



We won the Grand Prize for the Sustainable Award 2020 =>



### The land of delicious Shiitake mushroom!

Located in the center of the largest shiitake cultivation area. The three prefectures of Oita, Miyazaki, and Kumamoto produce 70% of the nation's shiitake crop. Takachiho is its center.



## Shiitake Rice Porridge

A delicately flavored porridge cooked with Vegan Dashi broth will hit the spot for your taste buds. The tip for making a good porridge is season it lightly so that it is healthy and does not overpower other dishes. Seasoning it lightly will create a harmony with the other dishes for a balanced meal that will have you coming back for more.

Recipes & Videos  
English 190+  
日本語 230+  
**SUGIMOTO**



Why SUGIMOTO Shiitake is So Delicious.

1. Raised on natural Japanese Sweet Sap Oak logs
2. Slow and natural cultivation to enrich flavor & texture.
3. High Japanese quality standard for cultivation & drying process.

=> **Maximizing natural UMAMI Power!**



## Vegan Dashi

This plant-based Shojin Dashi broth is an excellent condiment for lightly-flavored Japanese-style vegetarian dishes called Shojin Ryori. For a more complex Umami taste, it is recommended to add Kanpyo (dried gourd) and grain vinegar.

Ingredients: Serves 2  
20g dried shiitake, 20g Kombu (Kelp),  
20g Soybeans, 1 liter Water.

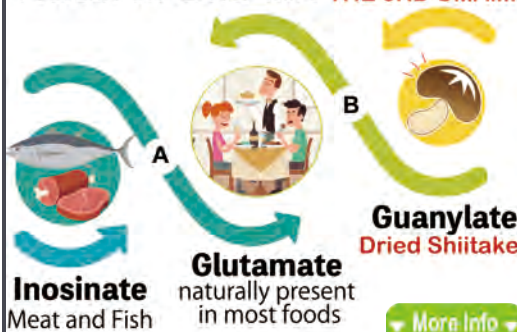
### Method

- 1) Dry roast the soybeans in a frying pan until golden brown.
- 2) Soak the dried Shiitake, Kombu and soybeans in water overnight in the fridge.
- 3) Bring to a boil and simmer for a while, remove the scum, leave to cool slowly, and then strain before using.



## Two Ways To Strengthen Natural UMAMI

THE 3RD UMAMI



The secret to the delicious taste of dried shiitake. Umami is strengthened by 2 ways.

- A) Glutamate x Inosinate
- B) Glutamate x Guanylate

While Inosinate is known to add delightful flavor when added to meat and fish dishes, the benefits of dried Shiitake are not as well recognized.



## Delicious Ajillo with Shiitake

Flavored with Shiitake and Anchovies, this recipe yields an Ajillo even better than any restaurant. Using shiitake makes the Ajillo especially delicious. The Umami of shellfish and Shiitake go especially well together.







Forest-Grown

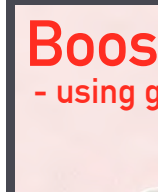
Slowly grown for excellent taste & texture. Shiitake grown slowly in low temperatures, nurtured by rain and fog produces an outstanding firm texture.

Robust & Delicious Natural Umami grown on oak. Japanese Sawtooth Oak gives Shiitake a distinctive sweet and deep flavor.



## Mashed Tofu Salad (Shira-ae)

This Mashed Tofu salad, "Shira-ae," is made with Shojin Dashi broth, giving it a light, delicate, and yet rich taste, Tanmi in Japanese.



**Boost Umami**  
- using grated Shiitake

Introduced by the Japanese National TV (NHK), grating Dried Shiitake into a simple powder and adding it to your cooking greatly improves the Umami flavor. Even adding a little Shiitake powder will bring out the Umami of any of your cooking without adding a strong Shiitake taste.



## Cold Water to Maximize Flavor

Reconstituting dried shiitake at a low temperature will enhance their sweetness and umami taste.



Method

- 1) Rinse the dried shiitake with water to remove any dirt.
- 2) Put the rinsed shiitake and water in a resealable zipper bag. Close the bag, making sure to remove the air.
- 3) Leave the bag in a refrigerator overnight to allow the shiitake to be fully reconstituted. (Reconstituting at a low temperature will enhance their sweetness.)
- 4) Strain the soaking liquid in a fine strainer, such as a tea strainer.
- 5) Remove the hard stems of the reconstituted shiitake before using. (Stems can be used later in soups, stews, and sauces to add umami.)

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## Quick & Easy Koshin Shiitake



It takes just 20 minutes while preparing other ingredients! The easy way to rehydrate dried Shiitake.

Method

- 1) Snap off the stem of a thin-capped Shiitake mushroom.
- 2) Place it cap-down in water. Submerge the shiitake evenly by resting a piece of food wrap directly on them in the water.
- 3) After 5 to 10 minutes, cut the shiitake in half with a knife. Cut off the remaining stem. Water will soak into the shiitake quickly from the freshly cut surfaces.
- 4) If it is soft enough, you can go ahead and cut the shiitake to your desired shape. The smaller it is cut, the faster it will return to its original texture.
- 5) When the shiitake has been submerged for about 20 minutes, it's ready for use in cooking.