



**MITOKU**

Respecting nature,  
honoring tradition



PRODUCT OF  
JAPAN

50 YEARS OF PROVIDING  
THE FINE  
AUTHENTIC JAPANESE FOODS

For 50 years, Mitoku has been  
the pioneering exporter of  
traditional Japanese foods.

Mitoku Company, Ltd. is celebrating its 50th anniversary in 2019.

Mitoku started in 1969, when Mr. Michio Kushi, leader of the international macrobiotic movement, was searching for premium quality natural and traditional foods to distribute in the United States. He was introduced to Mr. Akiyoshi Kazama, the founder of Mitoku who became the one to supply what Kushi was after. Since then, Mitoku's purpose has been to introduce to the West the highest quality foods with the authentic taste of traditional Japan.

We searched throughout Japan and formed relationships with producers who are loyal to the traditional Japanese taste, ingredients and production methods, and we have delivered those authentic Japanese foods to customers around the world.

Ishoku Dogen ( 医食同源 ) is a profound Japanese saying that means "Food is Medicine" or "Food is the Key to Health". With the mind of Food is Medicine, we believe that the diet which developed in Japan over centuries past can make a great contribution to the Western world in its search for foods that are not only wholesome, nutritious and health-promoting, but also delicious, attractive and satisfying.

After 50 years in this sector, Mitoku's ethical role as a company has grown. Toyofumi Yoshida, President of Mitoku, says, "we have entered a new age, one in which we must tackle environmental problems on a global scale. The food industry, of which we are a part, is intimately connected with both humankind and the natural environment. I feel this is the time we must strive to ensure our food is safe and secure, not least for the peace of mind of our customers, but also to contribute to health and to food education. It is only by doing so that we will be able to build the foundations for a rich and happy life in the future. This is why we believe it our duty, as a company dealing in food, to provide our customers with products which they can be confident are secure and safe."

Mitoku currently exports over 200 high quality traditional Japanese organic and natural products in 80 categories to more than 40 countries worldwide. 50 years on, mindful of respecting nature and honoring tradition, we will continue to dedicate ourselves to providing authentic organic Japanese foods and making them accessible to people all around the world.

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

## Honoring Japan's tradition

Each of our products is extraordinary. Mitoku selects products manufactured using traditional recipes and techniques.

Miso, soy sauce, green tea, sea vegetables – we work with the very best producers in Japan: small scale, long-established businesses that are committed to traditional methods with the highest quality ingredients.

## Respecting nature

Mitoku products cannot be produced without nature's blessings. We carefully select products 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. This process works in balance with the seasons, each distinctly different, to create products which are naturally delicious.

## No additions

With non-GMO ingredients, Mitoku presents organic and fine quality Japanese products with a rich, natural taste - without any unwanted extras. No chemical seasonings, artificial additives, colorings, preservatives, added refined sugar, or MSG.



## 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.

We offer a product line-up that covers the following:

- Certified organic Japanese foods
- Macrobiotic quality Japanese foods
- Kosher certified Japanese foods
- Traditional/natural Japanese foods and kitchenware
- Ingredients for natural foods manufacturing

## Fair to the environment

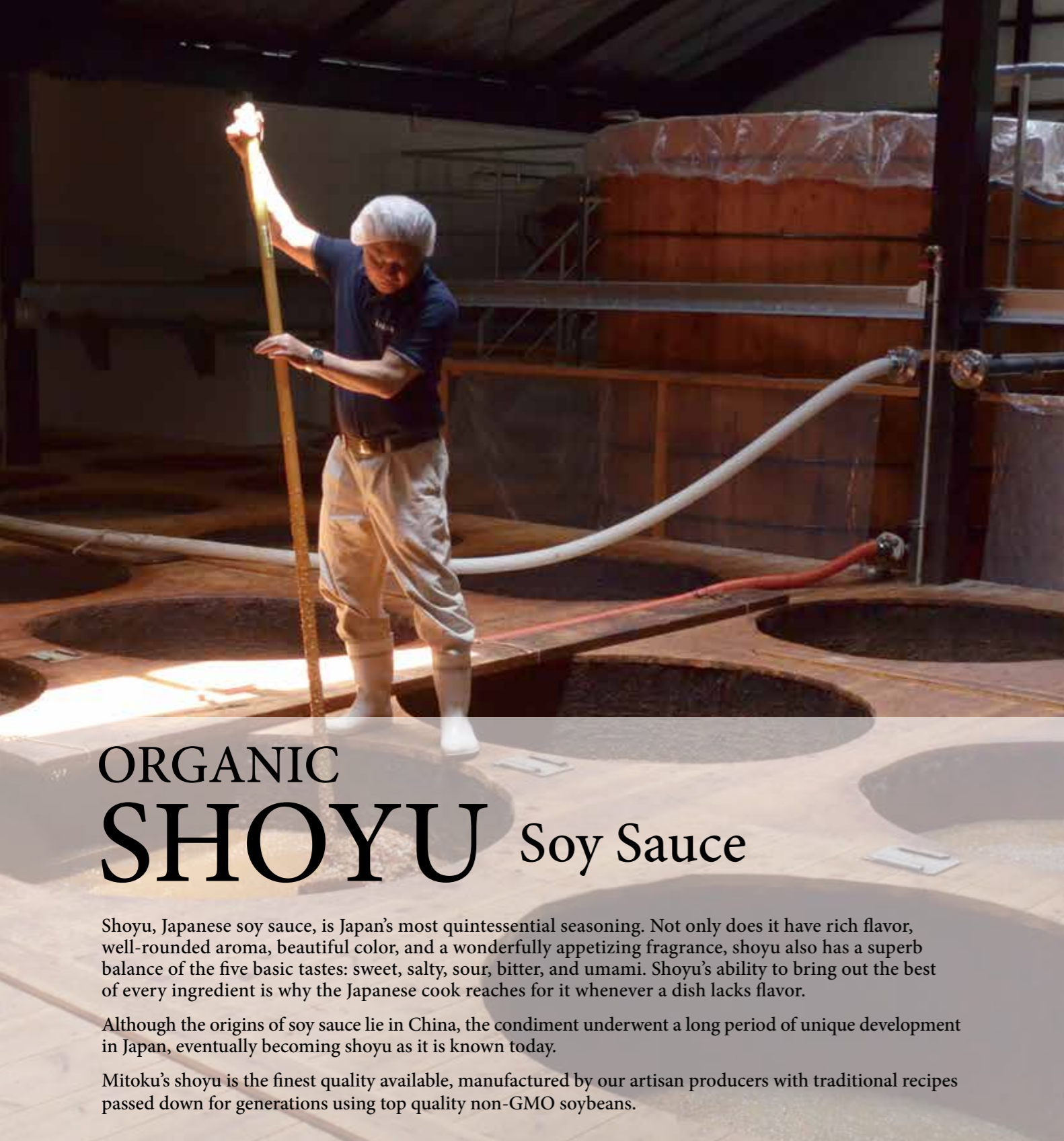
Deforestation, global warming, sea pollution, the extinction of wildlife... our modern lifestyle may well be rich with material wealth, but it places an enormous burden on the natural environment. We provide consumers with the opportunity to make choices that are kind to the natural environment and everything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

## Mitoku Products

We are committed to upholding the highest standards of quality, even in the face of increasingly severe sales competition from products made by quicker, cheaper, mass production methods. After 50 years, Mitoku remains strongly dedicated to supplying the best quality foods for individual and environmental health.



-  Shoyu Soy Sauce
-  Tamari Soy Sauce
-  Miso
-  Miso Products
-  Mirin & Vinegar
-  Japanese Tea
-  Sea Vegetables
-  Japanese Spices
-  Ume & Pickles
-  Shirataki Noodles
-  Specialities



# ORGANIC SHOYU Soy Sauce

Shoyu, Japanese soy sauce, is Japan's most quintessential seasoning. Not only does it have 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.

Although the origins of soy sauce lie in China, the condiment underwent a long period of unique development in Japan, 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
- Uses whole soybeans



## Organic Shoyu Soy Sauce

Mitoku's shoyu is made with just four simple ingredients – whole soybeans, whole wheat, sea salt, and water – and the soybean quality is of defining importance to our shoyu, while most other shoyu on the market are made with defat-processed soybeans. Mitoku only works with producers who use traditional techniques without using artificial additives, such as alcohol, as preservatives. The techniques center around three key processes: koji-making, fermentation, and maturation.

Of these, koji-making is critical, as it shapes the taste and quality. This is because koji is very rich in enzymes, which break down the raw ingredients and drive the critical fermentation process. However this powerful yet delicate culture needs optimal conditions to thrive, and creating the right environment is a task for human hands.

Also vital is the use of wooden vats, which provide the perfect, microorganism-rich environment for the koji-generated enzymes to work their magic over a long period of fermentation and maturation. Every batch of Mitoku's superlative quality shoyu can bring out the best of even simple dishes, whatever the ingredients or cuisine.



## Direct heritage of regional origins

Shoyu was already indispensable to Japanese cuisine hundreds of years ago, when means of transport were still scarce in Japan. As a result, every region was producing its own version of soy sauce, unique in taste. At Mitoku we honor this diversity by providing organic shoyu from renowned soy sauce manufacturing regions.



## Mitoku uses whole, non-GM soybeans

There is a world of difference between Mitoku organic soy sauces and most other products on the market. The biggest difference is its raw ingredients. Mitoku's producers use only natural, high quality ingredients for our soy sauces. These include whole soybeans, wheat, sea salt, koji and water. Today, about 80% of the soy sauce produced in Japan uses processed soybeans, because they are less expensive, easier to transport, and allow for quicker fermentation. In contrast to others, Mitoku sticks only to whole soybeans as they have full nutritional content and their lengthy fermentation will lead to delicious, umami-loaded soy sauce. Furthermore, we also oppose the proliferation of genetically engineered foods so all of our ingredients are GMO-free.



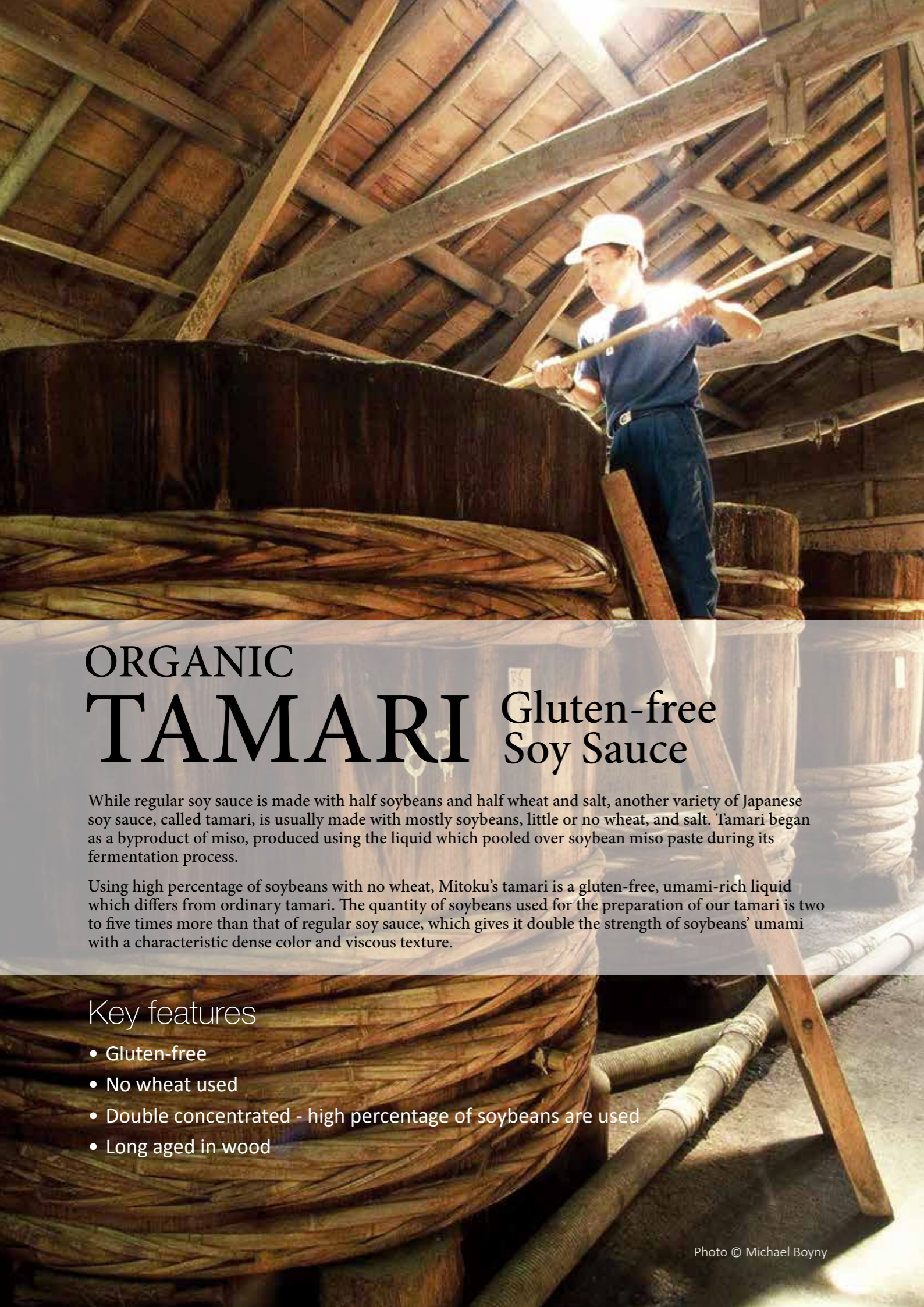
Koji used whole soybeans



## Organic Smoked Shoyu and Tamari

These sensational smoked soy sauces are new additions to Mitoku's soy sauce range: smoked shoyu and the gluten-free variety, smoked tamari. They are made by smoking Mitoku's authentically brewed shoyu or tamari soy sauce over Japanese cherry wood. This smoking infuses the soy sauces with dramatic and intense flavor, transforming them into brand new luxurious taste experiences. You can discover the best way to use these new soy sauces by using them in place of ordinary soy sauces to see and taste the differences, then experiment with any dish you like, such as sushi, grilled dishes, or even smoked foods. As they are highly flavored, just a few drops will be enough to enhance the flavor and aroma of any dish.

Left page: Mitoku's traditional soy sauce producer. Top: More than a century since its establishment, the producer has built a new factory to improve food safety management. Second: Judging when to stop the steaming process for the next koji making. Third: The shoyu *moromi* (mash) as it ferments. Fourth: Stirring *moromi*. Fifth: *Moromi* placed in sacks is pressed to extract fresh shoyu. Sixth: The 20,000-liter cedar vats used by Mitoku's shoyu producer.



# ORGANIC TAMARI

## Gluten-free Soy Sauce

While regular soy sauce is made with half soybeans and half wheat and salt, another variety of Japanese soy sauce, called tamari, is usually made with mostly soybeans, little or no wheat, and salt. Tamari began as a byproduct of miso, produced using the liquid which pooled over soybean miso paste during its fermentation process.

Using high percentage of soybeans with no wheat, Mitoku's tamari is a gluten-free, umami-rich liquid which differs 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 gives it double the strength of soybeans' umami with a characteristic dense color and viscous texture.

### Key features

- Gluten-free
- No wheat used
- Double concentrated - high percentage of soybeans are used
- Long aged in wood

Photo © Michael Boyny



### Organic Tamari

Traditionally made tamari, such as Mitoku's, is long aged in wood, contains no wheat, and is made with a very high percentage of whole soybeans. The tamari offered by Mitoku is entirely gluten-free.

Our tamari is authentic *go-bu* tamari, made with 10 parts soybeans to 5 parts water. Consequently, the tamari *moromi* (mash) of whole ingredients is very thick. When this is pressed to extract the liquid, the resulting tamari is highly concentrated, umami-rich, and has great complexity of flavor, thanks to an abundance of amino acids. Tamari is also lower in salt than shoyu soy sauce. Despite this, its intense umami gives it a deeply satisfying flavor. This double concentrated tamari is made by a family firm, using a time-consuming traditional method that is now overseen by the 5th and 6th generation brew masters. Using recipes trusted since their establishment in 1871, their tamari undergoes natural fermentation and aging over 18 months in wood. 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.



## Our tamari comes only from Taketoyo, the authentic tamari production town

Mitoku's tamari gluten-free soy sauce is produced in Taketoyo, a town located on the Chita Peninsula of Aichi Prefecture. The area has long been known for its local cuisine, which is distinguished by dishes intensely dark in color and rich in taste. The secret behind the cuisine's characteristic intensity lies in the seasoning, namely tamari and soy miso. There are good reasons why Taketoyo came to be a center of miso and tamari production. Firstly, the water of the Chita Peninsula is hard water, rich in calcium and magnesium. The minerals in the water work to activate the yeast used in fermentation, thereby accelerating the miso or tamari fermentation. Secondly, the strong winter winds prevent the proliferation of unwanted bacteria during miso or tamari preparation, while the characteristic summer humidity helps to enhance the flavor of the miso and tamari as they mature. After the downfall of the once flourish sake industry in the area, the barrels, warehouses and equipment that had been used to make sake could easily be repurposed for the production of miso and tamari, and thus a local miso and tamari industry was born and developed.

### How to use

Tamari is made with only whole soybeans. As a result it is concentrated and flavorsome, so will add immense umami to any cuisine, be it soups, sauces or dips. It also works well to enhance the flavor of bland foods like tofu, in such dishes as teriyaki tofu. Tamari's rich flavor comes from an abundance of amino acids derived from soy protein. Since amino acids are not volatile, unlike alcohol they do not evaporate. This makes tamari the better soy sauce to choose when lengthy cooking is required.





# ORGANIC MISO

Mitoku's range of miso, made with highest quality organic ingredients, represents the finest of this traditional and essential 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, and are what set our miso apart from mass produced, quick-fermented products.

The long fermentation used in traditional miso making develops the aroma, flavor, and color of 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 miso range is organic and free from GMO and chemical additives.

## Key features

- A good source of protein and fiber
- All the goodness of fermented foods
- Dairy free



### Organic Brown Rice Miso Red



This full-bodied and wholesome blend of brown rice miso has a deliciously satisfying and harmonized balance of tastes. Our brown rice miso is made with rice which retains its bran, meaning it is packed with dietary fiber, minerals, vitamins, and essential fatty acids, and being unpasteurized is loaded with beneficial enzymes. This is a great all-purpose miso that works particularly well in soups.



### 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 Rice Miso Reduced Salt



Reducing salt intake in our diet is thought to be one way to avoid lifestyle diseases. Now Mitoku offers an organic lower sodium choice on miso. This unpasteurized miso contains about 25% less salt than our standard miso without compromising on taste. It has a rounded and satisfying taste similar to our brown rice miso.



The above three unpasteurized miso products are produced in Nagano, Japan. These products are prepared under rigorous food safety management standards using carefully selected fine, whole soybeans, rice and local fresh spring water.



### 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 range of barley miso has a distinct color and taste.



Left: Barley koji making. Koji spores (*Aspergillus Oryzae*) are sprinkled on steamed barley in a warm koji room. Middle: The koji is ready for miso making. Right: All the ingredients are mixed here. The next step is fermentation.



### 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, it has a characteristic white color and a low salt content. It is ideal as a dairy substitute and works well in dips, creamy sauces, desserts, and even baking.



### Organic Hatcho Miso



Naturally fermented for two summers and two winters in 200-year-old cedar vats 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 mellow sweetness on the palate. Named Hatcho after the region in which it was first produced, it is now made under the direction of the 19th generation president to a recipe unchanged since 1645.



Top: For over three centuries, the producer has been located at Hatcho (8th) Street. Bottom: Techniques remain unchanged here 3,000 pounds of river rocks are put in place by craftsman.



# ORGANIC MISO PRODUCTS

Miso, a fermented soybean paste, is one of Japan's most versatile, delicious, satisfying foods. In addition to its superior taste, miso is also known as the perfect example of fermented foods, being rich with enzymes, vitamins, minerals, and essential amino acids. Miso soup has been such an integral part of a healthy diet over the centuries in Japan that it has been described as "the morning antidote."

At Mitoku we believe that a regular intake of miso is good for your well-being. Based on 50 years of expertise in traditional Japanese foods, Mitoku offers a range of convenient miso products designed to help you get miso into your daily diet, such as instant miso soups, miso powders and ready-made miso sauces. Each product is made using a variety of Mitoku's authentically produced miso, so whichever you choose it will work as an instant flavor foundation for any dish.



## Organic Instant Miso Soup Paste in boxed sachets

These individual sachets of miso soup in paste form come conveniently boxed. Each variety is prepared using authentic miso, contains no MSG or chemical additives. The paste retains the flavor, color and nutrition of fresh miso soup, for a soothingly rich taste. Four varieties are available: milder white miso, rich brown rice miso, hearty dark Akadashi, spicy miso. All come with wakame flakes.



## Organic Instant Miso Soup Paste in bottles

These bottled products contain miso soup in loose paste form. They are perfect for those who want to enjoy the flavor of authentic soup without any hustle. Simply pour the miso soup paste into a bowl or mug and add hot water for delicious miso soup. As well as soup, these pastes can be used as the base of marinades, sauces or dressings.



## Organic Freeze-dried Instant Miso Soup



Freeze-drying perfectly preserves the flavor, nutrition, color, and aroma of fresh miso soup into these individually-wrapped miso soup blocks. They contain no MSG or chemical additives.

Available in two varieties: white miso with tofu and green onion, dark miso with wakame flakes.



## Organic Miso Powder

Mitoku's miso powder is an innovative 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. Its salty taste can even intensify the sweetness of desserts like ice cream or chocolate brownies. Simply sprinkle to taste on your favorite dishes. Mitoku's miso powder is available in three distinctive flavors: full-bodied brown rice miso, sweet white miso and traditional Hatcho miso, fermented naturally for two summers and two winters.



Brown Rice Miso Hatcho Miso Sweet White Miso



## Organic Spicy Miso

We are extending our miso range by adding convenient sauces with great flavors. This deliciously hot and satisfying sauce is prepared by combining Mitoku's full-bodied and wholesome blend of brown rice miso with the comforting piquancy of chili. This all-purpose miso sauce is so versatile you can use it to extend your repertoire of hot and cold dishes alike. As a handy ready-made sauce, you can add an exciting flavor dimension simply by using it to dress grilled or roasted vegetables, pouring it over stir-fried dishes, using it as a marinade base, or enjoying it as a vegetable dip or hearty dressing!



## Organic Yuzu Miso

Yuzu miso is a traditional miso variety that is integral to *Shojin Ryori* (Buddhist vegetarian cuisine). Mitoku's yuzu miso is produced with great care, so as not to lose the rich yet delicate flavor and aroma of yuzu. The skin and juice of finest quality yuzu is combined with mellow white miso to create a miso with depth and complex sweetness.

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 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 discovering that this sweet rice wine could enhance the flavor of sauces and cooked dishes. Today, mirin is essential to any Japanese chef, whether cooking everyday dishes or haute *kaiseki* cuisine. Mitoku supplies Mikawa mirin, Japan's finest authentically produced mirin, made from just three ingredients: glutinous brown rice, rice koji, and rice spirit. 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.



## 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 Kyushu island. Here, the locals produce specialty vinegar from brown rice sake that is fermented in earthenware crocks, which are buried in the ground. Mitoku's version of this vinegar is made from organic brown rice, with its bran and germ intact, giving it a high concentration of essential amino acids. The brown rice sake is left to ferment for a few months and then on 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.



Top left: Polishing the glutinous brown rice 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.

## Mikawa Mirin's unrivalled quality

More than one product is referred to as "mirin", due to such factors as a historical shortage of rice. Broadly speaking there are three types of "mirin". The first is mirin produced by traditional Japanese techniques, as exemplified by deep colour, Mikawa mirin. High quality glutinous rice is used to make the mirin *moromi* (mash), which then undergoes a two year period of fermentation and maturation, during which time the starch turns slowly into sugar. The second is general mirin. Unlike traditionally-produced mirin, both alcohol and water are added during the 2 to 3-month production period, and the taste is finished with flavorings. Finally, there is a mirin-style seasoning, made by mixing chemical seasonings, liquid amino acids, and flavorings. This pale-colored product is produced in just one day.



The first stage in brown rice vinegar production is to ferment brown rice and water using koji made from rice to produce a thick sake. This is mixed with spring water and seed vinegar (vinegar from a previous batch), poured into tanks (see above), fermented then aged.



## Organic Yuzu Ponzu

Mitoku has a range of fine yuzu products, all made with the finest organically grown yuzu, a refreshing Japanese citrus. Yuzu ponzu is a well-balanced sauce with sweet, savory, and sour notes, made a blend of yuzu and soy sauce.





# ORGANIC TEA

Japanese green tea has a characteristic green color, a unique aroma, and a rich flavor composed of a 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 and oolong teas. 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 bright 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.

## Organic Sencha (leaf/teabags)

Sencha is the most commonly enjoyed variety of Japanese green tea. It has a beautiful emerald color and a delicate balance of sweetness, umami, and bitterness. When enjoyed hot, sencha relaxes and invigorates, while cold sencha is wonderfully refreshing in summer. After being harvested in spring, sencha undergoes a steaming process to minimize oxidation and keep it as close to fresh leaves as possible. Analysis has revealed that this sort of early stage steaming destroys most of the oxidative enzymes in tea. This is what allows sencha to remain brilliant green in color, and to retain its natural vitamin content, high concentration of polyphenols, and abundance of amino acids.



## Organic Kukicha (leaf/teabags)

Kukicha is a deliciously mild and soothing roasted tea, with a warm brown color, rich roasted aroma, and just one tenth of the caffeine content of sencha. It is made from the twigs, stalks, and stems left over from the sencha harvest. The twigs are steamed and dried, stored, and then 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 has a heart-warming, rich, nutty flavor and a distinctive toasted aroma. Mitoku's hojicha contains a small amount of twigs, which gives the tea delightful complexity and depth.

## Organic Genmaicha (leaf/teabags)

Genmaicha, or brown rice tea, is a soothing blend of Japanese green tea 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. Genmaicha has choices of green tea version and roasted kukicha version.



## Organic Matcha

Matcha has an elegant aroma and exquisite balance of taste, with marked sweetness, strong umami, and astringency. Fine Japanese matcha is made from young spring leaves. These leaves grow shaded in the last few weeks before picking, in order to ensure they are rich in umami with a beautiful green color. Mitoku's matcha is made from only the flesh of leaves, with the stems and other hard parts discarded. This is to produce tea with a more refined flavor. Consuming the leaf in powdered form ensures that the goodness of tea, with its many nutritional benefits, can be enjoyed. Matcha is also renowned for putting the drinker in a state of calm relaxation.



## Organic Mulberry Tea Powder

Mulberry leaves are caffeine-free and naturally rich in minerals, especially calcium. They have been renowned since ancient times for their therapeutic properties and long used in Oriental medicine. Research conducted by the Shimane Institute for Industrial Technology and the Faculty of Medicine of Shimane University has shown that our producer's mulberry leaves contain the beneficial substances Q3MG (Quercetin 3-(6-malonylglucoside)). Q3MG is effective in preventing arteriosclerosis and oxidation of LDL-cholesterol\*. Our producer's fields are situated in Shimane Prefecture, the second least populated area in Japan, far from the megalopolis pollution, with environmental conditions ideal to organic agriculture. Its mulberry trees are grown without any chemical fertilizers or pesticides. Mulberry tea powder has a mild, rather sweet taste with a beautiful vivid green color, reminiscent of matcha green tea, and contains no preservatives, colorings or flavorings. It is however less astringent and contains no caffeine and can therefore be enjoyed at any age. Just like matcha, it goes well in refreshing drinks and tasty desserts recipes.

\* J. Nutr. April 1, 2005 vol.135 no.4 729-734



## Organic green tea blend

Mitoku's organic green tea is also delicious blended with mint, ginger, and other ingredients. Our expert tea producers are unrivalled in combining smooth and refreshing Japanese sencha with complementary flavors. All blends are prepared and packed carefully on our producers' estate to ensure the quality and freshness.





# SEA VEGETABLES

Sea vegetables have a greater nutritional content than land vegetables, thanks to underwater currents which deliver nutrients, enabling sea vegetables to accumulate essential minerals, such as calcium, potassium, iron, and zinc, as well as other nutrients, according to Drs. Seibin and Teruko Arasaki, scientists and authors of Vegetables From the Sea. Sea vegetables are also low in calories, making them the perfect food for those watching their weight, as well as those following a vegan or macrobiotic diet.

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.

## Key features

- Low in calories
- Rich in minerals
- Hand-harvested by small traditional suppliers
- Great for people following a vegan or macrobiotic diet



## Japanese Sushi Nori- toasted

Recognized 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. Over winter, the nori grows over the nets, to be harvested at the beginning of the year, then washed and slowly air dried. Mitoku's nori is the highest grade available, discernible by its fine, even texture and deep-green color. Mitoku's Sushi Nori comes ready-toasted, while other varieties in the 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 be added as a versatile garnish.



## 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, widely recognized for its use in miso soup. It is harvested at its best, in early spring, before its fronds begin to harden. After being washed the wakame is dried until crisp. Wakame can vary in both taste and texture, but is subtly sweet and silky, and is delicious added to miso soup, salads, and stir-fries. Mitoku offers both cultivated and wild wakame products.



## Japanese Kombu

Kombu is harvested from around July to September, but only ever on days when the weather is fine enough for the kombu to dry out fully under the sun by the time evening falls. The harvesters are careful to pick only that kombu which is optimal for consumption: thick, delicious-tasting fronds in their second year of growth. Kombu can be used to make an umami-rich vegetable stock, and is also delicious in soups and stews.



## Organic Agar Flakes and Bars

Today, almost all agar is made by a modern process. However, a few small producers, such as the Mizoguchi family in the mountains of Nagano, Japan, still use the old labor-intensive method to make this traditional gelling agent made from vegetables. Various red sea vegetables are naturally snow-dried over a period of months by the cold winter climate. The resulting agar has a natural gelling ability, mild flavor, absence of calories, and is able to seal in the natural flavor and sweetness of other ingredients. Agar begins to set at around 35°C, without refrigeration. It can be used with savory ingredients or in desserts.



Top: Sea vegetables. Second: These are cooked down into a gel in cauldrons. Third: The sea vegetables are dried to get freeze-dried. Fourth: They are naturally freeze-dried day and night to form fluffy agar.



# 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 and widely used 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 the taste sensation with our organic range, introduced here.

## Wasabi



Nature's gift –  
Mitoku's range of spices  
delight your senses



### Organic Wasabi Paste

This ready-to-use organic wasabi paste contains only authentic, organic Japanese 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. To prepare the powder into a paste, just add water and mix.



## Yuzu fruit

Yuzu is a highly fragrant Japanese citrus, with a tart flavor reminiscent of grapefruit with hints of orange blossom. The zest and juice of yuzu are used extensively in cooking as well as in seasonings and condiments. Here are our yuzu blended products.

### Organic Yuzu Pepper Paste Red/Green

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.



## Ginger

Ginger has been widely used in many cuisines, especially Asian, for thousands of years, and is also renowned in Chinese medicine for its healing properties. Aromatic and spicy, it makes a great addition to main dishes, desserts or drinks by giving a warming and comforting fragrance.

### 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 Japanese Spice Blend Chili & Yuzu, Chili & Yuzu With Salt, 100% Yuzu

Mitoku's range of spice blends unique to Japanese cuisine transforms dishes with pleasant twists. All the products are organic and made with a simple arrangement of spices, without any additives. The characteristic flavors of the Japanese red chili pepper *taka-no-tsume* (hawk claw chili) and Japanese yuzu create an exquisite balance of heat and sweetness. Experience the intense flavor of Japanese spices with 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 village of Ryujin in Wakayama prefecture. Organically grown Japanese plums are combined with sea salt to undergo lactic-acid fermentation, one of the oldest and safest methods of food preservation. They are 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, sun-dried, infused with shiso leaf, and aged. Our producer follows the time-honored methods of Ryujin village to create mellow and delicious pickled plums that contain less salt than standard umeboshi. 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, mashed, and tubed. 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.



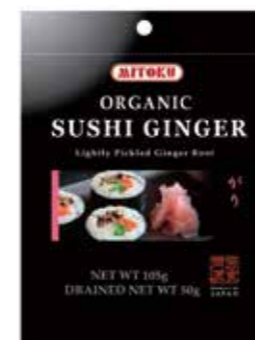
## Organic Ume Vinegar

Ume vinegar is a delicious byproduct of the umeboshi production process, made from the brine in which the umeboshi are steeped. This brine 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 to umeboshi and its brine, and are also thought to impart antibacterial and preservative qualities to the pickling process. Ume vinegar is a versatile seasoning that is pleasantly tart and salty, and can live up salad dressings, tofu spreads, and quick home pickles. It also works well tossed with tender greens or steamed vegetables.

Citric acid-rich green ume are pickled in brine together with sun-dried shiso leaf to make these traditional-style, tongue-tinglingly sour umeboshi. The time-honored method followed includes no bleaching or desalting processes, and uses no additives.

## Other Japanese Pickles

Mitoku also offers a range of other one-form pickles, each made according to traditional methods. Unlike many pickles today, they contain no dyes, preservatives, refined sugar, commercial salt, or synthetic vinegar. These fresh and crunchy pickles are naturally delicious and naturally good for you.



## Organic Sushi Ginger

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



## Japanese Takuan

Daikon, Japanese radish, is pickled in rice bran following traditional farmhouse methods, with no artificial additives, coloring, preservatives, or sugar. This authentic and flavorful pickle is great as a side dish or tasty snack.





# ORGANIC HEALTHY NOODLES

Shirataki noodles tick all the boxes when it comes to healthy eating, being fat-free, low-carb, low in calories, and a good source of fiber. Mitoku's Organic Shirataki Noodles are made from fiber derived from the root tubers of the konjac plant. Production begins in spring, when seeds are planted. Come fall, the young plants are dug up and brought indoors until springtime. This process is repeated for three years, until the tubers are large and robust, weighting in at 2-3kg, which translates into richness of flavor. 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, and must be kept away from strong light, wind, overly dry conditions, and locations with poor drainage. Three years of unceasing and tender care is required to produce the premium quality organic konjac tubers that are used to make Mitoku's superlative shirataki noodles. The carefully grown tubers are processed using coagulant derived from natural limestone to showcase their naturally delicious flavor. Mitoku is dedicated to delivering shirataki noodles with the same home-grown, home-made taste that has long been enjoyed by farming families in Japan.

## Key features

- Gluten-free and fat-free
- Low-carb and low in calories
- Great alternative to pasta
- Versatile and easy to prepare



## Organic Shirataki Noodles

Shirataki noodles come in two distinct varieties, unrefined and refined. Whole shirataki noodles are an unrefined variety made with the whole konjac root to ensure that none of its goodness is lost in production. Nothing artificial is added, so the final product reflects the great quality and natural taste of the ingredients. Whole shirataki noodles have a higher fiber content than the refined, or white variety. White shirataki noodles come in several types: noodles, bundled noodles, and tagliatelle-style thick noodles. The production process remains unchanged from pre-industrial times and is therefore both time- and labor-intensive, and results in an authentic, timeless taste.



## Konjac Products



Skewered konjac with sweet and savory miso sauce

## Organic Rice Konjac

Besides noodles, Mitoku also offers another product made from konjac root, in a variety of shapes, to widen the scope of use for this wonderfully healthy food. This grain-shaped variety is ideal for enjoying 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 Japanese curry.



Top: Digging up first, second, and third year plants in fall.  
 Second: Plants are planted outdoors in spring, dug up in fall, and stored over winter. This careful process is the key to delicious taste.  
 Third: Inside the processing plant. Machinery is used to carry out the simple processing, overseen by humans.  
 Fourth: The organic farming and processing leads to a superlative finished product.

## Endless possibilities for effortless cooking

These noodles are so simple to prepare but will make a big difference to your cooking. Drain the noodles in a sieve then either rinse, boil for 1-2 mins, or fry until the water has evaporated. Once cooked, these versatile noodles can be used instead of pasta or other noodle varieties in your favorite dishes, be they Italian, Chinese, Japanese, or any other cuisine besides. Shirataki noodles are ideal for people watching their weight or reduce calorie intake. They are a quick and easy addition to daily dishes such as soup.



Shirataki noodles in tomato and basil sauce. These noodles are so simple to prepare: simply cook then mix with sauce.

# SPECIALITIES

Mitoku has been delivering a carefully curated range of authentic Japanese food products since its foundation. In addition to the major categories of foods and condiments profiled in this brochure, Mitoku also offers a range of traditional products, many of which are organic and are beneficial to those following a macrobiotic or vegan diet. All of these products share certain qualities: superlative taste, exceptional quality, and the promotion of well-being.



## Nigari Flakes

Nigari is a liquid by-product of extracting salt from seawater and is used primarily as a tofu coagulant. Magnesium chloride is the main constituent of nigari and it also contains other minerals, such as calcium and zinc. Nigari flakes are made by evaporating liquid nigari. As a coagulant, nigari brings out the natural sweetness of soybeans, creates a softer skin, and allows the tofu to maintain its firm shape naturally. However it has many other uses, most notably as a seasoning: use the flakes instead of salt to bring out the best flavor of the ingredients while removing elements that may cause unpleasant odors or bitterness. Nigari flakes can be even added to bathwater.



## Organic Brown Rice Koji

Koji is made by cultivating *Aspergillus Oryzae*, a beneficial strain of mold, on steamed grains. The fluffy spores of the mold bloom over the grains to make our brown rice 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. Use to home-make amazake, a deliciously sweet drink packed with live enzymes that is also an excellent sugar substitute.



Miso Shoyu koji Shio koji Amazake



## Organic Sake

Mitoku's organic sake is *junmai-shu*, a type of sake made with just three ingredients: rice, water, and koji. This *junmai-shu* is a dry sake with overtones of the robust, cereal flavor of organic rice and subtly acidic character. Full and rich, it works well either chilled or warmed, and will pair with a wider variety of cuisines, making it a very versatile drink. 15.0% ABV.



## Organic Panko

Panko is a type of light and flaky breadcrumb used widely in Japan. Our organic panko is produced with bread made from just three ingredients: organic wheat flour, natural yeast made from organic grain and salt. The bread is then crumbled, crusts and all, and dried to create airy panko that crisp beautifully when cooked. Panko are especially suited to deep-frying, since their delicate texture makes for a crispier, crunchier, more satisfying finish. As well as a breaded coating for fried foods, panko make a great crunchy topping for baked dishes such as macaroni.



Left: The brewery with their iconic chimney. Middle: Mixing steamed rice and koji by hands as one of the most important processes. Right: Stirring sake *moromi* (mash). It will be filtered, pressed and pasteurized to become sake.



## Organic Soba

Mitoku's noodles are made in an uncomplicated way following a traditional process. This takes about four times as long as the modern process, but the resulting taste is simply exceptional. First, sea salt brine is added to freshly stone-ground organic flour. The dough is kneaded and allowed to rest. Once hung over bamboo rods, the noodles undergo a thirty-hour natural drying process. Mitoku offers a variety of hard to find soba noodles.



## Organic Brown Rice Udon

Most udon noodles are made from a combination of whole wheat and unbleached wheat flour, producing a thick, cream-colored noodle resembling linguine. Mitoku's brown rice udon, developed especially for the natural foods market, adds brown rice flour to the noodle mixture, creating a product that is both nutritionally wholesome, being low in fat, high in complex carbohydrates, and containing the complementary amino acids of rice and wheat. Udon are easy to prepare and versatile, working well in broths, with dipping sauce, or pan-fried.



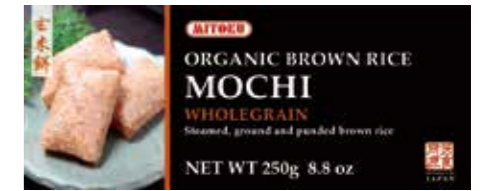
## Organic Miso Ramen

Mitoku's 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 combines the natural goodness of Mitoku's brown rice miso with the spicy warmth of ginger. The noodles have just the right amount of bite, while the broth soothes and revives. These miso ramen are free from GMO and agri-chemicals. They are also free from sugar, artificial additives, and any animal-derived ingredients. Quick and easy to prepare, they are a brilliant option for a healthy meal when time is limited.



## Organic Kuzu

Kuzu is derived from a wild vegetable root indigenous to Japan's southernmost island of Kyushu, where Mitoku's family-run producer has been working for 140 years. Kuzu has long been prized in traditional medicine for its healing properties. Today, it is renowned as a high quality thickening agent with a silky soft texture. Kuzu production begins by hand digging the roots (top image). The prepared starch is cut into blocks (middle) and dried (bottom) over sixty days in a critical process that determines the color and gelling qualities.



## Organic Brown Rice Mochi

Brown rice mochi is a delicious whole grain food made from sweet rice, a glutinous, high-protein variety. 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.



Black Soybean Mugwort Wholegrain



## Others

Mitoku also remains true to its beginnings as a trader in core macrobiotic products. This range includes: 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, including daikon radish and shiitake mushrooms; hot & spicy toasted sesame oil; azuki beans and black beans; and sesame. Mitoku also has a range of delicious snacks, including: rice malt candies; rice crackers; and wafers. Junmai sake, made from organic rice and pure water, is also available. Mitoku also offers 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](http://www.mitoku.com)



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