



SHOYU MILD (REFINED TASTE)

About Shoyu mild (refined 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. Shoyu 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 and wheat 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. The taste of Shoyu is characterised by a slight touch of alcohol resulting from the fermentation of wheat. That is why it is not very suitable for prolonged heating and should be added at the end of the preparation process, so that it does not lose its flavour. Shoyu is perfect for pickles, in the wok, with rice, with noodles, with sushi, sashimi or steamed vegetables. It is delicious in combination with mirin (rice wine), wasabik ginger or grated daikon.

Ingredients

water, SOYA beans*, WHEAT*, sea salt, Alcohol*, A. 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



SOURCE OF

PROTEIN



NO ADDED SUGARS



LOW SATURATED FAT

Nutritional analysis

Average nutritional value per

	g/100ml	portion 5ml	%RI	RI
Energy	315 kJ	16 kJ		
	75 kcal	3,8 kcal	0.00	2000 kcal
Fat	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				
Carbohydrates	4,9 g	0 g	0.00	260 g
of which sugars	1,5 g	0 g	0.00	90 g
Fibre	0,9 g	0 g		
Protein	9,6 g	0 g	1.00	50 g
Salt	14,1 g	0,7 g	12.00	6 g

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

Allergen info

Ingredients

water, SOYA beans*, WHEAT*, sea salt, Alcohol*, A. Oryzae.

* = organically grown

Allergens present in this product:

Gluten, Wheat & Soy