



# TAMARI STRONG (PRONOUNCED TASTE)

## About Tamari strong (pronounced taste)

### Description

In Japan, two fermented soya sauces, Shoyu and Tamari, have been favourite seasonings for several centuries. Today, these delicious, ebony-coloured sauces are appreciated all over the world. The difference between Shoyu and Tamari lies in their composition. Shoyu is made of soya and wheat whereas Tamari is a pure soya sauce. Tamari stimulates the appetite and contains several minerals, proteins and indispensable vitamins. During the long fermentation process, natural enzymes transform the starch, the proteins and the lipids contained in raw soya into nutrients that are easily absorbed, as they are predigested: amino acids, poly-unsaturated fatty acids, slow carbohydrates... .. During the fermentation process, a lactic acid is developed that has a beneficial effect on the intestinal flora and on the efficient absorption of nutrients. Sea salt supplies minerals and trace elements. By using the Lima sauces instead of salt, you reduce the amount of salt in your dishes while enhancing their natural taste.

### Use

Shoyu and Tamari are taste enhancers, healthy and liquid versions of stock cubes. They are suitable for western as well as oriental dishes. Do not simply use them to salt, but also to intensify the natural taste of ingredients during cooking and at the table. Thanks to its higher protein content, the concentrated taste of Tamari resists heat better. Moreover, it makes the ingredients to which it is combined more tender. Traditionally, Tamari is used to enhance the taste of stews, pasta, soups, fried vegetables, salad dressings, marinades or wok preparations... Tamari is especially suitable for use in combination with vinegar or rice wine, ginger, garlic, mustard, pepper or ume su (Japanese vinegar).

### Ingredients

water, SOYA beans\*, sea salt, alcohol\*, koji (Aspergillus oryzae).  
\*organically grown

### Packaging

145 ml. 250 ml. 500 ml. 1000 ml.

### Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



GLUTENFREE



COELIAC



SOURCE OF

PROTEIN



NO ADDED SUGARS



LOW SATURATED FAT

## Nutritional analysis

### Average nutritional value per

	g/100ml	portion 5ml	%RI	RI
<b>Energy</b>	346 kJ	17 kJ		
	82 kcal	4,1 kcal	0.00	2000 kcal
<b>Fat</b>	0 g	0 g	0.00	70 g
of which saturates	0 g	0 g	0.00	20 g
of which mono-unsaturates				
of which polyunsaturates				
<b>Carbohydrates</b>	5,8 g	0 g	0.00	260 g
of which sugars	1,7 g	0 g	0.00	90 g
<b>Fibre</b>	0,9 g	0 g		
<b>Protein</b>	10 g	0,5 g	1.00	50 g
<b>Salt</b>	13,6 g	0,7 g	11.00	6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

## Allergen info

### Ingredients

water, SOYA beans\*, sea salt, alcohol\*, koji (Aspergillus oryzae).

\* = organically grown

### Allergens present in this product:

Soy