

万能和風だし

All-around DASHI-Japanese soup stock (Tea bag style)

Japanese “DASHI” is made with healthy natural ingredients.



You can easily cook Japanese food at home with this!



Using ingredients to the fullest advantage is the key to delicious Japanese food.

Japanese life expectancy is the longest in the world. They eat a lot of vegetables, root crops, potatoes, beans, mushrooms, and sea vegetables, but they don't eat fat food very much. That is said to be the reason. Ingredients in Japanese food are mild, so you need to season to enjoy them.

Good **DASHI** is essential for nice Japanese food of which the ingredients are used to the fullest advantage. The taste of Japanese food depends on **DASHI**.

It is called **UMAMI** different from seasoning, such as salt and soy sauce.

**Boil the bag only 1 to 2 minutes
to bring the flavor out.**

You can make DASHI filled with UMAMI.

It is essential for Japanese food to use well-blended **UMAMI** of bonito (inosinic acid), kelp (glutamate), and SHIITAKE mushroom (guanylic acid).

We add mackerel and sardines to bonito, kelp, and SHIITAKE mushroom, blend the 5 kinds of **UMAMI** very well, and place into a small bag. It has already seasoned, so put it into water and boil it only 1 to 2 minutes to bring the flavor out. You can make essential **DASHI** for Japanese food as well as professionals quickly.

HONGARE dried bonito
from Yaizu

We use bonito caught in Yaizu,
at the foot of Mt. Fuji.

We mold it three times to strengthen
flavor and increase UMAMI
to make HONGARE dried bonito.



KARE dried mackerel
from Yaizu

It is said that the secret of rich Ramen
is dried mackerel
which the restaurant uses.
We use mackerel from Yaizu
to bring the basic flavor out.



Natural dried kelp
from Rishiri

We use kelp only for DASHI
from Rishiri Island of Hokkaido.
It grows up slowly over 2 years
and contains a lot of glutamate.



KOHSHIN SHIITAKE

from Miyazaki

We use flavorful log-grown
SHIITAKE mushrooms which are
80% in full blossom
from Miyazaki, at the foot of Mt. Aso.



Dried round herring
from Kumamoto

We use round herring with guts.
Its unique bitterness gives
richness and good body
to DASHI.

**The golden ratio of UMAMI
founded out
after 20 years of efforts.**

We gathered natural ingredients which are
used by professionals. 5 kinds of **UMAMI**
are blended in 1 bag of **KATSUOFURIDASHI**.
Although we used many kinds of ingredients,
it was very difficult to find out the best
blend. It took 20 years to achieve the
golden ratio. We asked for a monitoring test
in a food laboratory in a university and
pursued for this **DASHI**. We finally
invented **KATSUOFURIDASHI** with which
anyone can make tasty **DASHI** easily.



MISO soup

Japanese eat MISO soup every day.
Put 1 bag of **KATSUOFURIDASHI** into 700ml of water.
Flavor it with a little soybean paste and add
your favorite ingredients,
such as **TOHFU** and mushrooms.
Change the thickness of MISO soup as you like.

NIZAKANA



Ingredients

KATSUOFURIDASHI ... 1 bag

Your favorite fish – you can use cut of fish ,
Water ... 200ml , Ginger ... 3 to 4 slices , Sugar ... 1 tablespoonful ,
Sake ... 100ml , Sweet sake for seasoning ... 100 ml ,
Soy sauce ... 2 tablespoonfuls

* Adjust the quantity of water and seasonings to the size of fish.
Soak the fish completely or near completely in water.

* Add SHIITAKE mushrooms, white Welsh onion, or TOFU, if you want.

Directions

- 1 Make shallow slashes on the side of the fish to help it to absorb the broth well.
- 2 Pour water and KATSUOFURIDASHI in to a flat pot which is as large as you can place all the fish side by side without putting on top of each other. Boil it for 1 to 2 minutes, and take the bag out.
- 3 Add SAKE, sweet sake for seasoning, sugar , and soy sauce, and boil them. Add ginger.
- 4 Place all the fish side by side rather than on top of each other. Drop a lid into the pot, and simmer them over moderate heat for about 10 minutes.
- 5 Simmer them gently until half of the broth boils away. Add ingredients such as SHIITAKE mushrooms, and simmer them for 4 to 5 minutes. Spoon the broth over the fish 2 to 3 times while simmering them.

Ingredients (2 servings)

KATSUOFURIDASHI ... 1 bag – you need contents of the bag after taking the flavor out.

Rice ... 300g , Egg ... 1 , Shelled shrimp ... 100g ,

Your favorite ingredients such as carrots, onions, and SHIITAKE mushrooms ... suitable quantity

Soy sauce ... 1/2 tablespoonful , Salt ... a little

Pepper ... a little , Salad oil ... suitable quantity

* Change the thickness as you like.

Directions

- 1 Devein shrimps and drain them. Cut ingredients into 5mm cubes.
- 2 Heat salad oil in a frying pan, and put a well mixed egg in to it. Scramble the egg softly, and take it out.
- 3 Pour more salad oil into the frying pan, and fry other ingredients up.
- 4 Add the rice while breaking it into grains. Fry them over a high temperature. Put the scrambled egg back, and fry them until they come to small pieces. Add the contents of the bag, and season them with salt, pepper, and soy sauce.

CHAHAN (Chinese fried rice)



How to make tasty DASHI

You can make DASHI for 3 to 5 persons with 1 bag of KATSUOFURIDASHI. Pour 800ml of water into a pot and add 1 bag to it. Boil it for 1 to 2 minutes and take the bag out.

● Put 1 bag into 600ml of water for OSUIMONO, ODEN, and YOSENABE.

● Put 1 bag into 300ml of water with a little soy sauce for NIMONO.

● Put 1 bag into 700ml of water with a little soybean paste for MISO soup. You can make 6 to 7 cups of MISO soup with 1 bag.

You can cook a wide variety of Japanese food, such as UDON/SOBA soup, sauce dip for TENPURA, and CHAWANMUSHI with this DASHI bag.



1 Pour water into a pot and put 1 bag into it.



2 Boil the pot 1 to 2 minutes over a moderate fire. Don't put the lid on.



3 Turn the fire off, press the bag lightly to the rim of the pot with long chopsticks, and take it out.

Cook Japanese food easily and enjoy it.

Using **KATSUOFURIDASHI**, you don't need other seasonings to cook **OSUIMONO** and plain **NIMONO**. It could be a little thick for **MISO** soup, so use somewhat less. If you accordingly add a little of soy sauce, salt, or sake, you can cook Japanese food as well as professionals.

UDON/SOBA



●Ingredients (1 serving)

KATSUOFURIDASHI ... 1 bag, **UDON/SOBA** noodle ... 1 packet,
Water ... 300ml, Soy sauce ... a little, Minced Welsh onion ... suitable quantity

Your favorite ingredients such as **TENPURA**, **KAMABOKO**, and **WAKAME**

●Directions

- 1 Pour water and 1 bag of **KATSUOFURIDASHI** in to a pot.
 - 2 Boil it for 1 to 2 minutes to bring the flavor out, and take the bag out.
 - 3 Add a little of soy sauce, and season it. **UDON/SOBA** soup is ready.
 - 4 Boil **UDON/SOBA** noodle with a lot of water in another pot.
 - 5 Drain **UDON/SOBA** noodles well, and put in to a bowl. Pour the soup into it. Arrange your favorite toppings along with a the chopped Welsh onion on top.
- * Heat the bowl with boiled water before pouring **UDON/SOBA** noodles so they don't get cold.

●Ingredients (2-3 servings = 15 to 20 skewers of ODEN)

KATSUOFURIDASHI ... 2 bags,
Water ... 1,000ml, Fibrous meat for soup ... 2 palmfuls
Salt ... 1/2 tablespoonful, Sugar ... 2 tablespoonfuls,
Soy sauce ... 3 tablespoonfuls,
Sweet sake for seasoning ... 3 tablespoonfuls
Boiled egg, **KONNYAKU**, fibrous meat for one of the ingredients,
Japanese radish, **CHIKUWA**, **KAMABOKO**, Vienna sausage and any other ingredients which you like.

* Change the thickness of **ODEN** soup as you like.

●Directions

- 1 Pour water and 2 bags of **KATSUOFURIDASHI** in to a pot. Boil it for 1 to 2 minutes to bring the flavor out, and take the bags out.
 - 2 Add fibrous meat for soup, season the soup, and boil them well. Add **KONNYAKU**, fibrous meat for one of the ingredients, boiled egg, and Japanese radish. Stew them for about 10 minutes. Cut away the edge of a Japanese radish so as not to crumble, when you stew it.
 - 3 Add paste foods such as **CHIKUWA**, **MARUTEN**, **GANMODOKI**, and **KAMABOKO**, and stew them for 20 minutes.
 - 4 Turn off cooker. Wrap the pot with newspapers or old clothes, and wait until it cools down. Slowly cooled down, the soup soaks into the ingredients.
 - 5 Heat it up just before you eat. You can enjoy well seasoned and delicious **ODEN**.
- * Put mustard paste, **SHICHIMI TOGARASHI**, or **YUZU KOSHO** in **ODEN**, if you want.

ODEN



TAKIKOMI GOHAN



●Ingredients (2-3 servings)

Rice ... 2 GO (300g), **KATSUOFURIDASHI** ... 1 bag,
Chicken Leg without bones ... 1/2 slice,
SHIITAKE mushroom ... 3
Small carrot ... 1/2, **KONNYAKU** ... 1/4 slice, Deep-fried **TOFU** ... 1,
Soy sauce ... a little

* You can make **TAKIKOMI GOHAN** with a wide variety of ingredients which you like.

* Put less water in a rice cooker, when you use ingredients which contain a lot of water.

●Directions

- 1 Wash rice, and soak it in water for 30 minutes.
- 2 Mince the ingredients.
- 3 Put the washed rice, water, 1 bag of **KATSUOFURIDASHI**, and all the ingredients into a rice cooker. Add a little soy sauce, if you want. Boil them.



KATSUOFURIDASHI

Three packages of 50,30 and 10bags each

Ingredients/flavoring ingredients-dried bonito, dried mackerel, dried round herring, dried kelp, powdered SHIITAKE mushroom, salt, sugar, powdered soy sauce, seasoning-amino acid etc., and lactic acid calcium-L-lactic acid calcium. (Some of these contain wheat or soybean.)

- Artificial preservatives, artificial sweeteners, or artificial colorings are not contained.