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, 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.
Shoyu Soy Sauce

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

Organic Soy Sauce
100% Organic
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. 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 a 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.

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, allowing 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 Soy Sauce

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.

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.

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: Straining 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.

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.
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

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 for 72 hours. This critical period will ultimately determine the taste and the quality of the finished product.”
Organic Brown Rice Miso

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, this unpasteurized form of miso is loaded with beneficial enzymes. This is a great all-purpose miso that works particularly well in soups.

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 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 soups, sauces, or dressings.

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 Barley & Brown Rice Miso

This well-balanced miso is a Karasu specialty, made by combining barley koji with brown rice koji. With its appealing 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.

Key features

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

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.

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

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 use in production. The next step is to mix it with the other ingredients, setting the stage for fermentation.
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 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 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 59th successive president to a recipe unchanged since 1645.

Organic 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 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 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 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 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.

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 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 of a gentler, mellower flavor. The vinegar has a rich, rounded taste and delicate character, making it perfect for Japan’s fine traditional cuisine.

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 sausages 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.

Organic Yuzu Ponzu

Yuzu is a highly fragrant Japanese citrus with a tart flavor reminiscent of grapefruit and hints of orange blossom. The zest and juice of this versatile fruit are used extensively in cooking, and are equally at home in savory and sweet dishes. Mitoku’s Organic Yuzu Ponzu blends the finest organic yuzu with top quality shoyu, mirin, and brown rice vinegar to create a well-balanced sauce that can be used alone or in combination to enliven a wide variety of dishes.

Organic Smoked Brown Rice Vinegar

An innovative new twist on the Japanese vinegar-making tradition, this intriguing Kam uses the same patented process as Mitoku’s smoked shoyu, infusing our classic brown rice vinegar with invigorating aromas from smoked Japanese cherry wood. The smoky, earthy 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.
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 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 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 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.

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 Gyokuro
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.

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.

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.

Key features
• Rich in minerals
• Hand-harvested by small, traditional suppliers
• Grown in regions famous for 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.
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 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 it 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.

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.

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 Japanese Spice Blend

Chilli & 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 pepper ky capsules 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 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 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 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 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

Mitsuk 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 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 flavonore 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.

Key features

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

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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.

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 satisfyingly 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 nage, 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.
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.

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, 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.
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.

### SPECIALTIES

#### Organic Brown 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 hillsides 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.

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#### 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.

#### 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 delicate 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.

#### 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 mushroom; kombu seaweed; roasted 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