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MITOKU

Respecting nature,
honoring tradition



PRODUCT OF
JAPAN





Authentic Organic Japanese Foods

Leading the Way for Over 50 Years

Founded in 1969, Mitoku Co., Ltd. is a pioneering exporter of Japanese organic and natural foods. It is our belief that the diet which has developed in Japan over the past several centuries can make a great contribution to the rest of the world, providing foods that are wholesome and nutritious, as well as being delicious and satisfying. Our mission is to introduce the rest of the world to the traditional food culture of Japan by supplying the finest organic products available.

We currently export over 200 high-quality Japanese products to customers in more than 40 countries worldwide. Through our network of importers, distributors, and retailers, we are committed to providing food that our customers can enjoy while having complete peace of mind about safety.

Ishoku Dogen: “Food is Medicine”

Ishoku Dogen (医食同源), this profound Japanese saying has been part of Asian cultural heritage for thousands of years, and it is Mitoku's guiding principle. Ishoku means literally “food and medicine”, dogen “from the same source”. This phrase encapsulates the idea that both that which we eat and that which heals us come from the same source. In other words, our approach to our diet has a great impact on our well-being. When you pick up a Mitoku product, you are being introduced to the spirit of ishoku dogen – the essence of good food.

Our ongoing goal is to ensure that our customers enjoy food as nature intended.

Committed to Organic

As a dedicated member of the organic food movement, we believe that organic is always the best option. Our commitment to quality will never be compromised by the pressure to compete with cheap, mass-produced goods. Providing foods that maintain the well-being of the individual and the health of the natural environment: this was our goal at the beginning over 50 years ago, and it remains our goal today.

Honoring Japan's Traditions

Each of our products is extraordinary. Mitoku specializes in products manufactured using traditional recipes and techniques, whether it be miso, soy sauce, green tea, or sea vegetables. We work with the very best producers in Japan: small scale, long-established businesses that are committed to using traditional methods and the highest quality ingredients.

With Respect for Nature

Mitoku products cannot be made without nature's blessing. We carefully select foods that have been grown, fermented, and matured in close harmony with the natural environment, making use of naturally occurring microorganisms to complete the brewing process. Our producers work in harmony with the seasons to create products that are naturally delicious.



100% Additive-Free

Mitoku offers top quality Japanese organic products with no unwanted extras. That means no chemical seasonings, artificial additives, colorings, preservatives, added refined sugar, MSG, or GMO.

Quality and Safety

Guaranteeing the safety of our products and services is of primary importance. For this reason, we are involved as closely as possible in the manufacturing of our products, taking an active role in procuring raw ingredients and carrying out thorough checks to ensure traceability in both the country of origin and throughout the distribution process. This enables us to provide our customers with safe, high-quality products that can be enjoyed with complete peace of mind.

In addition to supplying food products with organic and kosher certification, we encourage our producers to take a systematic approach to controlling food quality and safety, including the implementation of GFSI benchmarked standards such as FSSC22000 and JFS-C.

With Care for Our Environment

Deforestation, global warming, sea pollution, the extinction of wildlife... our modern lifestyle may well be rich with material wealth, but it places an enormous burden on the natural environment. We provide consumers with the opportunity to make choices that are kind to the natural environment and everything in it.

Natural processes of fermentation are the driving force behind many of our products.

Koji: The Engine of Fermentation

Fermentation lies at the heart of Japanese cuisine – and many of Mitoku’s most popular products. Perhaps the most vital element in the production of these foods is koji, to the extent that it has been named Japan’s *kokkin* or “national fungus”. Ask any brewer of soy sauce, miso, rice vinegar, or a host of other traditional Japanese staples, and they will tell you that good koji is a key part of their product. But what exactly is koji?

Koji is a fermentation starter made with the fungal culture *Aspergillus oryzae*. This culture is added to steamed grains (generally rice or soybeans), where it grows rapidly. During this incubation period, the koji becomes rich in enzymes, which are then used to break down the raw ingredients and drive the critical fermentation process. In this way, koji plays the role of nature’s chef, imparting fermented foods with their distinct taste, complexity, and aroma.

In Japanese, a distinction is made between the koji spores – known as *koji kin* – and the inoculated grain, which is simply called “koji”. Koji itself can be categorized depending on the type of grain: koji made with rice is known as “rice koji”, for example, while koji made from barley is known as “barley koji”. Different types of spore and grain interact to give each kind of koji its own personality.

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ORGANIC SHOYU Soy Sauce

Shoyu, Japanese soy sauce, is Japan's most quintessential seasoning. Not only does it have a rich flavor, well-rounded aroma, beautiful color, and a wonderfully appetizing fragrance, shoyu also has a superb balance of the five basic tastes: sweet, salty, sour, bitter, and umami. Shoyu's ability to bring out the best of every ingredient is why the Japanese cook reaches for it whenever a dish lacks flavor.

Soy sauce was introduced to Japan in the 7th century by Buddhist monks, who brought with them a variety of soy-based vegan foods. The condiment underwent a long period of unique development, eventually becoming "shoyu" as it is known today.

Mitoku's shoyu is the finest quality available, manufactured by our artisan producers with traditional recipes passed down for generations using top quality non-GMO soybeans.

Key features

- A truly versatile seasoning
- Naturally fermented
- Simple, high-quality ingredients



Organic Shoyu Soy Sauce

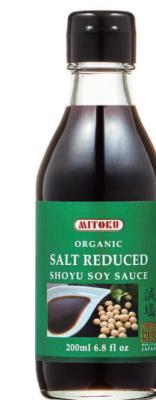
The deep, rich flavor of Mitoku's traditional shoyu is a world away from that of cheaper, mass-produced products. Our shoyu is made without additives, using just four simple ingredients: whole soybeans, whole wheat, sea salt, and water. Each has a role to play, with the soybeans providing umami and the whole wheat giving the sauce a wonderfully appetizing aroma. The soybean quality is of special importance, which is why we insist on whole soybeans rather than the defatted variety used by most manufacturers. Another vital element is the use of traditional techniques centered around three key processes: koji-making, fermentation, and maturation. Creating the right conditions for the powerful yet delicate koji culture to thrive is task for experienced brewers, requiring skill and careful supervision. Wooden casks then provide the perfect environment for the koji-generated enzymes to get to work over a long period of fermentation and maturation.



Left page: Mitoku's traditional soy sauce producer. Top left: More than a century since their establishment, our producer has built a new factory to improve food safety management. Top middle: Judging when to stop the steaming process for the next batch of koji. Top right: Stirring the *moromi* (mash). Bottom left: The *moromi* as it ferments. Bottom middle: the wooden fermentation vats. Bottom right: The *moromi* is pressed to extract the sauce, which is filtered through cloth.

Mitoku uses whole, non-GM soybeans

There is a huge difference between Mitoku organic soy sauces and most other products on the market. The biggest difference is in the raw ingredients. Today, about 80% of the soy sauce produced in Japan uses processed soybeans, which are cheaper, easier to transport, and allow for quicker fermentation than whole soybeans. Mitoku, by contrast, uses only whole soybeans, which provide the full nutritional content of the bean and take longer to ferment, resulting in a full-flavored sauce loaded with umami-rich amino acids. Mitoku opposes the proliferation of genetically engineered foods, so naturally all of our ingredients are GMO-free.



Organic Salt Reduced Shoyu Soy Sauce

For those wishing to reduce their sodium intake, we also offer salt reduced versions of our traditional organic shoyu. Salt plays a key role in the fermentation process by preventing unwanted bacteria from propagating, leaving the koji, yeast, and other microorganisms free to work their magic. For this reason, our salt reduced shoyu is initially brewed and matured in exactly the same way as our classic traditional shoyu. The salt content is then lowered towards the end of production. The end result is a quality salt reduced soy sauce that retains all the benefits of traditionally made, long fermented Japanese shoyu – a fine choice for the health-conscious soy sauce connoisseur.



Organic Smoked Shoyu and Tamari

These sensational smoked soy sauces are exciting additions to Mitoku's shoyu range. Made using a special patented process by smoking our traditionally brewed organic shoyu or gluten-free organic tamari over Japanese cherry wood, these sauces are infused with dramatic and intense flavors, transforming them into exciting new taste experiences. You can discover the best way to use these new sauces for yourself by trying them in place of regular soy sauce to taste the difference, then experimenting with any dish you like, such as sushi, grilled dishes, or even smoked foods. Their powerful flavor and aroma mean just a few drops will be enough to enliven any dish.



Organic White Shoyu Soy Sauce

A distinctive new addition to our soy sauce line-up, Organic White Shoyu is pale amber in color and has a gentle, fragrant flavor that is markedly sweeter and lighter than that of its more full-bodied cousins. The reason for this is that, while most soy sauces contain a high ratio of soybeans to wheat, Mitoku's Organic White Shoyu is soybean-free, made using high-quality whole wheat alone. The subtle charms of this delicate shoyu make it a great addition to sauces, dressings, and more. An added bonus is that, unlike conventional shoyu, white shoyu can be used without altering the color of a dish. Despite its many benefits, this rare shoyu is only made by a handful of producers, located exclusively in the Aichi region of Japan.



ORGANIC TAMARI

Gluten-Free Soy Sauce

While regular soy sauce is made with a 50:50 ratio of soybeans to wheat, another variety of Japanese soy sauce, called tamari, is typically made without wheat. This kind of soy sauce began as a byproduct of miso, made using the liquid produced by the soybean mash during fermentation. Brewed using an especially high percentage of soybeans, Mitoku's organic gluten-free tamari has a full-bodied, complex flavor that is distinct from ordinary tamari. The quantity of soybeans used for the preparation of our tamari is two to five times more than that of regular soy sauce, which enhances the umami flavors and gives the sauce its characteristically dark color and smooth texture.

Key features

- Gluten-free
- Double concentrated – high ratio of soybeans
- Long aged in wooden casks

Photo © Michael Boyny



Organic Tamari

Mitoku's traditional organic tamari is long aged in wood, contains no wheat, and is made with a very high percentage of whole soybeans. This gluten-free tamari is made with ten parts soybeans to five parts water, which means that, during brewing, the *moromi* (mash) of whole ingredients is extremely thick. When this is pressed to extract the liquid, the resulting sauce is highly concentrated, umami-rich, and has a deeply satisfying complexity of flavor thanks to its abundance of amino acids. This double concentrated tamari is made by a small family firm using a time-consuming traditional method in use for over a century. Employing the same trusted techniques as their forebears, the brewmasters keep careful watch over the tamari as it undergoes natural fermentation and aging in wooden casks for over 18 months. After this long fermentation, the flavorful liquid is pressed out, filtered, and bottled. This firm embodies Japan's small but surviving traditional tamari soy sauce industry. Mitoku's tamari is the continuation of this long heritage.



Left page: Mitoku's tamari producer. Top and second: Mitoku's tamari producer's old storehouse, used for production, provides the perfect environment for the living microorganisms in the tamari *moromi* (mash). Third: Inside the old wooden storehouse, rows of towering 100-year-old wooden vats are filled to capacity with 30,000 pounds of thick, rich tamari. Fourth: Tamari *moromi* is pressed under tons of stones during fermentation. Fifth: The tiring daily task of mixing *moromi*. Sixth: The matured fermented *moromi* is placed in cotton sacks. Seventh: Using great force to extract concentrated tamari with its distinctive depth and complexity.



Preserving the traditional Yaemon flavor

Mitoku is dedicated to protecting the traditional flavors of Japan, and this goal is shared by one of our longest serving partners, Yaemon, head of the Minamigura Company. At this small family firm, the name "Yaemon" is handed down the generations to each successive owner, from father to son. With each generation, the new Yaemon continues to use time-honored methods of production to ensure that this traditional tamari tastes just as it always has done.

As Yaemon himself puts it: "My role is to protect a flavor that has been preserved for the past 150 years. That is to say, I am faithfully replicating everything that has been done up until now."



Koji-making is everything to Yaemon Tamari

One of the most important steps in creating this traditional flavor is the preparation of koji, a fungus that plays a key role in kick-starting the fermentation process. The quality of the koji is, according to Yaemon, one of the key factors in determining the taste of the final product. While many large industrial manufacturers incubate koji at an artificially constant temperature to speed up production, our producer grows their koji in tune with the natural changing of the seasons, giving greater character and depth to the finished product. This, along with the continued use and maintenance of the ancient wooden fermentation vats and their precious cultures of microorganisms, provides the essence of the Yaemon Tamari flavor.

"All we do is lay the groundwork," says Yaemon. "After that, the work is done by the environment, so our role is to give nature a helping hand. We produce koji all year round, so we have to work hard to consistently get the same results. During incubation, we monitor the koji constantly for 72 hours. This critical period will ultimately determine the taste and the quality of the finished product."



ORGANIC MISO

Mitoku's miso range, made with highest quality organic ingredients, represents the finest of this traditional seasoning and health food. This thick, savory paste is integral to authentic Japanese cooking, thanks to its bold umami and great versatility. Its complexity and richness of flavor derive from the long fermentation that is fundamental to traditional production. This is what sets our miso apart from mass-produced, quick-fermented products.

The long fermentation used in traditional miso making develops the aroma, flavor, and color of the miso, and also imparts high nutritional value. Miso contains active enzymes which aid digestion and support immune system health. Unpasteurized miso is thought to contain more of these beneficial enzymes than pasteurized miso. Mitoku's organic miso range is free from GMO and chemical additives.

Key features

- Depth and variety of flavor
- All the goodness of fermented foods
- Incredible versatility
- Available unpasteurized and pasteurized

Photo © KAKUKYU HATCHO MISO



Organic Brown Rice Miso Red

This full-bodied and wholesome miso contains a deliciously satisfying balance of flavors. Mitoku's brown rice miso is made using rice with its bran intact, meaning it is packed with dietary fiber, minerals, vitamins, and essential fatty acids. In addition, the unpasteurized form of this miso is loaded with beneficial enzymes. This is a great all-purpose miso that works particularly well in soups.



Organic Salt Reduced Rice Miso

Reducing salt intake in our diet is thought to be one way to avoid lifestyle related diseases. For this reason, Mitoku now offers a reduced sodium option for organic miso. This unpasteurized miso contains at least 25% less salt than our standard miso without compromising on taste. It has a rounded and satisfying taste similar to our brown rice miso.



Organic Brown Rice Miso White

Mitoku Brown Rice Miso White is unpasteurized, made with organic brown rice koji. It is distinctively bright in color but rich in taste with pronounced saltiness, and is slightly sweeter than the red variety. Changing from a dark to a light miso can transform the taste and impact of a dish.



Organic Soybean-Free Miso Chickpea

This tasty and nutritious addition to our miso range replaces soybeans with organic chickpeas, resulting in an unpasteurized miso that is loaded with active enzymes while being allergen-free. This nourishing miso has a crisp texture and appealing color, with a well-balanced flavor combining sweet notes with salty.



Organic White Rice Miso

A mellow and refreshing white miso, ideal for those beginning to experiment with this versatile condiment in their cooking.

This miso goes well with all the standard recipes – try it as the base for a delicious miso soup, or use it to add flavor to stews, sauces, or dressings.



Organic Soybean-Free Miso Lentil

Made with organic lentils, this delicious addition to our miso range provides all the benefits of traditional unpasteurized miso without the use of soybeans. Rich in essential nutrients such as folate, iron, and manganese, the lentils also add their own distinctive texture and flavor to this wholesome condiment.



Organic Barley Miso

This miso, known traditionally as "rural miso", is characterized by its hearty and warming flavor, and is a great choice for soups, stews, and sauces. It is also distinguished by its barley aroma, derived from barley koji. Each product in our barley miso range has a distinct color and taste.



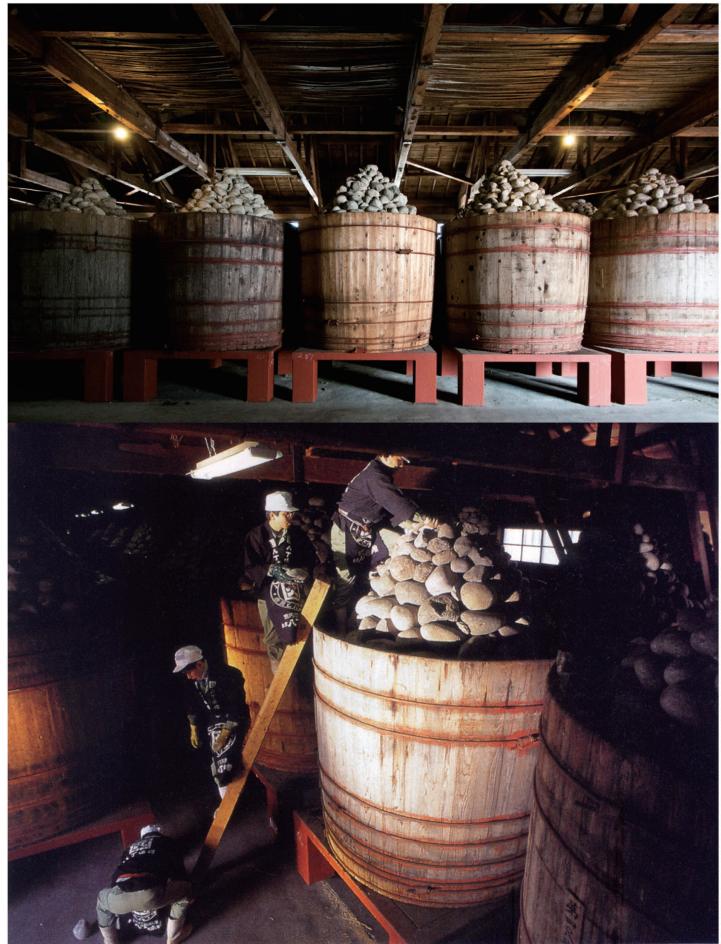
Organic Barley & Brown Rice Miso

This well-balanced miso is a Kyushu specialty, made by combining barley koji with brown rice koji. With its appetizing blend of hearty umami from the barley koji and the refreshing, mellow sweetness supplied by the brown rice koji, this delicious unpasteurized miso is a great addition to any home cook's pantry.



Left: Barley koji-making. Koji spores (*Aspergillus Oryzae*) are inoculated on steamed barley in a warm koji room. During incubation, temperature and humidity must be carefully monitored.

Right: The koji is ready for miso production. The next step is to mix it with the other ingredients, setting the stage for fermentation.



Mitoku's supplier, Kakukyu Hatcho Miso, has been making miso since the 17th century. Top: The ancient wooden casks. Bottom: 6,600 pounds of river rocks are placed on each cask.



"Salt Purchasing Records" (January 1851)
Hatcho miso is referred to in numerous historical texts.



Organic Sweet White Miso

This light and sweet Kyoto-style miso is made in small batches, with a large percentage of rice koji and a short fermentation process. Creamy and versatile, with a characteristic pale-yellow color, it is ideal as a dairy substitute and works well in dips, creamy sauces, desserts, and even baking.

Organic Yuzu Miso

A traditional miso variety that is integral to Buddhist vegetarian cuisine, yuzu miso is made by combining the finest quality yuzu – a fragrant Japanese citrus fruit – with mellow white miso to create a miso with depth and complex sweetness. The miso must be produced with great care, so as not to lose the rich yet delicate flavor and aroma of yuzu. This elegant and distinctive miso will uplift any dish. Enjoy with no further preparation, as a topping for vegetables, or a dip or sauce for grilled and deep-fried dishes. Alternatively, mix with vinegar or oil for a refreshing dressing.



Organic Hatcho Miso

Naturally fermented for two summers and two winters in 200-year-old cedar casks under the pressure of three tons of river rocks, Hatcho miso is the richest and heartiest miso variety. It has a distinctive astringent flavor and deep color, is very rich in protein, and has a mellow saltiness on the palate. Named "Hatcho" after the town in which it is produced, it is now made under the direction of the family firm's 19th successive president to a recipe unchanged since 1645.

Organic Akadashi Miso

The distinctively hearty taste of traditional soybean miso works best when combined with other ingredients. Mitoku's Organic Akadashi Miso adds the refreshing sweetness of rice miso and malt into the mix, creating a richly satisfying, savory blend that can be used to deepen the flavor of miso soups, stews, and other dishes. Unlike some varieties, our Akadashi Miso does not contain any added sugar, relying instead on high-quality ingredients to deliver a naturally delicious flavor.



Organic Instant Miso Soups

In addition to our more traditional miso products, we offer a range of convenient instant miso soups designed to help you get miso into your daily diet. Each variety is prepared using Mitoku's authentic miso and is free from MSG and other unwanted additives. Available in paste, freeze-dried powder, and freeze-fried cube form, our delicious instant miso retains the soothingly rich taste, color, and nutritional value of fresh miso soup. We offer a wide variety of flavors, including soups containing tofu and wakame. Whichever you choose, it will work as a healthy and tasty side-dish, light meal, or as an instant flavor foundation for home-cooking.



Organic Umami Powder

Mitoku's Organic Umami Powder is an innovative new form of miso. First, carefully selected organic ingredients are transformed into miso paste using traditional methods. This paste is then freeze-dried without any additives in order to preserve all its goodness. The resulting powder dissolves easily and will enhance the umami of stews, salads or sautéed dishes – without the use of MSG. Its salty taste can even intensify the sweetness of desserts like ice cream or chocolate brownies. Simply sprinkle to taste on your favorite dishes. Available in five varieties: Barley Miso, Brown Rice Miso Red, Brown Rice Miso White, Brown Rice Miso Red With Wasabi, and Brown Rice Miso White With Wasabi.



Organic Spicy Miso

Organic Spicy Miso is a hot and satisfying sauce prepared by combining Mitoku's wholesome miso with the comforting piquancy of chili. As a handy ready-made sauce, use it to add an exciting flavor dimension to grilled or roasted vegetables, pour over stir-fried dishes, or use as a marinade base, vegetable dip, or hearty dressing! A soybean-free variety is also available.



Organic Rice-Only Miso

A gentle and refreshingly sweet addition to our soybean-free miso range, Organic Rice-Only Miso is made from just two ingredients: rice and sea salt. With its well-rounded, mild flavor, this allergen-free miso works well with dips, sauces, dressings, and marinades.



ORGANIC MIRIN & VINEGAR

Fermentation plays a critical role in Japanese foods and cuisine, which is why Mitoku offers such an extensive range of exceptional tasting seasonings and ingredients produced through traditional fermentation. The range includes long-fermented Mikawa Mirin and brown rice vinegar, both of which are renowned for their taste and quality in Japan and beyond.

Mitoku has developed close trading partnerships with the artisan producers of such traditional Japanese seasonings as these. Each product in the range is produced with care and expertise by these skilled craftsmen, who still follow original recipes and use quality ingredients. Their hard work and commitment to tradition is rewarded with seasonings that are rich in flavor, with deep and balanced complexity, and are quite unlike the bland, flat character of mass-produced seasonings.



Organic Mikawa Mirin

Mirin has been enjoyed in Japan for centuries. It was first consumed as a drink, like sake. Later, it came to be used as a seasoning on discovery that this sweet, rice-based condiment could enhance the flavor of sauces and cooked dishes. Today, mirin is essential to any Japanese chef, whether cooking everyday dishes or haute cuisine. Mitoku supplies Mikawa Mirin, Japan's finest authentically produced mirin, made from just three ingredients: glutinous brown rice, white rice, and water. It is crafted by the Sumiya family, using labor-intensive fermentation methods rooted in tradition. The resulting mirin is superbly versatile, and is particularly suited to sauces and stir-fried dishes. It also works well as a sweetener.



Top left: The glutinous brown rice is polished in-house. Middle left: Koji-making starts with steaming rice. Top right: Mirin *moromi*. Middle right: Mirin is strained slowly through bags. Bottom: The deep amber color that results from long maturation.



Organic Brown Rice Vinegar

The origins of Mitoku Organic Brown Rice Vinegar date all the way back to a 1,000-year-old method, which today survives only on a small scale on Kyushu island. Here, the locals produce specialty vinegar from brown rice sake that is fermented in earthenware crocks. Originally, these crocks were buried in the ground. Mitoku's vinegar is inspired by this ancient tradition. We use organic brown rice with its bran and germ intact, which gives the vinegar its high concentration of essential amino acids. The brown rice sake is left to ferment for a few months and then to age for about six months, which removes the pronounced acidity for a gentler, mellower flavor. The vinegar has a rich, rounded taste and delicate character, making it perfect for Japan's fine traditional cuisine.



To make brown rice vinegar, brown rice sake is mixed with spring water and seed vinegar, fermented, then aged.



Organic Smoked Brown Rice Vinegar

An innovative new twist on the Japanese vinegar-making tradition, this intriguing item uses the same patented process as Mitoku's smoked soy sauces, infusing our classic brown rice vinegar with invigorating aromas from smoked Japanese cherry wood. The gentle, complex flavors of the vinegar blend perfectly with the sweet smokiness of the cherry wood, adding a whole new dimension to this traditional seasoning. The unique flavors of this exciting new vinegar are ripe for experimentation. As with our smoked shoyu, we recommend that you start out by replacing the rice vinegar in a familiar recipe with smoked brown rice vinegar, then let your imagination take over from there. The powerful flavor and aroma mean that just a small amount will go a long way towards enriching your cooking repertoire.



Not all mirin is created equal

There are many products labelled as "mirin", but few can compare in quality to Mitoku's Mikawa Mirin. The producers of our authentic mirin use high-quality glutinous rice to make their *moromi* (mash), which then undergoes a two-year period of fermentation and maturation, during which time the starch turns slowly into sugars. These time-honored methods and quality ingredients are what make our mirin special. Many other products, however, use shortcuts and additives to produce a cheap imitation of this traditional flavor. Such products typically use added alcohol and flavorings to speed up production. Some "mirin-style" seasonings are even made without fermentation, by mixing chemical seasonings, liquid amino acids, and other artificial additives.



ORGANIC TEA

Japanese green tea is generally characterized by its bright color, refreshing aroma, and delicate balance of umami, sweetness, astringency, and bitterness. These defining characteristics are the result of how the tea is handled. Green tea comes from the same plant, *Camellia sinensis*, as black tea. However, the traditional processes by which green tea is prepared, and the way in which oxidation is kept to a minimum, enable the tea to retain both its beautiful green color and a range of beneficial properties.

Generally, tea leaves are harvested several times a year, with those leaves picked in the first harvest considered the finest in quality, with a pronounced, rich aroma and intense umami.



Sencha

Kukicha



Hojicha

Genmaicha



Gyokuro

Bancha



Organic Matcha

Matcha is distinguished by its elegant aroma and exquisite balance of flavors. High grade Japanese matcha is made from young spring leaves, which are shaded in the last few weeks before harvesting. This heightens the umami and turns the leaves a vivid shade of green.

Mitoku's Organic Matcha is made from only the flesh of the leaves, with the stems and other hard parts discarded, giving the tea a more refined flavor. Consuming the leaf in powdered form ensures that its full nutritional benefits can be enjoyed.

Matcha is further renowned for putting the drinker in a state of calm relaxation.

Organic Sencha (leaf/teabags)

Sencha is the most popular variety of Japanese green tea. It has a clear, emerald color and a gentle flavor, combining sweetness and umami with hints of bitterness. After being harvested in spring, sencha undergoes a steaming process to minimize oxidation, preserving the leaf while keeping it close to its fresh state. This is what allows sencha to retain its natural nutritional content, flavorsome amino acids, and brilliant green color. Mitoku also offers three varieties of sencha blend, expertly combining our refreshing organic sencha with mint, ginger, or matcha.



Organic Kukicha (leaf/teabags)

Kukicha is a deliciously mild and soothing roasted tea, with a warm brown color and delightful roasted aroma. This tea is very low in caffeine, making it a relaxing choice for any time of day. Our Organic Kukicha is made from the twigs, stalks, and stems left over from the sencha harvest. These twigs are steamed and dried, stored to develop flavor, then finally roasted.

Organic Hojicha (leaf/teabags)

Hojicha is a roasted green tea made from mature leaves, picked outside of sencha season then briefly steamed to prevent oxidation. The leaves are then rolled, dried, and roasted at a high heat. Hojicha is low in caffeine and has a relaxing, nutty flavor and warm roasted aroma. Mitoku's hojicha contains a small number of twigs, which give the tea an earthy complexity and depth.

Organic Genmaicha (leaf/teabags)

Genmaicha, or brown rice tea, is a soothing blend of Japanese sencha and brown rice kernels, slowly oven-roasted in black volcanic sand until popped. Delicious both hot and chilled, it has the warm aroma of roasted rice and a mild, nutty taste, with no astringency or bitterness. A blend made with roasted kukicha is also available.

Organic Bancha

Mitoku's Organic Bancha is made using the large, coarse tea leaves picked late in the harvest. These leaves are lightly roasted, giving the tea a refreshing flavor with gentle earthy and woody tones. This tea is a great choice to enjoy after or during mealtimes.

Organic Gyokuro

Though less well known in the West, gyokuro is renowned in Japan as the pinnacle of green tea. Combining the best elements of sencha and matcha, gyokuro leaves are shaded for several weeks before harvesting to develop their umami-rich amino acids, then steamed, dried, and rolled into needle shapes in the same way as sencha. Brew in small batches to fully savor this exquisite tea's distinctive aroma and delicate yet complex flavor.



Organic Mulberry Tea (leaf/teabags/powder/matcha blend)

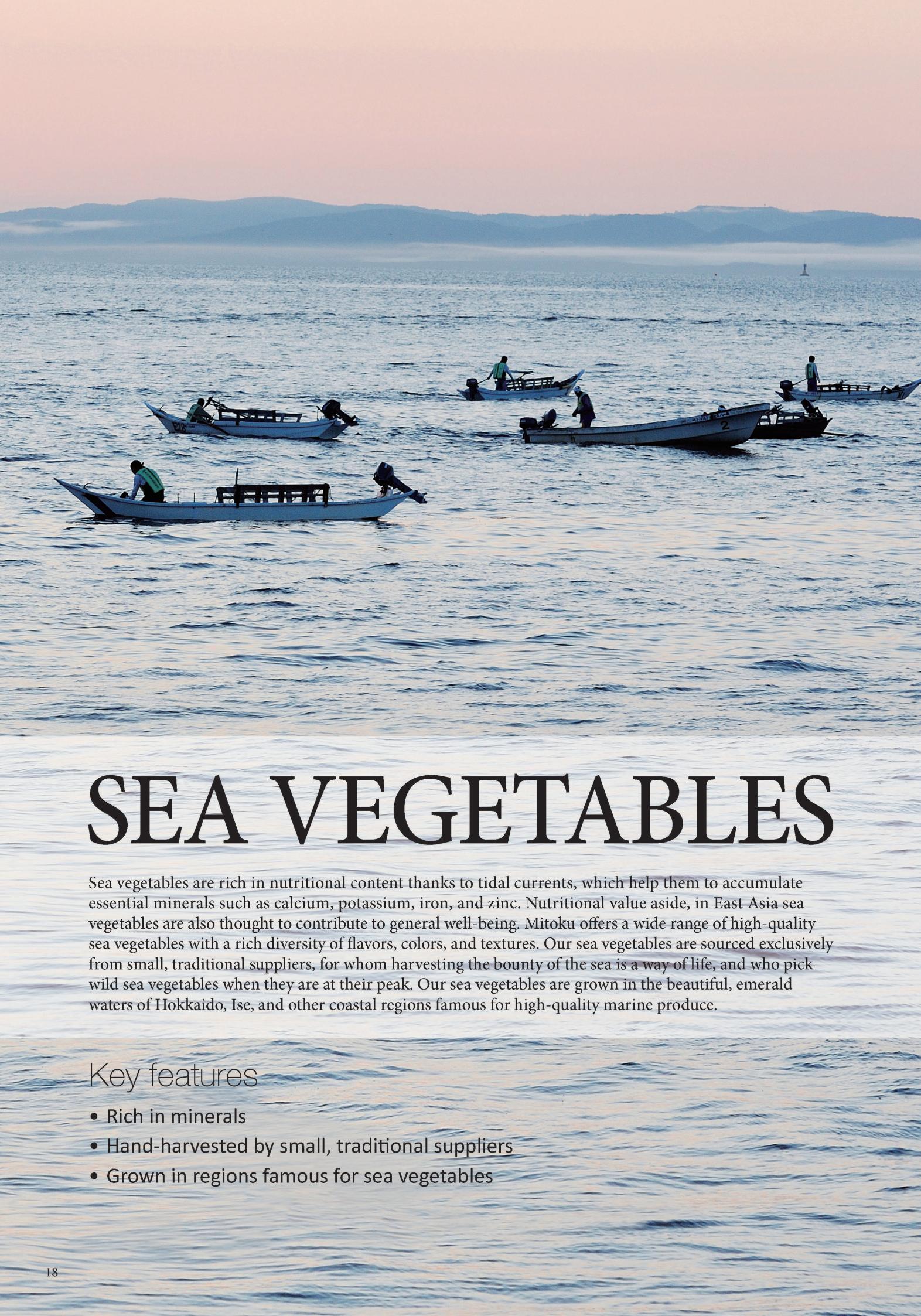
Mulberry leaves have a pleasant, mellow flavor and are naturally caffeine-free and rich in minerals, especially calcium. These wholesome herbs have been renowned since ancient times for their therapeutic properties and have long been used in Oriental medicine. More recently, modern science has provided evidence to support this traditional wisdom. Research by the Shimane Institute for Industrial Technology and the Faculty of Medicine at Shimane University, for instance, has shown that our mulberry leaves contain beneficial components said to help prevent arteriosclerosis and LDL-cholesterol oxidation. Mitoku's organic mulberry teas are produced far from urban pollution in rural Shimane. Here, our producer works without the use of any chemical fertilizers or pesticides to produce organic mulberry tea of the highest quality.

SEA VEGETABLES

Sea vegetables are rich in nutritional content thanks to tidal currents, which help them to accumulate essential minerals such as calcium, potassium, iron, and zinc. Nutritional value aside, in East Asia sea vegetables are also thought to contribute to general well-being. Mitoku offers a wide range of high-quality sea vegetables with a rich diversity of flavors, colors, and textures. Our sea vegetables are sourced exclusively from small, traditional suppliers, for whom harvesting the bounty of the sea is a way of life, and who pick wild sea vegetables when they are at their peak. Our sea vegetables are grown in the beautiful, emerald waters of Hokkaido, Ise, and other coastal regions famous for high-quality marine produce.

Key features

- Rich in minerals
- Hand-harvested by small, traditional suppliers
- Grown in regions famous for sea vegetables



Japanese Nori

Famous worldwide thanks to its use in sushi, nori is versatile and easy to prepare. Nori has been cultivated in Japan for over 300 years, traditionally by suspending woven net ropes between bamboo poles set in quiet bays. The nori grows over the nets throughout the winter and is then harvested at the beginning of the new year, when it is taken ashore to be washed and slowly air-dried. Mitoku's nori is the highest grade available, notable for its fine, even texture and deep-green color. Mitoku's Sushi Nori comes ready-toasted, while other varieties in our range include untoasted nori, nori sprinkles, nori strips, and flavored nori.



Nori is best known for being enjoyed with sushi and rice balls. It can also be used as a versatile garnish.



Snow-Dried Agar Flakes and Bars

Today, almost all agar is made using modern techniques. However, a few small producers, such as the Mizoguchi family in the mountains of Nagano, still use the old labor-intensive methods. To make this traditional gelling agent, red sea vegetables are cooked down into a gel, which is cooled and solidified, cut into blocks, then naturally frozen and thawed alternately over a period of months by the cold winter climate. The resulting agar has excellent natural gelling ability, a mild flavor, and can be used to seal in the natural flavor and sweetness of other ingredients. This versatile gelling agent can be used in savory dishes or desserts.



Top: Sea vegetables used to make agar. Second: The sea vegetables are cooked down into a gel. Third: The solidified blocks are set outdoors to freeze. Fourth: The blocks are alternately frozen and thawed until they are crisp and feathery.



Japanese Kombu

Kombu is harvested from around July to September in the clear, sparkling seas of Hokkaido, but only on days when the weather is fine enough for the kombu to be laid out to dry naturally under the sun. The harvesters are careful to only pick kombu that is in prime condition: thick, delicious fronds in their second year of growth. Kombu can be used to make dashi, an umami-rich vegetable stock, and is also delicious in soups and stews.



Japanese Hijiki and Arame

Hijiki has long been part of the Japanese diet, and is particularly prized for its high calcium and iron content. Mitoku's supplier specializes in harvesting and preparing wild hijiki according to traditional methods. Hijiki's rich flavor and delicate texture make it a wonderful addition to grains, stir-fries, and salads. Like hijiki, arame is a brown algae, albeit with a milder taste. Young, tender wild plants are harvested in late summer, finely shredded, and processed. Arame is sweet and delicate, and works well in salads, stir-fries, and noodle dishes.



Japanese Wakame

Wakame is a versatile sea vegetable, best known for its use in miso soup. The best time to harvest wakame is in early spring, before the fronds begin to harden. After being harvested, the wakame is taken ashore to be washed, then slowly dried until it is crisp. Wakame can vary in both taste and texture but tends to be subtly sweet and silky, and makes a delicious addition to miso soup, salads, and stir-fries. Mitoku offers both cultivated and wild wakame products, available in various cut sizes including easy-to-use flakes.

ORGANIC SPICES

While soy sauce, miso, mirin, vinegar, and sea vegetables may shape the taste of many of Japan's celebrated dishes, in fact the secret of the complex taste of Japanese cuisine is the use of unique spices. Japan has an array of fragrant and flavorsome spices and condiments which add unmistakable accent and depth to dishes and complement the country's food culture.

Mitoku offers an extensive selection of organic Japanese spices including wasabi, yuzu, Japanese chili peppers, and Japanese ginger. They are all vibrant and highly aromatic, and each has its own characteristic flavor too. Experience a new range of taste sensations with our organic spice range, introduced here.



Organic Yuzu Pepper Paste

This paste combines the bold heat of chili and the citrus bite of yuzu. Its refreshing burst of heat helps highlight the flavors of other ingredients, elevating dishes to a new level. Try in sauces, as a condiment with deep-fried food, or as an accent to noodle dishes. Take your pick from two variations – yuzu blended with either red pepper or green pepper.



Organic Ginger Paste

Mitoku's ginger paste is made with high-quality Japanese ginger root. It is 90% ginger root with a touch of lemon juice and sea salt. Its aroma and flavor are so intense that it tastes almost as delicious as fresh ginger. No preservatives or colorings are used. This handy paste is easy to blend in soups, noodles and marinades, as well as in desserts and drinks.



Organic Wasabi Paste

This ready-to-use organic wasabi paste contains authentic organic wasabi with no artificial preservatives or colorings, making it the finest quality wasabi paste on the market today. The whole wasabi plant is used – leaves, stems and roots – in the production, since each part has its own characteristically pungent flavor. This paste makes using wasabi so simple that it is a great way to explore the versatility of this fiery condiment.



Organic Wasabi Powder

Mitoku's wasabi powder, made with authentic organic wasabi, perfectly captures the distinctive bite of this strong, aromatic spice. Unlike many other "wasabi" products, which are bright green due to artificial colorings and might not contain actual wasabi, our additive-free wasabi powder retains its natural color and flavor. To prepare the powder, add water and mix into a paste.



Japanese spices to delight your senses

Mitoku offers authentic Japanese spices, organically grown in rural Shimane. The local terroir of this picturesque region imbues our spices with delightfully distinctive flavors. Our range includes *taka no tsume* (hawk claw chili), a diminutive spice with a powerful kick, and intensely aromatic Japanese ginger. These high-quality spices can be used alone or in combination to enliven noodles, soups, stews, and a host of other dishes.



Our organic spices make a great addition to soups, noodles, stir-fries, and more!



Organic Japanese Spice Blend

Chili & Yuzu / 100% Yuzu / Wasabi & Kale

Combining various spices unique to Japan, Mitoku's organic blends transform dishes with exciting twists. Each item in our range is made using simple arrangements of spices, without any additives. The characteristic flavors of the Japanese red chili pepper *taka no tsume* (hawk claw chili) combined with Japanese yuzu, or peppery kale with spicy organic wasabi, blend to form stimulating new flavor combinations. Enjoy the intense flavors of these Japanese spices by adding them to your favorite dishes.



ORGANIC UME & PICKLES

Umeboshi, or Japanese pickled plums, are the jewels in the crown of Japan's pickling tradition. They have been consumed for over a thousand years, first as a medicine, thought to prevent fatigue, purify water, and purge toxins, and later as a flavorful condiment. Mitoku's umeboshi are made following an ancient, all-natural process, refined over centuries in the villages of Wakayama prefecture. These organically grown Japanese plums are pickled in salt, then soaked with zesty shiso leaf to impart color, flavor, and aroma, as well as the antibacterial and preservative qualities traditionally associated with the herb. The resulting umeboshi have all the eye-opening tang and tartness you might expect, but are balanced with a mellowness derived from the slow and careful production process.

Mitoku also works with producers creating naturally delicious pickles according to the time-honored methods of one-form pickling that have been developed over time to preserve food and lock in its goodness. A variety of pickling media are used, including bran, salt, vinegar, miso, shoyu, and the residue from sake production, but common to all these traditional pickles is the absence of refined sugar, synthetic ingredients, and preservatives.



Organic Umeboshi

These traditional umeboshi are made from plums which are picked in Wakayama's hillsides, then pickled with salt, sun-dried, infused with shiso leaf, and aged. Our producers use time-honored methods to create mellow and delicious pickled plums, made the old-fashioned way without any additives or colorings. These pretty pink pickles are commonly served as a condiment with rice, or tucked inside a nori-wrapped rice ball. Umeboshi can be used to flavor sauces and dressings, added to tea, or even enjoyed without accompaniment. Umeboshi also go well with cabbage family vegetables, such as kale, and in sautéed dishes.



Organic Umeboshi Paste

Umeboshi paste is a ready-to-use product made from organic umeboshi that have been pitted and mashed. This handy and versatile paste can be substituted for umeboshi in almost any recipe. Umeboshi paste adds a pleasing tartness to salad dressings, cooked vegetables, and sauces.



Organic Ume Vinegar

Ume vinegar is a delicious condiment made from the juice extracted from salted ume plums during fermentation. This juice is infused with shiso, a herb with a unique flavor that combines citrusy, zesty, and spicy notes. The leaves work to add color and flavor, and are also thought to impart antibacterial and preservative qualities. Ume vinegar is a versatile seasoning that is pleasantly tart and salty, and can liven up salad dressings, tofu spreads, and quick home pickles. It also works well tossed with tender greens or steamed vegetables.

Top: Green plums, rich in citric acid. Second: The fresh plums are pickled in salt and dried. Third: Shiso leaf is used to add color and flavor. Fourth: Tongue-tinglingly sour umeboshi, made using time-honored methods without additives or colorings.

Other Japanese Pickles

Mitoku works with producers that create naturally delicious pickles according to the time-honored methods of one-form pickling that have been developed over centuries. Our products are made using a wide variety of pickling techniques, but common to all is the absence of refined sugars, colorings, synthetic vinegar, and artificial preservatives.



Organic Sushi Ginger Red/White

Mitoku's sushi ginger is made with thin ginger slices, pickled in brown rice vinegar and sea salt. Delicate slicing improves both texture and flavor as it allows the vinegar to penetrate the ginger thoroughly. The red variety also adds a touch of shiso leaf for additional flavor and color. This ready-to-eat sushi ginger has a refreshing, zesty tang that tickles the taste buds and enhances the overall dining experience.



Japanese Takuan

Takuan, meaning Japanese white radish pickled in rice bran and salt, is one of the most popular Japanese pickles. Our takuan is made using traditional farmhouse methods and has a satisfying, crunchy texture.





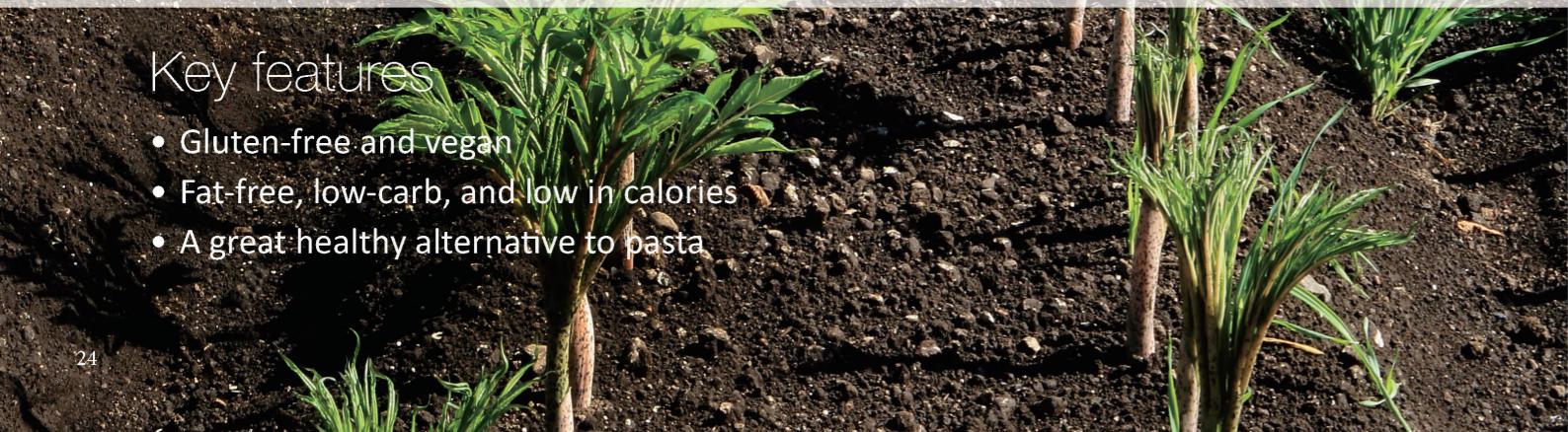
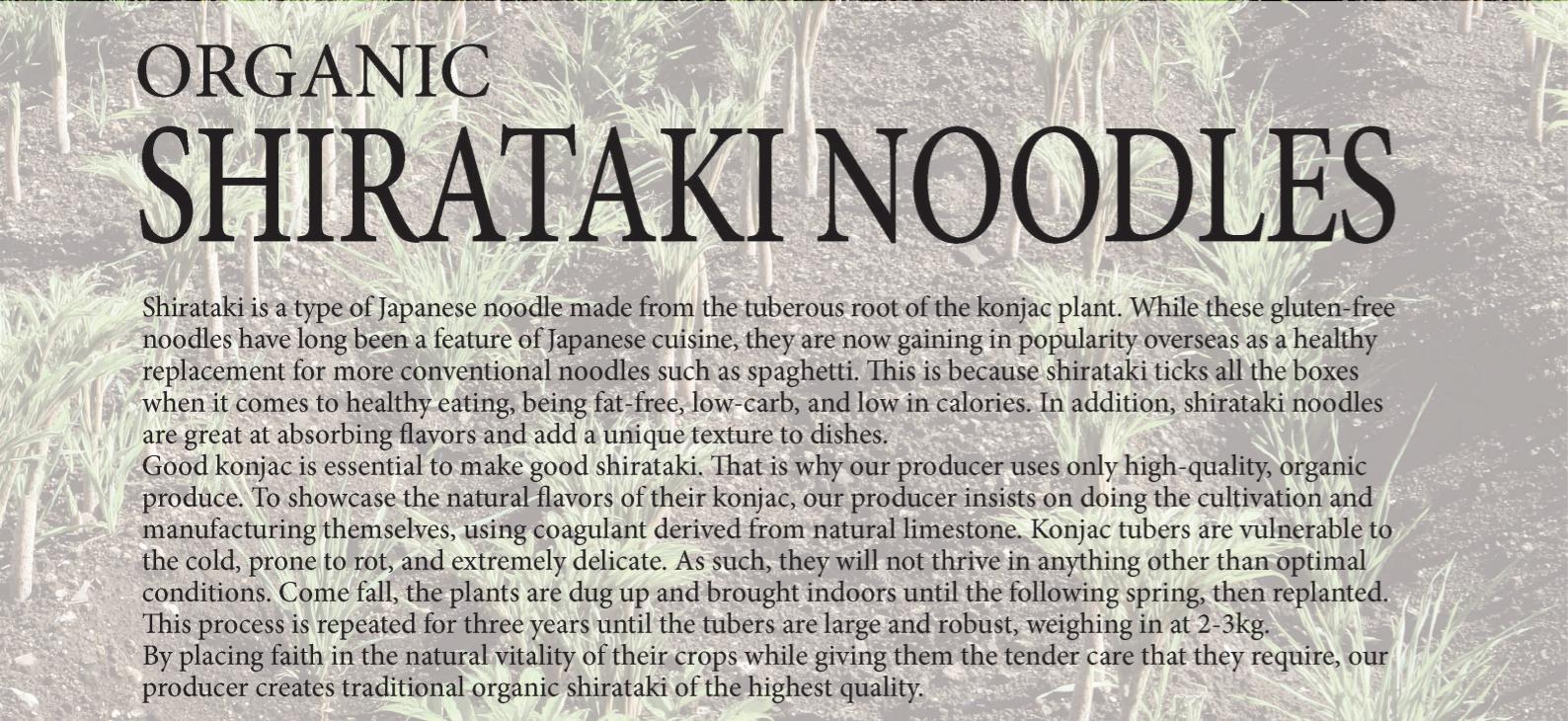
ORGANIC SHIRATAKI NOODLES

Shirataki is a type of Japanese noodle made from the tuberous root of the konjac plant. While these gluten-free noodles have long been a feature of Japanese cuisine, they are now gaining in popularity overseas as a healthy replacement for more conventional noodles such as spaghetti. This is because shirataki ticks all the boxes when it comes to healthy eating, being fat-free, low-carb, and low in calories. In addition, shirataki noodles are great at absorbing flavors and add a unique texture to dishes.

Good konjac is essential to make good shirataki. That is why our producer uses only high-quality, organic produce. To showcase the natural flavors of their konjac, our producer insists on doing the cultivation and manufacturing themselves, using coagulant derived from natural limestone. Konjac tubers are vulnerable to the cold, prone to rot, and extremely delicate. As such, they will not thrive in anything other than optimal conditions. Come fall, the plants are dug up and brought indoors until the following spring, then replanted. This process is repeated for three years until the tubers are large and robust, weighing in at 2-3kg. By placing faith in the natural vitality of their crops while giving them the tender care that they require, our producer creates traditional organic shirataki of the highest quality.

Key features

- Gluten-free and vegan
- Fat-free, low-carb, and low in calories
- A great healthy alternative to pasta



Top left: The konjac tubers are dug up each fall, then replanted the following spring. Bottom left: Konjac root. Upper right: To maintain quality, our producer insists on processing their own konjac. Middle right: Shirataki has a distinctive, pleasantly soft texture. Bottom right: White shirataki (left) and whole shirataki (right).



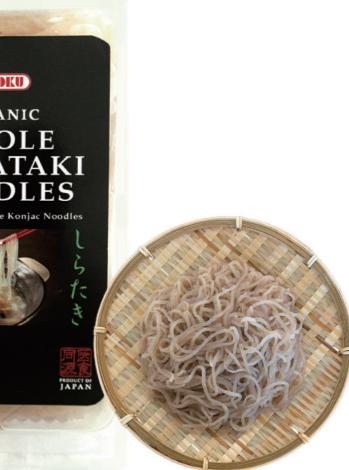
Organic Shirataki Noodles

Our organic shirataki noodles are also available in a white variety, made using refined konjac powder. Produced using the same traditional methods as our whole noodles, this variety can readily absorb the colors (as well as the flavors) of whatever ingredients they are prepared with, making them doubly appealing to the eyes as well as the tastebuds. A good choice for those beginning to introduce shirataki into their diet. Available loose or knotted.



Organic Shirataki Tagliatelle

Mitoku offers a number of alternative shirataki shapes, all made from the same organic konjac root, widening the scope of this wonderfully versatile and healthy food. The tagliatelle version is thicker than the noodle version and can be easily substituted into a wide array of dishes, from Italian pasta to Asian stir-fry.



Organic Whole Shirataki Noodles

Whole shirataki noodles are made with the whole konjac root to ensure that none of its goodness is lost in production. This allows the final product to fully reflect the great quality and natural taste of its ingredients. Our producer is one of only a handful in Japan still making this traditional form of shirataki. In addition to being low in fat, carbs, and calories, whole shirataki also contains nutrients called ceramides. These are said to be beneficial for skin care, forming a protective layer that locks in moisture and helps protect the skin from harm. Made using top quality, organically grown konjac, this traditional Japanese food is the perfect choice for a contemporary, health-conscious lifestyle.



Organic Shirataki Rice Shape

This grain-shaped variety of shirataki is ideal as a low-calorie alternative to rice. Mix with brown rice to add volume without adding calories, creating dishes that are intensely satisfying. Use instead of rice or orzo pasta in fried rice, rice-based salads, or as an accompaniment to curry.



Organic Ready-Made Shirataki Noodles in Soup

For the health-conscious person on the go, this ready-made noodle broth delivers all the goodness of traditional organic shirataki in a super convenient form. Packaged with a flavorsome soy sauce-based soup, our Organic Ready-Made Shirataki Noodles work great as a light meal or snack. Simply heat up the contents and voila! Instant satisfaction. Add your own selection of toppings for extra volume and flavor, or enjoy the soup and noodles just as they are.

ORGANIC NOODLES

There are a wide variety of Japanese noodles, with the three main types being soba (made from buckwheat), udon, and ramen (both made from wheat). The best way to enjoy traditional Japanese soba or udon is to visit a store where the noodles are made by hand. The taste and texture of fresh hand-made noodles is hard to beat. Taking inspiration from these methods, Mitoku aims to replicate the great taste of traditional hand-made noodles as closely as possible.

Our organic soba and udon supplier is situated near the Isawa River, famed as the most picturesque in northern Japan, in an area blessed with beautiful, clear water and cool, refreshing air. Drawing on these natural resources, our producer takes special time and care to produce noodles of the upmost quality. In addition to traditional soba and udon, Mitoku also offers wholesome ramen noodles. All of our noodles are vegan, so they are light and easy to digest, as well as being convenient, delicious, and satisfying.



Crafting delicious Japanese noodles takes time and effort

Soba and udon production begins with the selection and blending of high-quality flour (either wheat or buckwheat), which should be aromatic with gentle elasticity. Next comes the addition of fresh water from the local river. The water is slowly and firmly kneaded into the dough. For salted noodles, mineral-rich sea salt is added. After the dough has been formed, it is passed through a series of rollers to form long, continuous sheets with an even consistency. Once this step is completed, the sheets are cut into long, thin strings, which are matured for five hours until they begin to dry.

This final drying process is one of the most important elements in producing delicious, well-textured noodles. The noodle strings are taken to a special drying room, where they are suspended from rods and allowed to dry gently and gradually over the course of about 24 hours. This slow drying process provides our noodles with superior depth of flavor.



Organic 100% Soba

Mitoku offers a variety of soba noodles, all with the characteristically satisfying flavor and substantial texture of traditional soba. Our 100% buckwheat soba is a hearty, delicious noodle that comes in salt-free and salted varieties. Producing soba with buckwheat alone requires special care and attention, as the noodles can easily become dry and brittle. Our producer is one of only a few in Japan making this hard-to-find variety of soba. We also offer noodles that are 80% soba mixed with unbleached white flour.



Top: Udon dough must be firmly kneaded then allowed to rest to get a good, thick, chewy texture. Bottom left: The dough is formed into long, continuous sheets. Right: The sheets are then cut into strips.



Organic Brown Rice Udon

Although most udon noodles are made entirely from wheat flour, Mitoku's brown rice udon, developed especially for the natural foods market, adds brown rice flour to the mix, creating a nutritionally wholesome product that is low in fat, high in complex carbohydrates, and contains the complementary amino acids of rice and wheat.



Organic Wheat Udon

These organic udon noodles are made from a combination of whole wheat and unbleached wheat flour, producing a thick, white-colored noodle resembling linguine. These carefully crafted noodles are soft and chewy with a smooth texture and satisfying umami-rich flavor. Udon noodles are easy to prepare and versatile, working well in broths, with dipping sauce, or pan-fried.



Organic Miso Ramen

Mitoku's Organic Miso Ramen is a handy complete meal. It combines non-fried ramen noodles, made with just wheat flour and sea salt, with a rich, deep broth that blends the natural goodness of Mitoku's brown rice miso with the spicy warmth of ginger. This item is free from GMO and agri-chemicals and does not contain any sugar, artificial additives, or animal-derived ingredients. Quick and easy to prepare, Organic Miso Ramen is a great option for a healthy meal when time is limited.



ORGANIC KUZU

Kuzu powder, also known as “white gold”, is a traditional gelling agent made by extracting starch from the large, bulbous root of the kuzu plant. This fine, white powder is highly prized for its unique flavor, translucency, texture, and gelling properties. Kuzu powder can be used in a wide variety of dishes ranging from sweets to soups and plays an essential role in both Japanese confectionary and traditional Buddhist cuisine. In more recent years, other gelling agents such as potato starch have become widely available in Japan, but in terms of flavor, texture, and the ability to highlight umami flavors, none can compare to high-quality kuzu. Mitoku supplies traditional organic kuzu in partnership with Hirohachido, a family-run kuzu manufacturer, founded in 1875, and currently headed by its 6th generation president. Inheriting the passion and sense of purpose of each preceding generation, the company’s dedication to quality has never wavered throughout their 145-year history.



The complex process of kuzu production depends on skill and expertise

Kuzu has played an important role in the lives of Japanese people since antiquity, being traditionally used for such varied purposes as food, fabric material, decoration, and medicine. More recent studies have indicated that kuzu contains beneficial components such as isoflavones. The vines of this energetic plant grow fastest between summer and early autumn, when its vibrant magenta flowers can be found in bloom throughout the mountains of southern Kyushu. During this time, professional kuzu diggers ascend the mountains to place indicators on the wild plants. Between December and March, the growth of the plant slows as the amount of starch in its roots increases. This is when the diggers return to excavate the kuzu. But because the vines are now

bare, the roots can only be located using the marks made earlier in the year. These roots, which typically grow to lengths of 4-5m, are dug up manually with shovels. This is hard work, requiring skill and physical strength. Climbing and descending the mountain multiple times, a veteran digger can single-handedly excavate 120-160kg of root per day. Next comes the extraction process, which takes place at the factory. First, the root is cleaned, cut, and crushed. After this step, the crushed root is stirred in cold water to extract the starch, then filtered to remove impurities. This laborious process, which was once done entirely by hand, is repeated time and again until the milky-white solution has been sufficiently refined. The solution is then strained and left to settle until a pure white clay-like starch has formed. Finally, the starch is slowly dried – a critical step which requires careful monitoring of temperature and humidity.



Top left: The mountains of southern Kyushu. Middle left: A veteran kuzu digger. Bottom left: Excavated kuzu roots. Top right: Only 10% of the root is composed of extractable starch. Middle right: The kuzu extraction process. Bottom right: When production is complete, only a pure white starch remains.



Organic Kuzu

Kuzu is renowned as a high-quality gelling agent, with a silky soft texture quite distinct from the coarseness of industrial starches such as corn or potato. It can be used as a thickener for a wide variety of dishes, both sweet and savory, including desserts, soups, stews, sauces, and glazes. To use kuzu, simply dissolve in cold water and add to your cooking pot. Heat the mixture, stirring continuously, until it has thickened.

SPECIALTIES

In addition to our main product categories, Mitoku offers an extensive range of carefully curated specialty products, with a focus on traditional and organic foods beneficial to those following a macrobiotic or vegan diet. All of these products share the core qualities that define the Mitoku ethos: superlative taste, exceptional quality, and the promotion of well-being.



Organic Sushi Rice (White/Brown)

On paddies nestled between the mountains of rural Kumamoto, a region famed for its rice, Mitoku's partnering farmers use fresh, clear water from the surrounding hillside to grow organic rice of the highest quality. This rice is a short-grain cultivar of the Japonica variety, notable for its plump, sticky texture and high starch content. Among Japanese chefs, it is common knowledge that good sushi begins with good quality rice. The uses of sushi rice do not end there, however. Mitoku's organic rice is also ideal for rice bowls, rice balls, and a wide variety of other popular Japanese dishes.



Organic Brown Rice Koji

Koji is made by cultivating *Aspergillus oryzae*, a beneficial strain of mold, on steamed grains or other material. The fluffy spores of the mold bloom over the grains to make our brown rice koji. This koji is dried, which makes it easier to store and preserve than raw koji. Koji has many uses aside from miso and shoyu production. Mix with soy sauce to make shoyu koji, or salt and water to make shio koji; both are brilliant as dips and marinades. Koji can also be used to home brew amazake, a deliciously sweet drink packed with live enzymes that is also an excellent sugar substitute.



Organic Brown Rice Mochi

Brown rice mochi is a delicious whole grain food made from glutinous sweet rice. The rice is steamed and pounded, then dried. These slices have a pleasantly chewy texture and the nourishing flavor of whole grain. Fry in a little oil or toast until puffed up and golden brown, then serve with a sweet or savory dip such as shoyu or according to taste.



Organic Sake

Mitoku's organic sake is made without added alcohol using just two ingredients: water and organic rice, which is specially grown by our producer. This is a dry sake with overtones of the robust, cereal flavor of rice and a subtly acidic character. Full and rich, it works well either chilled or warmed and will pair with a wide variety of dishes, making it a very versatile drink.



Left: The brewery with their iconic chimney. Middle: The rice koji is turned by hand to maintain an even temperature. Right: Stirring the sake *moromi* (mash). This will be filtered, pressed, and pasteurized to become sake.



Organic Instant Umami Broth (Tsuyu)

Mitoku's Organic Instant Umami Broth is a flavorful and versatile concentrated stock made from umami-rich kombu, dried shiitake mushroom, and quality Japanese soy sauce. This handy condiment, known as *tsuyu* in Japan, is commonly used as a base for broths, dips, and dressings. However, while most *tsuyu* is typically made using fish stock, our Instant Umami Broth uses kombu and shiitake instead of dried fish, making it 100% vegan. We particularly recommend using this broth in combination with our organic soba or udon.



Organic Dried Daikon

Daikon (Japanese white radish) is a regular fixture of daily home cooking in Japan. Our daikon is made using delicious, organically grown produce, shredded and dried. This gives the daikon a gentle flavor with pronounced sweetness and preserves much of its nutritional value. Dried daikon can be used with a wide variety of dishes. First, soak the daikon in warm water, squeeze well, then cook alone or with other vegetables. It is especially delicious with fried tofu, flavored with a few drops of shoyu soy sauce.

Organic Freeze-Dried Tofu

Tofu might just be the quintessential health food, being low in calories, rich in protein, and containing beneficial minerals such as magnesium. Our Organic Freeze-Dried Tofu is made with high-quality whole soybeans, using traditional Japanese *kuzu* and *nigari* as a coagulant.

Nigari Flakes

Nigari is a refined salt solution made by precipitating salt from seawater and is used primarily as a tofu coagulant. Nigari is primarily composed of magnesium chloride, and also contains other minerals such as calcium and zinc. Nigari flakes are made by evaporating liquid nigari. As a tofu coagulant, nigari brings out the natural sweetness of the soybeans, creates a softer surface, and allows the tofu to maintain its firm shape naturally.

Organic Brown Rice Shochu

Shochu is a distilled Japanese spirit with impressive depth and variety of flavor. Made using simple materials, most typically rice, barley, or sweet potatoes, shochu brings the quality and distinctive characteristics of its ingredients to the fore. Mitoku offers the only organic shochu made using brown rice, specially grown by our producer in rural Kumamoto, a region blessed with ideal conditions for rice cultivation. This crisp shochu combines a refreshing aroma with the warm, inviting flavors of high-quality brown rice.



Others

Mitoku also remains true to our beginnings as a trader in core macrobiotic products. This range includes products such as tekka, a concentrated blend of Hatcho miso and root vegetables; malt syrup, a thick, naturally-sweet syrup made from brown rice and barley; dried vegetables; shiitake mushrooms; toasted sesame oil (regular and spicy); azuki beans and black beans; and sesame. Mitoku also carries a range of delicious snacks, including rice malt candies, rice crackers, and wafers. We also offer a selection of authentic Japanese cookware, including sushi mats, knives, cast-iron pots, and tofu kits.

Recipes – cooking with Mitoku organic products – recipe suggestions



For recipes and product information, visit www.mitoku.com



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