flakes.
6. Grill breasts over Direct Medium heat until meat is firm, for about 8 to 12 minutes. Turn and baste with left over marinade once halfway through grilling time.

### Serves 4.

For a lower calorie option, try Wafu® Original Light.

Another way to marinate with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)

**WAFU®**

## Grilled Wafu®-Marinated Shrimp Skewers

**1½ pounds** Large shrimp, peeled and deveined  
**2 cups** Wafu® Original Japanese Vinaigrette  
**12** Skewers  
Freshly cut cilantro to garnish

1. Pour Wafu® Original Japanese Vinaigrette into medium bowl. Add shrimp and toss to coat.
2. Cover bowl and refrigerate for 2 hours.
3. Skewer the shrimp.
4. Grill on preheated grill for approximately 2 minutes per side or until shrimp turns pink.
5. Remove skewers from grill.
6. Place on plate and garnish with cilantro.

**Serves 4.**

For a lower calorie option, try Wafu® Original Light.

Another way to marinate with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)

**WAFU®**

## Wafu. Caesar Salad

1 head Romaine lettuce, trimmed, washed, dried, and torn into bits  
½ cup Pine nuts  
½ cup Dried cranberries  
½ cup Freshly-grated Parmesan cheese  
½ cup Wafu® Original Japanese Vinaigrette

1. In a salad bowl, toss lettuce, pine nuts and cranberries.
2. Mix in chilled Wafu® Original Japanese Vinaigrette.
3. Top with Parmesan.
4. Toss and serve immediately.

**Serves 4.**

For a lower calorie option, try Wafu® Original Light.

Another way to dress with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)

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## **Wafu. Seared Salmon**

**4 x 180g (6 oz) Salmon fillets**  
**2 tablespoons Virgin olive oil**  
**Flour for dredging**  
**Granulated sea salt or kosher salt to taste**  
**Freshly ground black pepper to taste**  
**Lemon wedge for garnish**  
**Wafu® Original Japanese Vinaigrette**

1. Wash salmon fillets and pat dry.
2. Place flour on plate.
3. On separate plate, season both sides of salmon fillets with salt and pepper. Next, dip each fillet in flour and pat off excess.
4. Heat frying pan with olive oil over high heat and cook salmon for 1½ minutes on each side.
5. To serve, place some spinach on each plate and top with piece of salmon.
6. Dress salmon fillets with Wafu® Original Japanese Vinaigrette (to taste).
7. Garnish plate with lemon wedge.

**Serves 4.**

For a lower calorie option, try Wafu® Original Light.

**Another way to dress with Wafu®, Japanese-style.**

[www.wafu.ca](http://www.wafu.ca)

**WAFU®**

## Sushi with Wafu® Original Dipping Sauce

Assortment of Sushi (*nigiri* or *maki*) for 4 servings  
Wafu® Original Japanese Vinaigrette

1. Place fresh sushi pieces on plate.
2. Pour Wafu® Original Japanese Vinaigrette into a small dipping bowl.
3. Dip sushi into Wafu® Original and enjoy!

### Serves 4.

For a lower calorie option, try Wafu® Original Light.

Another way to dip with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)



## Wafu® Ginger Carrot Pan Fried Scallops

12 Large sea scallops (about 1½ lbs)  
¼ stick Butter  
1 tablespoon Virgin olive oil  
2 Large cloves of garlic, finely chopped  
½ cup Fresh ginger root, finely chopped  
Granulated sea salt or kosher salt to taste  
Fish (or chicken) stock  
Wafu® Ginger Carrot Japanese Vinaigrette  
Chopped parsley and paprika for garnish

1. Wash sea scallops and pat dry.
2. Heat frying pan and melt butter with olive oil over medium heat. Sauté ginger and garlic, but do not brown.
3. Add scallops and sauté for 3-4 minutes until slightly brown on each side.
4. Add small amount of fish stock (or chicken stock) as needed and add salt to taste.
5. Remove scallops and arrange on serving dish. Dress scallops very lightly with Wafu® Ginger Carrot Japanese Vinaigrette
6. Sprinkle with parsley and paprika.

Serves 4.

Another way to dress with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)

WAFU®

## Shrimp Dumplings with Wafu® Ginger Carrot Dipping Sauce

**12 Shrimp dumplings (frozen)**  
**Wafu® Ginger Carrot Japanese Vinaigrette**

1. Fry or steam shrimp dumplings until well done.
2. Place dumplings on plate.
3. Pour Wafu® Ginger Carrot Japanese Vinaigrette into a small dipping bowl.
4. Dip dumplings into Wafu® Ginger Carrot and enjoy!

**Serves 4.**

**Another way to dip with Wafu®, Japanese-style.**

[www.wafu.ca](http://www.wafu.ca)

**WAFU®**

## Wafu® Ginger Carrot Garden Salad

- 1 head Romaine or Boston lettuce, trimmed, washed, dried, and torn into bits
- 4 Medium tomatoes, cut in wedges
- 1 Large cucumber, sliced
- 1 Carrot, sliced into julienne strips
- ½ cup Wafu® Ginger Carrot Japanese Vinaigrette

1. In a salad bowl, toss the lettuce, tomatoes, cucumber and carrots.
  2. Mix in the chilled Wafu® Ginger Carrot Japanese Vinaigrette.
  3. Serve immediately.
- Serves 4.

Another way to dress with Wafu®, Japanese-style.

[www.wafu.ca](http://www.wafu.ca)

**WAFU®**

# Executive Bios

## Gil Michel-Garcia

President & Chief Executive Officer

Gil oversees all of the activities of Mari's Foods Inc. and is directly in charge of all business development and sales activities. He is one of the founders and controlling shareholders of Mari's Foods Inc.

Gil brings to the company more than eleven years of global corporate legal and business experience. He has worked as a corporate securities lawyer at leading international law firms in Montreal (*Stikeman Elliott LLP*), New York and London (*Clifford Chance LLP*).

Gil's corporate legal and business background includes extensive experience with private debt and equity offerings in the United States, venture capital and private equity transactions, cross-border private M&A transactions and general cross-border commercial and/or business transactions.

Gil holds a B.A. in Economics from *McGill University* and a Juris Doctor degree from the *State University of New York at Buffalo School of Law*. Gil is a member of the New York Bar and the Barreau du Quebec. He is fluent in English, French and Spanish.

In his spare time, Gil loves to cook and entertain and is a lover of Japanese cuisine and ingredients.

## Arabella Decker

Vice President Marketing

Arabella leads all branding and marketing efforts at Mari's Food Inc. She is one of the founders and controlling shareholders of Mari's Foods Inc.

Prior to joining Mari's Foods Inc. as VP Marketing, Arabella worked as an advertising executive at *Ogilvy Worldwide* (The Ogilvy Group/WPP) in Toronto, New York and London. Arabella brings twelve years of global brand strategy, marketing, communications, activation and sales expertise in consumer packaged goods. She has helped launch, shape and grow local and global brands for clients such as *Unilever* in Personal Care, and *Kraft Foods* in the Coffee, Cereal and Beverages categories.

Her successes include the launch of an award-winning Q-tips marketing campaign in Canada. She also participated in the strategic development of Dove's *Campaign for Real Beauty* and implemented the brand's philosophy across Unilever's global hair care business. The Dove campaign has contributed to 20% growth since inception and has earned worldwide recognition.

Arabella holds a B.A. in Economics from *McGill University* and an M.B.A. from the *University of Notre Dame* in Marketing and International Business. She speaks English, German, French and Spanish fluently.

In her free time, Arabella chairs the *Bach Academie de Montreal's* Gala Committee, which organizes annual fundraising events in support of the *Montreal Bach Festival*. She is also an avid traveler and loves, above all, to indulge in Japanese cuisine.



## Mari Toyoda

Vice President Operations & Product Development

Mari is one of the founders of Mari's Foods Inc. and the creator of the Wafu® brand of Japanese vinaigrettes. At Mari's Foods Inc., Mari is in charge of day-to-day operations and quality control, as well as product development.

Mari brings with her over 25 years of experience as a Japanese chef. Born in Japan to Japanese restaurateurs, Mari is one of very few officially licensed Japanese chefs (by the City of Tokyo) in Canada.

Since emigrating to Canada in the 1980s, Mari has had her own Japanese restaurant in Montreal and has participated in televised cooking shows on authentic Japanese cuisine. Mari has taught Japanese cooking classes including sushi, traditional, home-style, vegetarian and Zen food and has trained Japanese chefs in the province of Quebec.

In 1999, Mari started her own sushi company, Sushi Mari Toyoda, a producer and distributor of fresh-made sushi to major supermarkets, hotels and banquet halls in Quebec. Sushi Mari Toyoda was the first Canadian company to purchase and implement a Sushi Robot from Japan for its sushi operations, as well as the first to introduce frozen sushi to the Canadian market.

Mari developed Wafu® Original Japanese Vinaigrette as an accompaniment for her sushi offerings and in 2002 Wafu® Original won the best new product award in the Canadian Grand Prix of New Products.

Mari holds a B.A. in Economics from *Kanto Gakuin University* in Yokohama, Japan. She speaks English and Japanese fluently.



# Company Information

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**Gil Michel-Garcia** President & Chief Executive Officer  
**Arabella Decker** Vice President Marketing  
**Mari Toyoda** Vice President Operations & Product Development

Mari's Foods Inc. is a Quebec-based company, which manufactures, markets and distributes Japanese vinaigrettes.

We sell our line of Wafu® Japanese Vinaigrettes in Canada and the North Eastern United States through specialty shops, supermarkets and mass market retailers, as well as through foodservice wholesalers.

At Mari's Foods, our philosophy is simple.

We strive to use top-of-the line, healthy ingredients authentic to Japanese cuisine in order to develop the most unique, great tasting and versatile Japanese-style vinaigrettes. We go as far as developing our products in our own kitchens, tasting and perfecting time and time again, until we are certain our products will deliver on that unique Japanese-style experience, whether you dress, dip or marinate with them.





# Contact Us

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VP Marketing

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