

FREE

EAT-JAPAN

YOUR ESSENTIAL GUIDE TO JAPANESE FOOD & DRINK **2019-20**

WWW.EAT-JAPAN.COM

EAT-JAPAN Live! 2019 Preview

Harro Foods presents JAPAN FOOD SHOW 2019

12-14 July 2019 at Olympia London



Recipes: Japanese Flavours at Home

640+ INDEPENDENT JAPANESE RESTAURANTS & SHOPS DIRECTORY

JAPANESE FOOD GLOSSARY

For Traders: Essential Japanese Food & Drink Business Directory



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Spain

C/29 Edif Atolon 28053 Mercamadrid Spain
www.trueworld.es

The Netherlands

Zuidas, Barbara Strozziilaan 101-201, 1083 HN, Amsterdam
www.trueworldfoods.nl

USA

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True World Foods Chicago
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Japan

True World Japan Tokyo
True World Japan Fukuoka

China

IKKO Int'l Trading Shanghai



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EAT-JAPAN *Live!*

EAT-JAPAN Live! 2019 Preview

In the two decades since EAT-JAPAN was launched, Japanese food in the U.K. has gone from strength to strength. This popularity is testament to the innovation, commitment to quality, and pride in crafting great-tasting dishes that characterise Japanese cuisine. To celebrate twenty yummy years, we're curating an awesome collection of food stalls, events, and attractions: say hello to EAT-JAPAN Live!

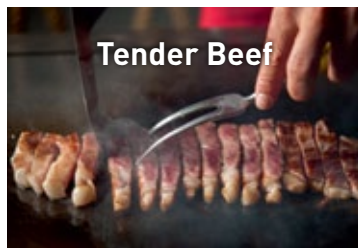


Cooking in front of your very eyes at a Teppan table

An experience you will never forget!!



Juicy Seafood



Tender Beef



Freshly Prepared Sushi

PICCADILLY

37 Sackville Street, London W1S 3EH

020 7494 2525

Monday to Saturday 12:00-15:00 / 17:30-22:30

Sunday & Bank Holidays 12:00-15:00 / 17:00-22:00

CHELSEA

77 King's Road, London SW3 4NX

020 7376 7799

Monday to Saturday 12:00-15:00 / 17:30-22:30

Sunday & Bank Holidays 12:00-15:00 / 17:00-22:00

GLASGOW

7 West Nile Street, Glasgow G1 2PR

0141 442 0141

Monday to Friday: 12:00-15:00 / 17:30-22:00

Saturday & Sunday: 12:00-22:00



www.benihana.co.uk

COOKING FOR 55 YEARS





Harro Foods presents

JAPAN FOOD SHOW

2019



at

HYPER JAPAN FESTIVAL

Taste the trends!

DISCOVER
Tastes & Ideas

At our curated showcase of Japan-inspired food and drink

For the second year running, Harro Foods will be presenting this exciting assembly of Japanese and Japan-inspired food and drink companies. With close to 50 exhibitors, this is an unmissable chance to interact with makers and sellers, hear product stories, discover the latest innovations, and try out some fantastic samples, too. For industry professionals, it's a great way to explore products that could work for you, while for individuals with an interest in Japanese food, this is an unrivalled opportunity to build your knowledge of ingredients and dishes and get inspired to start creating in your own kitchens.



EXHIBITORS

Wismettac Foods, Inc. (See pp46 & 64)
Ahjikan Co., Ltd. (See p58)
Modellino Co., Ltd. (See p70)
Asaichiban Co., Ltd. (See p58)
Hatakosen Co., Ltd. (See p50)
House Foods Group Inc. (See p62)
Huaciang Industry Co., Ltd. (See p61)
Jinhyun Co., Ltd. (See p65)
Kaiyuan Transcend Food Co., Ltd (See p66)
Maruhachi Muramatsu, Inc. (See p54)
Marui Co., Ltd. (See p56)
Marusan-Ai Co., Ltd. (See p53)
Marutomo Co., Ltd. (See p53)
Minato Seika Co., Ltd. (See p67)
Misuzu Corporation Co., Ltd. (See p59)
Nisshin Foods Inc. (See p65)
NR Instant Produce Co., Ltd. (See p62)
OK Food Industry Co., Ltd. (See p59)
Otsuka Green Tea Co., Ltd. (See p50)
Sewha Seafood Co., Ltd. (See p59)
Shinsyu-ichi Miso Co., Ltd. (See p53)
South Plastic Industry Co., Ltd. (See p70)
TableMark Co., Ltd (See p61)
Yuzuya Honten Co., Ltd. (See p57)
Otokoyama Co., Ltd. (See p47)
Tatsuuma-Honke Brewing Co., Ltd. (See p48)
Homare Sake Brewery Co., Ltd. (See p47)
Nippon Access, Inc (See p60)
Aji no Chinuya Co., Ltd. (See p63)
Shibanuma Soy Sauce International Co., Ltd. (See p55)
EAT & CO., Ltd. (See p64)
Kaneku Co., Ltd. (See p57)
KENKO Mayonnaise Co., Ltd. (See p55)
Kuki Sangyo Co., Ltd. (See pp51 & 56)
Marukome Co., Ltd. (See p52)
Mishima Foods Co., Ltd. (See p60)
Otafuku Sauce Co., Ltd. (See p54)
S&B Foods Inc. (See pp57 & 62)
Somi Foods Inc. (See p54)
Ajinomoto Foods Europe (See p64)
Ajinomoto Poland Sp. z o.o. (See p61)
Azuma Foods UK Ltd. (See p63)
PESCA RICH Europe Ltd (See pp63 & 65)
Sapporo Europe B.V. (See p49)
Simplee Aloe (Raylex Ltd) (See p50)
WA Wine AB (See p49)
Mizkan Euro Ltd.
Ocean Hugger Foods, Inc.



Explore, Taste, Discover

Tastes, trends, and innovations to admire and inspire

JAPAN FOOD SHOW, presented by Harro Foods, was conceived as a way to bring together producers and companies offering high-quality and innovative Japanese and Japan-inspired food and drink products with industry professionals and passionate consumers in an integrated B2B and B2C event.

The inaugural 2018 show was held at HYPER JAPAN Festival 2018 (July 13-15; 80,000 visitors). Friday 13 was for industry professionals only: restaurant chefs, major retailer buyers, and media were all in attendance, hoping to connect with tastes and products that matched their audiences. On the weekend, the show was opened to all HYPER JAPAN attendees, enabling exhibitors to get direct feedback from target consumers and individuals interested in Japanese food to discover new tastes, dishes, and ideas.

Coverage of the show was focused on products that aligned with current trends: gluten-free, vegetarian, and flexitarian diets. The show was also featured widely across social platforms, creating significant viral interest.



- 1 Visitors to JAPAN FOOD SHOW can engage directly with exhibitors while enjoying samples. It's a unique opportunity to discover the stories and people behind the products.
- 2 The 2018 JAPAN FOOD SHOW attracted significant numbers of business and general visitors alike.
- 3 The set-up of the show enables visitors to get up close and personal with products and samples.



JAPAN FOOD SHOW SHOP: Take the Tastes Home

Now you'll be able to take away your favourite products and flavours from JAPAN FOOD SHOW thanks to the brand new JAPAN FOOD SHOW SHOP. Purchase from a selection of products to showcase and share in dishes at home.



Highlights

What to See at JAPAN FOOD SHOW 2019

With close to 50 exhibitors at JAPAN FOOD SHOW 2019, there's plenty to get excited about at this unparalleled platform for discovering Japanese and Japan-inspired tastes and trends. This show has everything: from classic ingredients and dishes to groundbreaking and innovate products, across multiple industry segments including drinks, condiments, processed foods, and even product packaging.

Some highlights to look out for include: the show's first sake exhibitor and wines uniquely tailored to match with Japanese cuisine; drinks targeting health-focused consumers, including sesame latte and aloe beverages; yuzu citrus products including yuzu peel and yuzu juice; "free-from" products including gluten-free breadcrumbs and meat-free gyoza; vegan products that are ultra-versatile and easy to prepare, including fried tofu cubes and purple sweet potato tempura; authentically flavoured classic dishes in easy-to-prepare formats, including pumpkin croquettes, gyoza, and grilled chicken; innovative products such as spill-free packaging and hygiene masks.



- 1 A booth exhibiting nori seaweed snacks. Interest will remain strong for health-conscious products at the 2019 show.
- 2 A long-established green tea producer offers samples of traditional matcha tea.
- 3 A loveable mascot promotes instant ramen.
- 4 Samples of inari (tofu pocket) sushi.

Harro Foods presents

JAPAN FOOD SHOW

2019

at HYPERJAPAN FESTIVAL

12-14 JULY at OLYMPIA LONDON

Fri 12th → open to business visitors only | FREE ENTRY
 Sat 13th Sun 14th → open to general public | HYPER JAPAN Festival entry ticket is required

Business visitors: visit below for further details and free registration

www.harrofoods.co.uk

EAT-JAPAN Live!

Food Court

EAT-JAPAN has been at the forefront of Japanese cuisine in the U.K. for more than twenty years, so you can be sure that we'll be curating an unbeatable line-up of must-try, soul-filling street food. Take your pick from, among others, Wagyu skewers, *yakisoba* noodles, crispy deep-fried prawns, and *takoyaki* (octopus pieces in batter balls), then follow it with something sweet: our Insta-gorgeous treats and desserts include bubble waffles, bubble tea, *imagawayaki* (sweet fillings encased in warm batter shells), and pastries and cakes made with *matcha* green tea. You can also stock up on Japanese snacks and sweets in deliciously cute packaging.

- 1 A *gyudon* (simmered beef served on rice) stall.
- 2 Freshly made *imagawayaki*.
- 3 Enjoying samples at a sake retail booth.



- 4 One definite EAT-JAPAN Live! highlight is the chance to enjoy the authentic taste of food prepared on *teppan* iron griddles, like *yakisoba* noodles and *takoyaki*.
- 5 Being co-located means you can enjoy your food while checking out HYPER-JAPAN at no extra cost.



Photo Area & Charging Station

Get a gourmet-inspired commemorative photo of your visit at the KIKKOMAN Photo Wall, where you and a giant bottle of soy sauce can become one with the Wall. Make sure to visit the S&B Charging Station to charge your phone ready for more photos of our ultra Insta-friendly event.



Sake

SAKE EXPERIENCE & SAKE AWARDS 2019



Beginners and burgeoning experts alike will find plenty to spark joy at the EAT-JAPAN SAKE EXPERIENCE, one of Europe's biggest public sake tasting events. Brewery representatives will be there to talk you through their selection; 3 sake from each of the 9 participating breweries means a massive 27 to sample in total. These will include sparkling, *nigori* (unfiltered), and *nama* (unpasteurised) varieties and *yuzu* citrus, strawberry, and peach-infused fruit liqueurs. Separate tickets (£20) are required, see online.



HYPER Kitchen

Level up your cooking skills with our expert-led events

You might have the ingredients but you also need skill and confidence to make your Japanese home cooking taste great. That's where HYPER Kitchen comes in, with a program of demonstrations and workshops including: poke sauce demonstration by KIKKOMAN, curry and *wasabi* workshops using S&B products, sushi by SOZAI Cooking School. Look out for sake, *miso*, and *matcha*-focused events too.



- 1 Trying samples after watching a skills demonstration by a professional chef.
- 2 Getting the chance to watch a Masterchef at work.



- 3 Getting stuck in at a hands-on demonstration.
- 4 Seminars led by a leading U.K.-based sake sommelier and educator are always popular.



EAT-JAPAN Live!

12 - 14 JULY at Olympia London

Tickets are available from £17 at www.eat-japan.com

* Free entry to co-located HYPER JAPAN Festival 2019



DISCOVER A LEGEND

143 YEARS IN THE MAKING

Sapporo is the oldest brand of beer in Japan, founded in 1876

Please drink responsibly. for the facts drinkaware.co.uk

Japanese Flavours at Home

Turn over for 6 pages of simple ideas to bring the tastes and tipples of Japan into your kitchen. Use quintessential seasoning to bring richness and umami to the humble ratatouille, and discover how to create a mellow and creamy version of Japanese curry by incorporating yogurt and tomato. *Wasabi* provides the gentle spice that makes our canapé recipe perfect for serving with subtly sweet sparkling sake. Discover more about all the Japanese ingredients used in the Japanese Food Glossary on p33.



Japanese Flavours at Home 1

SOY SAUCE

Make a simple stew big and bold
with this essential seasoning



KIKKOMAN Soy Sauce

RATATOUILLE

Serves 4

- 1 onion, peeled
- 400g pumpkin or squash, peeled and deseeded
- 1 large aubergine
- 2 large tomatoes
- 4 tbsp olive oil
- 1 clove garlic, crushed
- 6-7 tbsp **KIKKOMAN Soy Sauce**
- 1 tbsp rice vinegar or white wine
- 1 tsp sugar
- 200ml tomato juice
- Basil leaves, to garnish
- Chilli powder, to taste

1. Chop the vegetables into cubes. Add the oil, garlic, and vegetable cubes to a sauté pan and fry over a medium heat.
2. Add the soy sauce, vinegar, sugar, and tomato juice and bring to the boil. Allow to simmer gently for 25-30 minutes until the vegetables are tender and the sauce has thickened.
3. Sprinkle with fresh basil and a little chilli powder before serving warm.

A natural taste-maker that's aromatic, rich and mellow

KIKKOMAN Soy Sauce gets its rich flavour, complex aroma, and unmistakable quality from an unhurried process of natural brewing over many months. It's completely natural and is made with just four ingredients: soy beans, wheat, salt, and water. Great soy sauce is a must for Japanese food but is just as valuable and versatile used in other cuisines and cooking styles. A splash of soy sauce gives instant depth to a dish, thanks to its perfect balance of sweet, salty, sour, bitter, and umami. Control the amount of salt by measuring; one tablespoon is roughly equal to a pinch of salt.

TIP! Bloody Mary goes East with a splash of soy sauce

Try this Tokyo take on a classic cocktail by swapping out vodka for sake and Worcester sauce for soy sauce. For each serving you will need: small glass of chilled tomato juice, 45ml chilled sake, **KIKKOMAN Soy Sauce**, lime juice, ice cubes. Shake the tomato juice, sake, soy sauce and lime juice together, then pour over ice. This is a great way to experience the aromatic and complex flavour of **KIKKOMAN Soy Sauce** – experiment with how much to add for your perfect Bloody Geisha!



ALSO TRY

KIKKOMAN Regular Soy Sauce is available in a red-capped dispenser and a 250ml size. **Tamari Gluten-free Soy Sauce** is available too. Look out for the **Teriyaki Sauces** range including long-time favourite **Teriyaki Marinade**, an all-in-one sauce for marinating chicken and salmon for BBQs and frying. As well as a **Gluten-free** version, the range also includes **Roasted Garlic, Toasted Sesame, and BBQ Sauce** varieties.

Where to Buy

Available at most major supermarkets or Japanese/Oriental grocery stores. See p51 and 55 for buyer contacts.



...for recipes and more information about **KIKKOMAN Soy Sauce**: www.kikkoman.co.uk

Japanese Flavours at Home 2

CURRY SAUCE MIX

Smooth and creamy curry with a deliciously Japanese twist



S&B Golden Curry Sauce Mix

MILD and MELLOW CHICKEN and TOMATO CURRY

Serves 4

- 300g chicken thigh
- Salt, to season
- Ground white pepper, to season
- 1 onion
- 50ml plain natural yogurt
- 400g (1 can) whole plum tomatoes
- 1 tbsp salad oil
- 1 clove garlic, grated
- 1 tsp ginger, grated
- 92g (1 packet) **S&B Golden Curry Sauce Mix**
- Garam masala, to taste (optional)
- Freshly cooked rice, to serve

1. Cut the chicken thigh into bite-sized pieces then season with salt and white pepper. Place the onion, yogurt, and tomatoes in a blender and blend to a smooth paste.
2. Warm the salad oil, garlic, and ginger in a frying pan then add the chicken pieces and fry until the chicken has browned all over.
3. Add the paste to the frying pan, then turn the heat down, place a lid on the pan, and leave to simmer gently for 20 minutes.
4. Take the pan off the heat. Break the curry sauce mix into cubes and add to the pan, stirring well. Return the pan to a low heat and heat until the mixture thickens.
5. Before serving, season with salt and white pepper, adding a little garam masala if desired, for added aroma and spice. Serve over freshly cooked rice.

Recreate the authentic taste of Japanese curry every time

Curry is a firm family favourite in Japan today, with each home having its own interpretation of the dish. This mild and mellow version uses yogurt instead of water and is given a fresh, clean taste with the addition of tomatoes. Curry sauce was introduced to Japan from India via Europe, and started to become an at-home staple with the invention of curry roux. **S&B** led the way with its **Golden Curry Sauce Mix**, made proudly in Japan then as it is today. **S&B Curry Sauce Mix** has a dramatically delicious effect on dishes, thanks to the richly aromatic blend of spices and herbs in **S&B's** original curry powder.

TIP! Transform tea-time with curry sauce

S&B Golden Curry Sauce Mix is a great match with almost any vegetable or meat, with onions, carrots, potatoes, beef, pork, and chicken working particularly well. Effortlessly versatile, it can be served alongside any staple food, or used in casseroles and pies. Make a simple curry sauce by frying thinly sliced onion with grated carrots until soft, then adding water and simmering for 10 min before adding curry sauce mix cubes and stirring to thicken. Serve over rice with your favourite cutlets for a delicious mid-week dinner. Refer to **S&B** packaging for further details.



ALSO TRY

S&B Golden Curry Sauce Mix comes in three levels of spiciness: **Mild**, **Medium Hot**, and **Hot** and is available in **92g** and **220g** packs. This product is sold in two pack designs. **S&B** also offers a range of other items, including **S&B Oriental Curry Powder** (use as a seasoning for meat, fish and vegetables or add to mayonnaise or dressings), **pre-cooked curry sauce with vegetables** (sold in retort pouches) and wasabi products including authentic **Wasabi Paste** and beginner-friendly **Wasabi Sauce**.



Available at some major supermarkets or Japanese/Oriental grocery stores. See p57 and 62 for buyer contacts.



...for recipes and more information about **S&B Golden Curry Sauce Mix**: www.sbfoods-worldwide.com

Japanese Flavours at Home 3

SPARKLING SAKE

Savoury bites for sensational sake bubbles



Shirakabegura
Mio Sparkling Sake

SEARED STEAK and WASABI CREAM CANAPÉS

Makes 20

- 1 tbsp olive oil
- 2 sirloin steaks, each about 200g
- Salt and black pepper
- 2 tsp *wasabi* paste
- 3 tbsp soured cream
- 2 tbsp mayonnaise
- 20 crackers
- A handful of rocket leaves, to garnish
- Some shredded radish, to garnish

1. Season the steak generously with salt and black pepper.
2. Heat the olive oil in a skillet over a medium-high heat, add the steak and cook for 2 minutes on each side for medium-rare. Remove the steak from the skillet and let stand for 10 minutes, then slice into 1/3 inch strips.
3. Mix the *wasabi* paste, soured cream and mayonnaise in a bowl.
4. To assemble the canapés: place rocket leaves and a strip of steak onto each cracker. Top each strip with a small spoonful of *wasabi* cream then garnish with shredded radish. Sprinkle with black pepper.

Start off a special meal with Mio's fizz and *wasabi*'s fire

Refreshing and versatile sparkling sake is a welcome addition to the U.K. drinks scene. With its low alcohol (just 5% ABV), soft acidity, natural sweetness (the result of a careful fermentation process rather than any added sugar or sweeteners), and subtle fruit notes that pair well with almost anything, **Shirakabegura Mio Sparkling Sake** has quickly carved out a reputation as a fantastically fun tippie. Try as an alternative aperitif that complements bold, spicy or salty starters, enjoy instead of wine with main courses, match with a fruity dessert, or relax with a postprandial glass or two. It's also perfect as an ingredient for sake cocktails.



TIP! Balance Mio's natural sweetness with a subtly tart dessert

Shirakabegura Mio Sparkling Sake pairs brilliantly with fresh and fruity desserts for an uplifting finish to your meal. Try with frozen apple yogurt: dice a tart variety of apple, sprinkle with lemon juice to prevent browning and 1 tbsp honey. Heat on full in the microwave for 3 min, allow to cool. Add 200g Greek yogurt, mix well, then place in the freezer. Remove every 15 min to mix again until the yogurt is at your preferred consistency.



ALSO TRY

Other premium sake: **Mio Dry Sparkling Sake** is a sibling of **Mio**, boasting a green apple crispness with a refreshing finish. **Kimoto Junmai** is brewed through a traditional labour-intensive technique, known as *kimoto*, which makes this sake complex, with a fragrant and melon-rich nose that develops into a soft and medium bodied palate with a good balance of acidity. **Daiginjo Muroka Genshu** is a non-charcoal filtered *daiginjo* brewed at a cool temperature, with hints of apple and a smooth flavour. **Junmai Daiginjo** is a flagship product that has an exceptionally delicate *ginjo* aroma with a mellow banana note and a crisp finish.

Where to Buy

Available at Japan Centre, Rice Wine Shop, Hedonism Wines. Also available at various Japanese restaurants and grocery stores. See p48 for buyer contacts.





ceucasale.com

THE FUTURE OF SUSHI

Riseria Vignola is honoured to present "MIRAI", the new variety of rice conceived and selected to prepare Sushi and Japanese dishes. Pure grains, without flaws, unique for its taste and consistency resulting from Vignola research, selection and experience. Selected farmers exclusively grow this refined variety according to strict and specific guidelines studied in order to keep all its characteristics intact and constant, crop after crop.



RISERIA VIGNOLA GIOVANNI S.p.A.
 Corso Dante, 24 - 15031 Balzola (AL) - Italy
 Tel: +39 0142 804135 - Web: www.risovignola.it

JAPANESE RESTAURANTS & SHOPS DIRECTORY



Check out our directory of independent restaurants and shops throughout the U.K., categorised into restaurants, Japanese/Oriental grocery stores, Japanese bakeries, and catering – a must-keep guide for all your Japanese culinary needs.

Symbol meanings are as follows

- | | | | |
|-------------------------------------|-----------------------|---------------------------------|------------------------|
| 🏠 Address | ☎ Telephone number | 🌐 Web address | ✉ Email address |
| 🕒 Opening hours | 🗓 Holiday | 💷 Average price for one diner | 🚇 Nearest Tube station |
| 🚇 Nearest London Overground station | 🚇 Nearest DLR station | 🚉 Nearest National Rail station | 🚊 Nearest Tram station |

Address abbreviations

St. Street / Rd. Road / La. Lane / Sq. Square / Ave. Avenue / Pl. Place / Gdns. Gardens / Cl. Close / Dr. Drive / Pk. Park / Fl. Floor / Bldg. Building

*The following pages contain advertorial content.

*Information contained in reviews and directory is believed to be correct as of April 2019. Nevertheless, the publisher accepts no responsibility for errors or omissions in the details given.

*Please note that, due to space limitations, for major restaurant and shop chains only one branch has been listed in this directory, with further branches omitted.

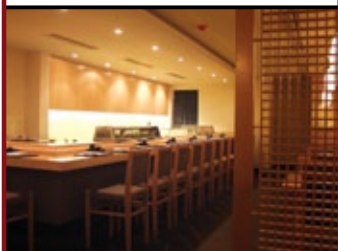
Benihana (Piccadilly)



37 Sackville St. W1S 3EH
 020-7494-2525
 benihana.co.uk
 info@benihana.co.uk
 Piccadilly Circus
 12.00-15.00, 17.30-22.30
 (Sun & Bank Holidays 12.00-15.00, 17.00-22.00)
 25 December £45

Dinner comes with dazzling performance at this leading *teppanyaki* restaurant, where a personal chef cooks your food to order as you watch on an iron griddle, or *teppan*. With its buzzing atmosphere and showstoppingly cooked fresh food, Benihana is an ideal choice for birthday parties and other special occasions. Diners in the mood for a real treat can indulge with a special menu showcasing premium Japanese imported Wagyu beef.

Kiku Restaurant



17 Half Moon St. W1J 7BE
 020-7499-4208
 www.kikurestaurant.co.uk
 kikumayfair@kikurestaurant.co.uk
 Green Park
 12.00-14.30 (Ex. Sun),
 18.00-22.15 (Sun 17.30-21.45)
 No
 £40

Since 1978, Kiku has served authentic and traditional cuisine of the highest quality. The menu is regularly updated with delightfully fresh seasonal dishes, including *yosenabe*, *sukiyaki*, and *shabu shabu*. Upstairs at the sushi bar, diners can enjoy fresh sushi and *sashimi* prepared by Chef Hattori, washed down with a glass of uniquely smoky *hirezake*, hot sake steeped with grilled blowfish fin. The private room for eight is the perfect setting for business and private events alike.

So Restaurant



3-4 Warwick St. W1B 5LS
 020-7292-0767
 www.sorestaurant.com
 info@sorestaurant.com
 Piccadilly Circus
 12.00-15.00,
 17.30-22.30 (Sat 12.00-23.00)
 Sun £30

Whether you are looking for an authentic sushi experience or a modern take on Japanese cuisine, your palate is certain to be satisfied at So Restaurant and Sushi Bar. Let the So Restaurant team take you on a gastronomic journey through Japan, balanced with a little European flavour. For those who want to take their interest in Japanese dining further, Sozai Cooking School - London's only specialist Japanese cookery school - provides classes run by a team of experienced veterans. www.sozai.co.uk

CENTRAL LONDON Mayfair & Piccadilly

Aqua Kyoto

5th Fl. 240 Regents St. W1B 3BR
 020-7478-0540 Oxford Circus

The Araki

Unit 4, 12 New Burlington St. W1S 3BH
 020-7278-2481 Piccadilly Circus

Benihana (Piccadilly)

37 Sackville St. W1S 3EH See p2
 020-7494-2525 Piccadilly Circus

Bone Daddies (James Street)

46-48 James St. W1U 1HA
 020-3019-7140 Bond Street

Bone Daddies (Peter Street)

31 Peter St. W1F 0AR
 020-7287-8581 Piccadilly Circus

Chisou Sushi and Izakaya

22-23 Woodstock St. W1C 2AR
 020-7629-3931 Bond Street

Cubé Kakurega Bar

4 Blenheim St. W1S 1LB
 020-7165-9506 Bond Street

Engawa

Ham Yard Hotel, 2 Ham Yard W1D 7DT
 020-7287-5724 Piccadilly Circus

Hachi BBQ

56 Brewer St. W1F 9TL
 020-7734-2312 Piccadilly Circus

Ichibuns

22 Wardour St. W1D 6QQ
 020-3937-5888 Piccadilly Circus

Ikeda

30 Brook St. W1K 5DJ
 020-7629-2730 Bond Street

Itsu (Berkeley Square)

Unit 4 Lansdowne House, 55 Berkeley Sq. W1J 6ER
 020-7499-4938 Green Park

Jugemu

3 Winnett St. W1D 6JY
 020-7734-0518 Piccadilly Circus

Kanada-Ya (Haymarket)

3 Panton St. SW1Y 4DL
 020-7930-3511 Piccadilly Circus

Kiku Restaurant

17 Half Moon St. W1J 7BE
 020-7499-4208 Green Park

Kulu Kulu Sushi (Brewer Street)

76 Brewer St. W1F 9TX
 020-7734-7316 Piccadilly Circus

Lingo

1 Lower John St. W1F 9DT
 020-7287-5274 Piccadilly Circus

Machiya

5 Panton St. SW1Y 4DL
 020-7925-0333 Piccadilly Circus

Maze

10-13 Grosvenor Sq. W1K 6JP
 020-7107-0000 Bond Street

Miyama (Mayfair)

38 Clarges St. W1J 7EN
 020-7493-3807 Green Park

Nobu (Berkeley Street)

15 Berkeley St. W1J 8DY
 020-7290-9222 Green Park

Nobu (Old Park Lane)

1st Fl. The Metropolitan Hotel, 19 Old Park La. W1K 1LB
 020-7447-4747 Hyde Park Corner

Novikov

50A Berkeley St. W1J 8HA
 020-7399-4330 Green Park

Onodera

15 Bury St. SW1Y 6AL
 020-7839-1101 Green Park

Roka (Mayfair)

30 North Audley St. W1K 6ZF
 020-7305-5644 Bond Street

Sakagura

8 Heddon St. W1B 4BS
 020-3405-7230 Piccadilly Circus

Sakana-Tei

11 Maddox St. W1S 2QF
 020-7629-3000 Oxford Circus

Sake no Hana

23 St. James's St. SW1A 1HA
 020-7925-8988 Green Park

Sexy Fish

Berkeley Square House, Berkeley Sq. W1J 6BR
 020-3764-2000 Green Park

Shoryu Ramen (Regent St.)

9 Regent St. SW1Y 4LR
 Piccadilly Circus

So Restaurant

3-4 Warwick St. W1B 5LS
 020-7292-0767 Piccadilly Circus

Sushiology by Sushi Bar Ataraya

20 James St. W1U 1EH
 020-7629-0173 Bond Street

Taka

18 Shepherd Market W1J 7QH
 020-3637-7677 Green Park

Taro (Brewer Street)

61 Brewer St. W1F 9UW
 020-7734-5826 Piccadilly Circus

Tokimeitē

23 Conduit St. W1S 2XS
 020-3826-4411 Oxford Circus / Green Park

Tonkotsu Selfridges

Selfridges, 400 Oxford St. W1A 1AB
 020-7437-0071 Bond Street

Tsukiji Sushi

The Westbury, 37 Conduit St. W1S 2YF
 020-8382-5066 Oxford Circus

Umu

14-16 Bruton Pl. W1J 6LX
 020-7499-8881 Bond Street

Wasabi (Piccadilly)

42 Piccadilly W1J 0DS
 020-7493-9464 Piccadilly Circus

Yazu Sushi

Unit 2, 46 Curzon St. W1J 7UH
 020-7491-3777 Green Park

Yo! Sushi (Bond Street)

15 Woodstock St. W1C 2AQ
 020-7629-0051 Bond Street

Yoobi (Oxford Circus)

41 Great Castle St. W1W 8LU
 020-7323-1275 Oxford Circus

Yoshino

3 Piccadilly Pl. W1J 0DB
 020-7287-6622 Piccadilly Circus

CENTRAL LONDON Soho & Covent Garden

Bone Daddies (Soho)

31 Peter St. W1F 0AR
 020-7287-8581 Oxford Circus

Bone Daddies Shack-Fuyu

14a Old Compton St. W1D 4TJ
 020-7734-7492 Leicester Square

Chotto Matte

11-13 Frith St. W1D 4RB
 020-7042-7171 Tottenham Court Road

Circus

27-29 Endell St. WC2H 9BA
 020-7420-9300 Covent Garden

Coco Ichibanya

17-18 Great Newport St. WC2H 7JE
 020-3904-5633 Leicester Square

Eat Tokyo (Covent Garden)

27 Catherine St. WC2B 5JS
 020-3489-1700 Covent Garden

Eat Tokyo (Soho)

16 Old Compton St. W1D 4TL
 020-7439-9887 Leicester Square

Flesh and Buns

41 Earlham St. WC2H 9LX
 020-3019-3492 Covent Garden

Fushan

44 New Oxford St. WC1A 1ES
 020-7813-6578 Oxford Circus

Inamo Covent Garden

11-14 Hanover Pl. WC2E 9JP
 020-7484-0500 Covent Garden

Inamo (Soho)

134-136 Wardour St. W1F 8ZP
 020-7851-7051 Oxford Circus

Inko Nito

55 Broadwick St. W1F 9QS
 Oxford Circus

Ippudo (Charing Cross)

31A Villiers St. WC2N 6ND
 020-3667-1877 Charing Cross

Jidori

15 Catherine St. WC2B 5JZ
 07785-736-727 Covent Garden

Kanada-Ya Covent Garden

64 St Giles High St. WC2H 8LE
 Tottenham Court Road

Kazu

64 Charlotte St. W1T 4QD
 020-3848-5777 Tottenham Court Road

Kintan (Oxford Circus)

21 Great Castle St. W1G 0HY
 020-3890-1212 Oxford Circus

Koya Bar

50 Frith St. W1D 4SQ
 Leicester Square

Misato

11 Wardour St. W1D 6PG
 020-7734-0808 Piccadilly Circus

Oka Restaurant (Kingly Court)

1 Kingly Ct. W1B 5PW
 020-7734-3556 Oxford Circus

Shibuya Soho

110 Shaftesbury Ave. W1D 5EJ
 020-7439-8393 Piccadilly Circus

Shoryu (Carnaby)

G3-5 Kingly Court W1B 5PJ
 Oxford Circus

Shoryu Ramen (Soho)

3 Denman St. W1D 7HA
 Piccadilly Circus

Sticks 'n' Sushi (Covent Garden)

11 Henrietta St. WC2E 8PY
 020-3141-8810 Covent Garden

Sushi Samba (Covent Garden)

35 The Market WC2E 8RF
 020-3640-7330 Covent Garden

Taro (Old Compton Street)

61 Brewer St. W1F 9UW
 020-7734-5826 Piccadilly Circus

Tobiko

8 Garrick St. WC2E 9BH
 020-3397-7533 Covent Garden

Tokyo Diner

2 Newport Pl. WC2H 7JJ
 020-7287-8777 Leicester Square

Tonkotsu (Soho)

63 Dean St. W1D 4QG
 020-7437-0071 Leicester Square

Wagamama (Covent Garden)

17 Bedford St. WC2E 9HP
 020-3876-3727 Covent Garden

Yoobi

38 Lexington St. W1F 0LL
 020-7287-9442 Piccadilly Circus

CENTRAL LONDON Regent's Park & Marylebone

Cocochan

38-40 James St. W1U 1EU
 020-7486-1000 Bond Street

Cocoro

31 Marylebone La. W1U 2NH
 020-7935-2931 Bond Street

Defune

34 George St. W1U 7DP
 020-7935-8311 Baker Street

Dinings

22 Harcourt St. W1H 4HH
 020-7723-0666 Edgware Road

Haru

3 Melcombe St. NW1 6AE
 020-7224-4311 Baker Street

Nambu-Tei

Berkeley Arcade, 209 Baker St. NW1 6AB
 020-7486-5026 Baker Street

Ohisama Sushi

39 Paddington St. W1U 4HH
 020-7487-5840 Baker Street

Sushi Atelier

114 Great Portland St. W1W 6PA
 020-7636-4455 Oxford Circus

Sushi Shop (Marylebone)

67-69 Weymouth St. W1G 8NY
 020-7486-7272 Baker Street

You Me Sushi (Marylebone)

156 Marylebone Rd. NW1 5PN
 020-7935-0505 Baker Street
















































CENTRAL LONDON Bloomsbury & Fitzrovia

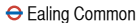
Abeno

47 Museum St. WC1A 1LY
 020-7405-3211 Holborn


Cocoro Izakaya Dining

25 Coptic St. WC1A 1NT
 020-7436-0550 Tottenham Court Road

Flesh & Buns Fitzrovia32 Berners St. W1T 3LR
020-3019-3492 **Hare & Tortoise (Bloomsbury)**11-13 Brunswick Sq. WC1N 1AF
020-7278-9799 **Ippudo (Central St. Giles)**3 Central Saint Giles Piazza WC2H 8AG
020-7240-4469 **Japanese Canteen (Tottenham Court Road)**162 Tottenham Court Rd. W1T 7NW
020-7383-7539 **Kanada-ya**64 St Giles High St. WC2H 8LE
020-7240-0232 **Kikuchi**14 Hanway St. W1T 1UD
020-7637-7720 **Roka (Charlotte Street)**37 Charlotte St. W1T 1RR
020-7580-6464 **Shochu Lounge**37 Charlotte St. W1T 1RR
020-7580-6464 **Tombo (Fitzrovia)**4 Windmill St. W1T 2HZ
020-3205-0001 **Tombo Poke & Matcha Bar**28 D'Arbly St. W1F 8EW
020-7734-1333 **Yoisho**33 Goodge St. W1T 2PS
020-7323-0477 **CENTRAL LONDON
City****Aiko**24 Chancery La. WC2A 1LS
020-7831-4782 **Asta at Sozai**5 Middlesex St. E1 7AA
020-7247-7065 **Benihana (City)**34-35 Carter La. EC4V 5AJ 
020-7074-1001 **Deli Mama**2A Eastcheap, Monument EC3M 1AG
020-7220-7990 **Hare & Tortoise (Blackfriars)**90 New Bridge St. EC4V 6JJ
020-7651-0266 **Inigo Sushi Handrolls**29 Throgmorton St. EC2N 2AT
020-7998-6629 **K10 (Broadgate)**3 Appold St. EC2A 2AF
020-7539-9209 **Kanada-Ya (Angel)**35 Upper St. N1 0PN
**Kito Sushi**5 Prescott St. L7 8UE
020-7513-451970 **Koto II**Grange Hotel, 8-14 Cooper's Row EC3N 2BQ
020-7863-3700 **Koya in the City**10-12 Bloomberg Arcade EC4N 8AR
020-7539-9209 **Kurumaya**76-77 Watling St. EC4M 9BJ
020-7236-0236 **Mei Ume**Four Seasons Hotel London at Ten Trinity Square EC3N 4AJ
020-3297-3799 **Miyako**Andaz Hotel, 40 Liverpool St. EC2M 7QN
020-7618-7100 **Miyama (City)**17 Godliman St. EC4V 5BD
020-7489-1937 **Moshi Moshi**Unit 24, Liverpool St. Station EC2M 7QH
020-7247-3237 **Mugen (Takeaway)**61 Cowcross St. EC1M 6BP
020-7490-5930 **Necco**52-54 Exmouth Market EC1R 4QE
020-7713-8575 **Pham Sushi**159 Whitecross St. EC1Y 8JL
020-7251-6336 **Ribon**6 Holborn Viaduct EC1A 2AE
020-7329-3254 **Roka (Aldwych)**71 Aldwych WC2B 4HN
020-7294-7636 **Sasa Sushi**422 St John St. EC1V 4NJ
020-7837-1155 **Shoryu (Liverpool St.)**33 Broadgate Circle EC2M 2QS
**Suito**90 Brick La. E1 6RL
020-3092-8768 **Sushi Samba London**Heron Tower, 110 Bishopsgate EC2N 4AY
020-3640-7330 **Sushi Surprise**52 Scrutton St. EC2A 4PH
020-3538-6860 **Sushi Tetsu**12 Jerusalem Passage EC1V 4JP
020-3217-0090 **Tanakatsu**10 Wakley Street EC1V 7LT
01213-894111 **Taro (Cannon Street)**44A Cannon St. EC4N 6JJ
020-7236-0399 **CENTRAL LONDON
Notting Hill, Bayswater & Paddington****Akira**Japan House, 101-111 Kensington High St. W8 5SA
**Bistro Mirey**98 Lillie Rd. SW6 7SR
020-3092-6969 **C&R Izakaya**52 Westbourne Grove W2 5SH
020-7221-7979 **Eat Tokyo (Notting Hill Gate)**17 Notting Hill Gate W11 3JQ
020-7792-9313 **Feng Sushi (Notting Hill Gate)**101 Notting Hill Gate W11 3JQ
020-7727-1123 **Flat Three**120-122 Holland Park Ave. W11 4UA
020-7792-8987 **Itsu Dining (Notting Hill Gate 100)**100 Notting Hill Gate W11 3QA
**Kurobuta (Marble Arch)**17-20 Kendal St. W2 2AW
020-7920-6440 **Maguro Sushi**5 Lanark Pl. W9 1BT
020-7289-4353 **Okasansushi**301 Portobello Rd. W10 5TD
020-8960-1232 **Tonkotsu (Notting Hill)**7 Blenheim Crescent W11 2EE
020-7221-8300 **Ukai Sushi (Portobello Rd.)**240 Portobello Rd. W11 1LL
020-7792-2444 **CENTRAL LONDON
South Kensington, Knightsbridge, Chelsea & Earls Court****Benihana (Chelsea)**77 King's Rd. SW3 4NX 
020-7376-7799 **Bone Daddies (High St Kensington)**Whole Foods Market W8 5SE
020-7368-4575 **Chisou Knightsbridge**31 Beauchamp Pl. SW3 1NU
020-3155-0005 **Dinings SW3**Lennox Gardens Mews SW3 2JH
020-7723-0666 **Dozo Sushi**68 Old Brompton Rd. SW7 3LQ
020-7225-0505 **Feng Sushi (Fulham Road)**218 Fulham Rd. SW10 9NB
020-7795-1900 **Genji (High St. Kensington)**Whole Foods Market, 63-97 Kensington High St. W8 5SE
020-7368-4555 **Hare & Tortoise (Kensington)**373 High Street Kensington W14 8QZ
020-7603-8887 **Kappa**139 Earl's Court Rd. SW5 9RH
020-7244-9196 **Kiru**2 Elystan St. SW3 3NS
020-7584-9999 **Kulu Kulu Sushi (South Kensington)**39 Thurloe Pl. SW7 2HP
020-7589-2225 **Kurobuta (Chelsea)**312 King's Rd. SW3 5UH
020-7920-6442 **Mai Food**7A Kenway Rd. SW5 0RP
020-7835-0100 **Oka Restaurant (Chelsea)**251 Kings Rd. SW3 5EL
020-7349-8725 **Pan Chai**Ground Fl. Harrods, 87-135 Brompton Rd. SW1X 7XL
020-7823-0473 **Sakurado**14 Gloucester Rd. SW7 4RB
020-7589-2260 **Sumosan Twiga**164-165 Sloane St. SW1X 9QB
020-3096-0222 **Sushi Shop**10-12 Old Brompton Rd. SW7 3DL
020-7052-9222 **Tokyo Sukiyaki Tei**85 Sloane Ave. SW3 3DX
020-7581-1539 **Tombo Japanese Deli and Cafe**29 Thurloe Pl. SW7 2HQ
020-7589-0018 **Yashin**1A Argyll Rd. W8 7DB
020-7938-1536 **Yashin Ocean House**117-119 Old Brompton Rd. SW7 3RN
020-7373-3990 **Yumenoki**204 Fulham Rd. SW10 9PJ
020-7351-2777 **Zuma**5 Raphael St. SW7 1DL
020-7584-1010 **CENTRAL LONDON
Victoria & South Bank****Bon Bori**86 Scoresby St. SE1 0XN
020-3058-1123 **Bone Daddies (Victoria)**Nova Development, 9 Sir Milton Sq. SW1 5DJ
020-3019-1960 **Chino Latino (London)**Riverbank Park Plaza, 18 Albert Embankment SE1 7TJ
020-7769-2500 **Flying Fish Sushi**Arch 85 Scoresby St. SE1 0XN
020-3058-2200 **ICHI Sushi & Sashimi Bar**Park Plaza, Westminster Bridge SE1 7UT
020-7620-7373 **Ichi-Riki Sushi House**Basement, 17 Strutton Ground SW1P 2HY
020-7233-1701 **Kauboi Ramen**8 Snowfields SE1 3SU
020-3719-8255 **Kouzu**21 Grosvenor Gdns. SW1W 0BD
020-7730-7043 **M RAW**M Victoria, Zig Zag Bldg, 74 Victoria St. SW1E 6SQ
020-3327-7776 **Sushi Café**555 Battersea Park Rd. SW11 3BL
020-7228-7011 **Tonkotsu (Bankside)**4 Canvey St. SE1 9AN
020-7928-2228 **Uni**18a Ebury St. SW1W 0LU
020-7730-9267 **Wa Wa**173 Tower Bridge Rd. SE1 2AW
020-3417-9862 **CENTRAL LONDON
Clerkenwell, Holborn & King's Cross****Beiriso**18 Procter St. WC1V 6NX
020-7242-5836 **Chozen Noodles (King's Cross)**Kings Cross House, N1 9AA
020-8337-0643 **Eat Tokyo (Holborn)**50 Red Lion St. WC1R 4PF
020-7242-3490 **Itadaki Zen**139 King's Cross Rd. WC1X 9BJ
020-7278-3573 **Kintan**34 High Holborn WC1V 6AE
020-7242-8076 **Koto (Holborn)**Grange Holborn Hotel, 50-60 Southampton Row WC1B 4AR
020-7242-1800 **Mai Sushi**36-38 Chalton St. NW1 1JB
020-7383-7444 


Sushi Bar Atariya (Ealing Common)
1 Station Parade, Uxbridge Rd. W5 3LD
020-8896-3175 

Sushi Bar Makoto
57 Turnham Green Terrace W4 1RP
020-8987-3180 

Suzu
170-172 Hammersmith Rd. W6 7JP
020-8741-1101 


Taiko
34-40 Brunel Rd. W3 7XR
020-8749-1515 

Tonkotsu Ealing
14 New Broadway W5 2XA
020-8810-1414 

Tosa (Hammersmith)
332 King St. W6 ORR
020-8748-0002 

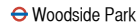
Waka
191 Wood La. W12 7FP



Yoshi Sushi
210 King St. W6 ORA
020-8748-5058 

Yo-Yo Kitchen
4 Station Parade, Noel Rd. W3 0DS
020-8992-1870 

Yuma Sushi
Chiswick Park Tube Station W4 5NE
020-8995-7494 


NORTH LONDON
Finchley, Hampstead, Islington etc.


Ai Sushi
830 High Rd. N12 9RA
020-8446-9808 


Akari
196 Essex Rd. N1 8LZ
020-7226-9943 


Asakusa
265 Eversholt St. NW1 1BA
020-7388-8533 

Azuma
361 Holloway Rd. N7 ORN
020-7700-6635 


Bento Ramen
29-31 Parkway NW1 7PN
020-7485-9333 

Cafe Japan by Sushi Bar Atariya
626 Finchley Rd. NW11 7RR
020-8455-6854 

Cocoro (Sushi & Japanese Delicatessen)
232 Archway Rd. N6 5AX
020-8340-6000 

Dotori
3 Stroud Green Rd. N4 2DQ
020-7263-3562 

Eat Sushi
16 Station Terrace NW10 5RX
020-8969-4386 

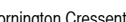
Eat Tokyo (Golders Green)
14 North End Rd. NW11 7PH
020-8209-0079 

Eat Tokyo G2
628 Finchley Rd. NW11 7RR
020-3609-8886 

Feng Sushi (West Hampstead)
280 West End La. NW6 1LJ
020-7435-1833 

Hana Japanese
8 Chamberlayne Rd. NW10 3JD
020-8964-3333 

Hana Sushi
150A Seven Sisters Rd. N7 7PL
020-7281-2226 


Inamo (Camden)
265 Hampstead Rd. NW1 7QX
020-3325-2100 


Izakaya Japan
356 Regents Park Rd. N3 2LJ
020-8343-1339 

Jinkichi
73 Heath St. NW3 6UG
020-7794-6158 


Kami
8 Fortress Rd. NW5 2ES
020-7485-7078 


Kata
125-127 West Green Rd. N15 5DE
020-8880-2828 


Lanka
9 Goldhurst Terrace NW6 3HX
020-7625-3366 

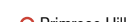
Mai Sushi
36-38 Chalton St. NW1 1JB
020-7383-7444 

Michiko Sushino
74 Salusbury Rd. NW6 6NU
020-7604-3455 

Midori
271 Muswell Hill Broadway N10 1DE
020-8883-7722 

Mr Ma Kitchen
150 Newington Butts SE11 4RN
020-7582-6655 

Nippon Izakaya
843 High Rd. North Finchley N12 8PT
020-3621-0102 

Oka Restaurant (Primrose Hill)
71 Regents Park Rd. NW1 8UY
020-7483-2072 


Saki
33 Broadway Parade N8 9DB
020-8141-1579 


Seto
5/6 Plender St. NW1 0JT
020-7387-8530 

Shimogamo
108 Parkway NW1 7AN
020-7424-9560 


Song Sushi
204A Blackstock Rd. N5 1EN



Super Sushi
Edmonton Green Shopping Centre N9 0TZ



Sushi & More
9 Northways Parade NW3 5EN
020-7483-0144 

Sushi Bar Atariya (Swiss Cottage)
75 Fairfax Rd. NW6 4EE
020-7328-5338 

SushiHeads
205b Philip La. N15 4HL
020-8801-3111 

Sushimania (Edgware)
210 Station Rd. Edgware HA8 7AR
020-8958-0222 

Sushimania (Finchley Road)
650-652 High Rd. N12 0NL
020-8445-8282 

Sushimania (Golders Green)
130 Golders Green Rd. NW11 8HB
020-8455-1338 


Sushi Masa
33B Walm La. NW2 5SH
020-8459-2971 

Sushi Salsa
3A, Camden Wharf, 28 Jamestown Rd. NW1 7BY
020-7482-7088 

Sushi Show
28 Camden Passage N1 8ED
020-7354-1329 


Sushi Wa
28-30 Highgate Hill N19 5NL
020-7281-5222 


Sushi Waka
75 Parkway NW1 7PP
020-7482-2036 

Sushi Zento Muswell Hill
476 Muswell Hill Broadway N10 1BT
020-8883-9788 

Taro
293 Finchley Rd. NW3 6DT
020-7794-0190 

Tenshi
61 Upper St. N1 0NY
020-7226-4665 

Tokyo Sushi
333 Caledonian Rd. N1 1DW
020-7018-1239 

Tootomoo (Crouch End)
12 Crouch End Hill N8 8AA
020-8340-2633 

Tootomoo (Highbury & Islington)
278 St Pauls Rd. N1 2LH
020-7704-6687 

Tootomoo (Highgate)
230 Archway Rd. N6 5AX
020-8342-9112 

Tootomoo (Whetstone)
1371 High Rd. N20 9LN
020-8446-8644 


Reku Zen
85 High St. Orpington BR6 0LF
01689-826880 


Wow Simply Japanese
18 Crouch End Hill N8 8AA
020-8340-4539 

Yama Yama
152 High Rd. N2 9ED
020-8883-8850 

Yida Sushi
246 St Pau's Rd. N1 2LJ
020-8617-9949 


Yokoya
9A Delancey St. NW1 7NL
020-7388-8595 

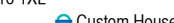
Yuzu (West Hampstead)
102 Fortune Green Rd. NW6 1DS
020-7431-6602 


Zen Mondo
326 Upper St. N1 2XQ
020-7502-2078 


Zen Washoku
Nags Head Market, 22 Seven Sisters Rd. N7 6AG
07723-768889 

EAST LONDON
Docklands, Shoreditch, Hackney etc.

Brilliant Corners
470 Kingsland Rd. E8 4AE
020-7812-9511 

Chozen Noodles (ExCel London)
Royal Victoria Docks, E16 1XL
020-8337-0643 

Ippudo Canary Wharf
Unit CR28, 1 Crossrail Pl. E14 5AR
020-3326-9485 

Iro Sushi (Lewisham)
318 Lee High Rd. SE13 5PJ
020-8818-5425 

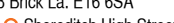
J-Dog
168-175 Shoreditch High St. E1 6HU
020-8144-3333 

Japanika
10 Hanbury St. E1 6QR
020-7247-9911 


Jidori
89 Kingsland High St. E8 2PB
020-7686-5634 

JRC Global Buffet (Ilford)
3-5 Winston Way IG1 2WS
020-8553-0881 


Juzu Takoyaki
91 Brick La. E1 6QL
07956-822-631 

Koi Ramen Bar
Brick Lane Market, 178B Brick La. E16 6SA
07796-463-972 

Nanashi
14 Rivington St. EC2A 3DU
020-7686-0010 


Nobu Hotel Shoreditch
10-50 Willow St. EC2A 4BH
020-3818-3790 

OKKO Restaurant
49 Broadway Market E8 4PH
020-7249-1372 

Omoide
126 Bermondsey St. SE1 3HS


Roka (Canary Wharf)
4 Park Pavilion, 40 Canada Sq. E14 5FW
020-7636-5228 

Sakana Sushi
Unit E, 43/A Commercial St. E1 6BD
020-8617-8181 

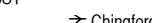
Sake Sushi
29 Upton La. E7 9PA
020-8472-2144 

Sensuru
139 Woolwich Rd. SE10 0RJ
020-8269-2833 

Sticks 'n' Sushi (Canary Wharf)
1 Crossrail Pl. E14 5AR
020-3141 8230 

Suito
90 Brick La. E1 6RL
020-3092-8769 


Sumo Fresh
141 High St. E11 2RL
020-8530-7500 


Super Sushi
89-91 Old Church Rd. E4 6ST
020-8524-6268 

Sushinoen
2 White Church La. E1 7QR
020-3645-6734 

Sushi Surprise by Atariya
52 Scrutton St. EC2A 4PH
020-3538-6860 

Toconoco
Unit A, 28 Hertford Rd. N1 5QT
020-7249-8394 

Tokyo Express Japanese Takeaway
75 Portway E15 3QJ
020-8534-2118 

Tonkotsu (Mare Street)
382 Mare St. E8 1HR
020-8533-1840 

Tonkotsu East
Arch 334, 1a Dunston St. E8 4EB
020-7254-2478 

Tonkotsu Stratford
1 Endeavour Sq. International Quarter E20 1JN
020-8534-6809 


Tsubaki
54 Hanbury St. E1 5JL
020-3092-6591 

Uchi
144 Clarence Rd. E5 8DY
020-3302-4670 

Umaj by Japan Centre
Great Eastern Market, Westfield Stratford City E20 1GL
020-3405-2394 

Yokoso
Orion Point, 7 Crews St. E14 3TU
020-7515-8420 

Yuhoki
115 Meridian Pl. South Quay E14 9FE
020-7005-0085 

Yuu Kitchen
29 Commercial St. E1 6NE
020-7377-0411 

SOUTH WEST LONDON
Putney, Wimbledon, Brixton, Richmond, Kingston etc.

Bento (Battersea)
53 Battersea Bridge Rd. SW11 3AX
020-7223-2071 


Bento (Clapham)
70 Clapham Park Rd. SW4 7BX
020-7622-3456 

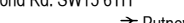
C&R Izakaya
52 Westbourne Grove W2 5SH
020-7221-7979 

Dami Sushi
69 Stonecot Hill, Sutton SM3 9HJ
020-3302-8760 

DOMO
51 High St. Esher, Surrey KT10 9RQ
01372-878535 

Don 2
6 Farm La. SW6 1PP
020-7386-5422 

Hare & Tortoise (Chiswick)
156 Chiswick High Rd. W4 1PR
020-8747-5966 


Hare & Tortoise (Putney)
296-298 Upper Richmond Rd. SW15 6TH
020-8394-7666 

Hashi
54 Durham Rd. SW20 0TW
020-8944-1888 

Hi-Ki Robata Grill & Sushi Bar
1b/c Tooting High St. SW17 0RJ
07950-194-048 

Hinata
Broadway Market, 29 Tooting High St. SW17 0RJ


Ichiban Sushi
58A Atlantic Rd. SW9 8PY
020-7738-7006 

li-ma Sushi
6 Mulgrave Rd. Surrey SM2 6LE
020-8661-7475 

Iro Sushi (Battersea)
3 Bramlands Cl. Clapham Junction SW11 2NR
020-3581-5958 

Itabashi 3 Church Rd. Teddington TW11 8PF 020-3302-0811 ⇌ Teddington
K J 65 High St. KT3 4BT 020-8942-3602 ⇌ New Malden
KAMOME 14BC Market Row SW9 8LD 020-7326-1399 ⇌ Brixton
Ke Sushi 36 London Rd. Twickenham TW1 3RR 020-8892-8330 ⇌ Twickenham
Koi Ramen Bar Pop Brixton, 49 Brixton Station Rd. SW9 8PU 07474-062-129 ⇌ Brixton
Koi Ramen Bar 21-23 Tooting High St. SW17 0SN 020-8682-3888 ⇌ Tooting Broadway
Koji 58 New Kings Rd. SW6 4LS 020-7731-2520 ⇌ Parsons Green
Kokoro (Putney) 156 Putney High St. SW15 1RS 020-8780-5516 ⇌ Putney
Kokoro Sushi & Bento (Wimbledon) Centre Court S.C. SW19 8YE 020-8947-9780 ⇌ Wimbledon
Kyo Sushi 180 Upper Richmond Rd. West SW14 8AW 020-8392-2858 ⇌ Mortlake
Maki 147-149 Kew Rd. TW9 2PN 020-8605-3679 ⇌ Richmond
Maki Yaki (Epsom) 29 South St. Epsom, Surrey KT18 7PJ 01372-747822 ⇌ Epsom Rail
Maki Yaki (South Wimbledon) 149 Merton Rd. SW19 1ED 020-8540-3113 ⇌ South Wimbledon
Mangetsu Sushi 29 The High Parade, Streatham High Rd. SW16 1EX 020-8769-2818 ⇌ Streatham Hill
Mary's Garden 283 Kingston Rd. SW20 8LB 020-8417-1440 ⇌ Wimbledon Chase
Matsuba 10 Red Lion St. Richmond TW9 1RW 020-8605-3513 ⇌ Richmond
Midori Sushi 220 Upper Richmond Rd. SW15 6TD 020-8127-6773 ⇌ Putney
Mommi 44-48 Clapham High St. SW4 7UR 020-3814-1818 ⇌ Clapham North
Nanban 426 Coldharbour La. SW9 8LF 020-7346-0098 ⇌ Brixton
Noodle Express 47 Trinity Rd. SW17 7SD 020-8767-0087 ⇌ Tooting Bec

Noodle Foodle (Morden) 148 Merton Rd. SW19 1EH 020-8540-6963 ⇌ South Wimbledon
Nori 41 High St. New Malden KT3 4BY 020-8942-0219 ⇌ New Malden
Obon 42 Richmond Rd. KT2 5EE 020-8546-5452 ⇌ Kingston
Ohayo Sushi 3 Keswick Broadway, Upper Richmond Rd. SW15 2RB 07517-577-799 ⇌ East Putney
Okana 39 Brixton Village Market SW9 8PR ⇌ Brixton
Okki 10 The Broadway Wimbledon SW19 1RF 020-8542-6287 ⇌ Wimbledon
Rock Star Sushi Bar Merton Abbey Mills, Watermill Way SW19 2RD 07473-100008 ⇌ South Wimbledon
Sakurado 283 Putney Bridge Rd. SW15 2PT 07734-285-891 ⇌ Putney
Satori Bentalls Department Store KT1 1TX 020-8546-1237 ⇌ Kingston
Sticks 'n' Sushi (Wimbledon) 58 Wimbledon Hill Rd. SW19 7PA 020-3141-8800 ⇌ Wimbledon
Sumi-Ka 20 Leopold Rd. SW19 7BD 020-3556-8360 ⇌ Wimbledon
Sushi Nara 21 High St. Staines TW18 4QY 01784-558066 ⇌ Staines
Sushi54 54 Lower Richmond Rd. SW15 1JT 020-8788-1199 ⇌ Putney Bridge
Sushi O'clock 25 Clapham Common Southside SW4 7AB 020-3729-4486 ⇌ Clapham Common
SW9 Sushi Bar 62 Brixton Rd. SW9 6BS 020-7793-0963 ⇌ Oval
Takahashi 228 Merton Rd. SW19 1EQ 020-8540-3041 ⇌ South Wimbledon
Taro Sushi Bar 193 Balham High Rd. SW12 9BE 020-8675-5187 ⇌ Balham
Ta-Maki Sushi (Battersea) 10 Heliport Industrial Estate SW11 3SS 07469-048-977 ⇌ Clapham Junction
Ta-Maki Sushi (Wimbledon) Centre Court Shopping Centre, 4 Queens Rd. SW19 8YA 020-8879-6271 ⇌ Wimbledon
Tokiya Sushi Bar 74 Battersea Rise SW11 1EH 020-7223-5989 ⇌ Clapham Junction

Tokyo Retro 57 Abbeville Rd. SW4 9JW 020-3302-7574 ⇌ Clapham South
Tomoe 292 Upper Richmond Rd. SW15 6TH 020-3730-7884 ⇌ Putney
Tonkotsu (Battersea) 6 Arches La. Battersea Power Station SW11 8AB 020-7720-7695 ⇌ Battersea Park
Tsunami (Clapham North) 5-7 Voltaire Rd. SW4 6DQ 020-7978-1610 ⇌ Clapham North
The Umi 4 Bedford Hill SW12 9RG 020-3581-7433 ⇌ Balham
SOUTH EAST LONDON Kennington, Greenwich, Croydon etc.
Bento 47-49 Lee High Rd. SE13 5NS, 020-8297-5268 ⇌ Lewisham
Bone Daddies (Bermondsey) 24 Old Jamaica Rd. SE16 4AW 020-7231-3211 ⇌ Bermondsey
Edo 18 Westow Hill SE19 1RX 020-8670-8900 ⇌ Crystal Palace
Happy Sushi Takeaway 25 Lewisham Rd. SE13 7QS 020-8691-8505 ⇌ Deptford Bridge
Hibagon Sushi and Grill 124 Kirkdale SE26 4BB 020-8291-2901 ⇌ Sydenham
JRC Global Buffet (Croydon) Valley Leisure Park, Beddington Farm Rd. Croydon CR0 4YA 020-8680-0800 ⇌ Waddon
M&D Japanese 117 Deptford High St. Deptford SE8 4NS 020-8694-9328 ⇌ Deptford
Miso Noodle Bar 11/12 Suffolk House, George St. CR0 1PE 020-3729-5084 ⇌ East Croydon
Oki Oki Japanese at The Royal Garden Shirley Hills Rd. Croydon CR0 5HQ 07562-466677 ⇌ Coombe Lane
Osushi 47 South End, Croydon, Surrey CR0 1BF 020-8681-1166 ⇌ South Croydon
Poppy Hana 168 Jamaica Rd. SE16 4RT 020-7237-9416 ⇌ Bermondsey
Reku Zen 85 High St. Orpington BR6 0LF 01689-826880 ⇌ Orpington
Sapporo Ichiban 13 Catford Broadway SE6 4SP 020-8690-8487 ⇌ Catford
Sticks 'n' Sushi (Greenwich) 1 Nelson Rd. SE10 9JB 020-3141-8220 ⇌ Cutty Sark

Sushi Japanese 12 Burnt Ash Rd. SE12 8PZ 020-8297-9444 ⇌ Lee
Sushi London 131 Vanbrugh Hill SE10 9HN 020-8858-8889 ⇌ Maze Hill
Tashi Sushi Whitgift Centre, Croydon CR0 1UZ 020-8667-9281 ⇌ West Croydon
Yama Momo 72 Lordship La. SE22 8HF 020-8299-1007 ⇌ East Dulwich
Yokoso Ground Fl. Orion Point, 7 Crew St. E14 3TU 020-7515-8420 ⇌ Mudchute
Zaibatsu 96 Trafalgar Rd. SE10 9UW 020-8858-9317 ⇌ Cutty Sark
REST OF U.K. South East
Bincho Yakitori 63 Preston St. Brighton BN1 2HE 01273-779021 ⇌ Brighton
E-Kagen 22-23 Sydney St. Brighton BN1 4EN 01273-687068 ⇌ Brighton
Goemon Ramen Bar 12 Preston St. Brighton BN1 2HN 01273-241226 ⇌ Brighton
Happy Maki 8 Pool Valley, Brighton BN1 1PN 01273-737369 ⇌ Brighton
Hoshiya 41 Old Woking Rd. West Byfleet KT14 6LG 020-8680-0800 ⇌ West Byfleet
Kito Kito 19 Trafalgar St. Brighton BN1 4EQ 07722-477987 ⇌ Brighton
Kitsu Sushi and Noodle Bar 82a Victoria Rd. Tunbridge Wells, Kent TN1 2PW 01892-515510 ⇌ Tunbridge Wells
Kujira 48 Preston St. Brighton BN1 2HP 01273-777988 ⇌ Brighton
Kyoto Kitchen 70 Parchment St. Winchester, Hampshire SO23 8AT 01962-890895 ⇌ Winchester
Moshimo Opticon, Bartholomew Sq. Brighton, East Sussex BN1 1JS 01273-719195 ⇌ Brighton
Murasaki 115 Dyke Rd. Brighton, East Sussex BN1 3JE 01273-326231 ⇌ Brighton
Nara Japanese Restaurant 82D Bedford Pl. Southampton SO15 2BX 02381-781881 ⇌ Southampton Central
O'shio 87-88 Trafalgar St. Brighton BN1 4ER 01273-694814 ⇌ Brighton

Poke House 11 Jeffries Passage, Guildford GU1 4AP 01483-579905 ⇌ Guildford
Pompoko 110 Church St. Brighton, East Sussex BN1 1UD 07796-001-927 ⇌ Brighton
Rising Sun Rice Parade, Fairway, Petts Wood, Orpington, Kent BR5 1EQ 01689-890489 ⇌ Petts Wood
Sakura 9 Albert Rd. Portsmouth, Hampshire PO5 2SE 02392-756277 ⇌ Fratton
Sakura 32 Jewry St. Winchester, Hampshire SO23 8RY 01962-864178 ⇌ Winchester
Shogun Ramen 13 Prince Albert St. Brighton BN1 1HE 01273-208733 ⇌ Brighton
Soya 5 Goldsworth Rd. Woking GU21 6JY 01483-770667 ⇌ Guildford
Sunoso 55 Queens Rd. Brighton BN1 3XD 01273-739776 ⇌ Brighton
Sushi Garden 32a Preston St. Brighton, East Sussex BN1 2HP 01273-727246 ⇌ Brighton
Sushimania (Brighton) 15-17 Middle St. Brighton BN1 1AL 01273-324185 ⇌ Brighton
Sushimania (Reading) 9 Queens Walk, Reading RG1 7QF 01189-588293 ⇌ Reading
Sushi Nara 4B North St. GU1 4AA 01483-808060 ⇌ Guildford
Tamago 64 Northgate, Canterbury CT1 1BB 01227-634537 ⇌ Canterbury West
Tropical Sushi 12 Western Rd. Hove BN3 1AE 01273-727269 ⇌ Brighton
Yoku Sushi 42 Seaside Rd. Eastbourne BN21 3PB 01323-638088 ⇌ Eastbourne
Zen Japanese & Oriental 42 High St. Below Bar, Hampshire SO14 2NS 02380-233399 ⇌ Southampton Central
REST OF U.K. South West
Bath Sushi 3 Victoria Bldg. Lower Bristol Rd. Bath BA2 3EH 01225-330508 ⇌ Oldfield Park
Bento Boss Unit 6, Clifton Down Stn. Bristol BS8 2PH 01179-736132 ⇌ Clifton Down
Dashi Sushi Bath Spa Railway Station, Dorchester St. Bath BA1 1SU 01225-780099 ⇌ Bath Spa

Délices du Monde 10 Tregenna Pl. Saint Ives TR26 1SB 07596-066378 ⇌ St Ives
Fujiyama (Bristol) 21 Regent St. Bristol BS8 4HW 01179-077840 ⇌ Clifton Down
Goto 13 Southside St. Plymouth, Devon PL1 2LA 01752-228826 ⇌ Plymouth
Hell Barn Cottages Hell Farmhouse, Hell La. North, Chideock, Bridport, Dorset DT6 6LA 01297-489589 ⇌ Axminster
Hondo Sushi 8-9 St James's Parade, Bath BA1 1UL ⇌ Bath Spa
Koishii Japanese Noodle & Sushi Bar 101 Mayflower St. Plymouth PL1 1SD ⇌ Plymouth
Myra's Kaiseki 20 High East St. Dorchester DT1 1HH 01305-751859 ⇌ Dorchester West
Nippon Inn 124 Charminster Rd. Bournemouth, Dorset BH8 8UT 01202-258859 ⇌ Bournemouth
NOA 12-13 Waterloo St. Bristol BS8 4BT 01179-733212 ⇌ Clifton Down
Nomu 81 Whiteladies Rd. Bristol BS8 2NT 01179-732198 ⇌ Clifton Down
Obento 69 Baldwin St. Bristol BS1 1QZ 01179-297392 ⇌ Bristol Temple Meads
Sakura 24 Regent St. Weston-super-Mare BS23 1SQ 01934-261210 ⇌ Weston-super-Mare
Shimizu Sushi 10 Well St. Exeter EX4 6QR 01392-346100 ⇌ St. James's Park
Steaks N Sushi 23-24 North St. Exeter, Devon EX4 3QS 01392-250414 ⇌ Exeter Central
Sticks & Broth 48-52 Baldwin St. Bristol BS1 1QB 01173-293460 ⇌ Bristol Temple Meads
Sushi & Roll 57 Westover Rd, Bournemouth, Dorset BH1 2BZ 01202-297999 ⇌ Bournemouth
Yen Sushi 11-12 Bartlett St. Bath BA1 2QZ 01225-333313 ⇌ Bath Spa
Yo-Ji 25-27 St James St. Weston-Super-Mare, North Somerset BS23 1ST 01934-260800 ⇌ Weston-Super-Mare
Yukisan 51 Notte St. The Barbican, Plymouth, Devon PL1 2AG 01752-250240 ⇌ Plymouth
REST OF U.K. Central

Achimi
54 London End, Beaconsfield HP9 2JH 01494-673077 ⇌ Beaconsfield
Akasaka
24 Stratford Rd. Milton Keynes MK12 5LW 01908-313890 ⇌ Wolverton
Edamame
15 Holywell St. Oxford OX1 3SA 01865-246916 ⇌ Oxford
Hanako
Faircross House, 116 The Parade High St. Watford WD17 1BD 01923-255222 ⇌ Watford Junction
Kimaya
144 London Rd., St Albans, Hertfordshire AL1 1PQ 01727-853191 ⇌ St. Albans
Koj
3 Regent St. Cheltenham GL50 1HE 01242-580455 ⇌ Cheltenham Spa
Koto Restaurant
9B N Parade Ave. Oxford OX2 6LX 01865-553000 ⇌ Oxford
Misogo
83 St Leonards Rd., Windsor, Berks SL4 3BZ 01753-833899 ⇌ Windsor & Eton Central
Moshi
23 Little Clarendon St, Oxford OX1 2HU 01865-514007 ⇌ Oxford
Red Star Noodle Bar
187 Cowley Rd. Oxford OX4 1UT 01865-251248 ⇌ Oxford
The Rosemary
Stanton House Hotel, The Avenue, Swindon, Wiltshire SN6 7SD 08435-071388 ⇌ Swindon (Wilts)
Sticks 'n' Sushi (Oxford)
Rooftop Terrace, 311 The Westgate Castle St. Oxford OX1 1NZ 01865-237777 ⇌ Oxford
Sushi Corner
94 Cowley Rd. Oxford OX4 1JE ⇌ Oxford
Taberu
100 Cowley Rd. Oxford OX4 1JE 01865-434100 ⇌ Oxford
REST OF U.K. East Anglia
Chaipan
167 High Rd. Loughton, Essex IG10 4LF 020-8508-3443 ⇌ Loughton
Ding Dong Sushi
101 Corbets Tey Rd. Upminster RM14 2AH 01708-221100 ⇌ Upminster
Green Box Sushi
32 High St. Lakenheath Village IP27 9JS 01842-862688 ⇌ Lakenheath
Japas Sushi
9 Saxon St. Cambridge, Cambridgeshire CB2 1HN 01223-365321 ⇌ Cambridge
Kyotoya
28 Copson St. Manchester M20 3HB 01614-452555 ⇌ Mauldeth Road

Mizu (Brentwood)
69-70 Brook St. Brentwood, Essex CM14 5NA 01277-233888 ⇌ Brentwood
Mizu (Ipswich)
10 Cornhill, Ipswich, Suffolk IP1 1DB 01473-288839 ⇌ Ipswich
Noodle Republic
67 Regent St. Cambridge CB2 1AB ⇌ Cambridge
Ohayo Sushi
139 Mill Rd. Cambridge, Cambridgeshire CB1 3AA 01223-415558 ⇌ Cambridge
Shiki
6 Tombland, Norwich, Norfolk NR3 1HE 01603-619262 ⇌ Norwich
Shochu Karaoke Cambridge
38 Hills Rd. Cambridge CB2 1NW 07931-346-616 ⇌ Cambridge
Sticks 'n' Sushi (Cambridge)
Wheeler St. Cambridge CB2 3QJ 01223-907900 ⇌ Cambridge
Sumo Sushi
33 Market Place Milderhall, Bury St Edmunds, Suffolk IP28 7EF 01638-428185 ⇌ Kennett
Taberu
100 Cowley Rd. Oxford OX4 1JE 01865-434100 ⇌ Oxford
Tokyo Oysy Sushi
6a Holmsey Green, Bury St. Edmunds IP28 8AJ 01638-716444 ⇌ Shippea Hill
U-Sushi
48 Burleigh St. Cambridge, Cambridgeshire CB1 1DJ 01223-778552 ⇌ Cambridge
REST OF U.K. The Midlands
Bonzai Sushi & Noodle Bar
11-13 Carlton St. Hockley, Nottingham NG1 1NL 01159-520188 ⇌ Nottingham
Chino Latino (Nottingham)
Park Plaza Nottingham, 41 Maid Marian Way NG1 6GD 01159-477444 ⇌ Nottingham
Ebi Sushi
59 Abbey St, Derby, Derbyshire DE22 3SP 01332-265656 ⇌ Derby
Ginko Sushi
12 High St. Easton on the Hill PE9 3LR 01780-762259 ⇌ Stamford
Ginza Japanese Teppan-Yaki
593-595 Mansfield Rd. Sherwood, Nottingham NG5 2FW 01159-691660 ⇌ Nottingham
Higoi
57 Lenton Boulevard Nottingham NG7 2FQ 01159-423379 ⇌ Nottingham
ISO Sushi (Wolverhampton)
84 Chapel Ash, Wolverhampton WV3 0TY 01902-689544 ⇌ Wolverhampton
Little Tokyo
33 Braunstone Gate, Leicester LE3 5LH 01162-857887 ⇌ Leicester

Miso
161 London Rd. Stoke-on-Trent ST4 7QE 01277-417328 ⇌ Stoke-on-Trent
Miyako Teppanyaki
Arcadian Centre, Ladywell Walk, Hurst St. Birmingham B5 4ST 01216-225183 ⇌ Birmingham New Street
Moonsha
4 Friary St. Derby DE1 1JF 01332-343288 ⇌ Derby
Mount Fuji
Birmingham Bullring, Birmingham B5 4BH 01216-339853 ⇌ Birmingham New Street
O-Tokuda
37 Knifesmithgate, Town Centre, Chesterfield, Derbyshire S40 1RL 01246-556996 ⇌ Chesterfield
Ocean Dragon
Level 1 The Arcadian Centre 70 Hurst St Birmingham B5 4TD 01216-224559 ⇌ Birmingham New Street
Pan Asia BBQ
100-102 Upper Parliament St. Nottingham NG1 6LF 01159-108888 ⇌ Nottingham
Sakura
149-151 Bridge St. Northampton, Northamptonshire NN1 1QF 01604-250688 ⇌ Northampton
Sushi Passion
Great Western Arcade, Colmore Row B2 5HU 01212-382933 ⇌ Birmingham New Street
Yakinori
Unit 14 Stephenson Pl. Birmingham B2 4BF 01216-439177 ⇌ Birmingham New Street
REST OF U.K. North West
Etsu
25 The Strand, Liverpool L2 0XJ 01512-367530 ⇌ Birmingham New Street
Goomet
112-114 Nantwich Rd. Crewe CW2 6AT 01270-211150 ⇌ Crewe
Japan Deli
521 Wilmslow Rd. Manchester M20 4BA 01614-459205 ⇌ Burnage
Kitchen In An Arch
Arch 3 Mirabel St. Manchester M3 1PJ 01614-459205 ⇌ Manchester Victoria
Oishi-Q
Hulme St. Manchester, M1 5GL 01612-371112 ⇌ Manchester Oxford Road
Ring Sushi Bar
358 Barlow Moor Rd. Manchester M21 8AZ 01618-600002 ⇌ Trafford Park
Samsi Manchester
36-38 Whitworth St. Manchester M1 3NR 01612-790022 ⇌ Manchester Piccadilly
Sapporo Teppanyaki (Liverpool)
134 Duke St. East Village, Liverpool, Merseyside L1 5AG 01516-680330 ⇌ Liverpool Central
Sapporo Teppanyaki (Manchester)
91-93 Liverpool Rd. Castlefield, Manchester M3 4JN 01619-790574 ⇌ Deansgate

Siam Thai and Teppan-yaki
32 City Rd. Chester CH1 3AE 01244-403222 ⇌ Chester
Teppanyaki
Connaught Bldg. 58-60 George St. Manchester M1 4HF 01612-282219 ⇌ Manchester Piccadilly
Tokyo Season
52 Portland St. Manchester M1 4QU 01612-367898 ⇌ Manchester Piccadilly
Umami
147-153 Oxford Rd. Manchester M1 7EE 01612-732300 ⇌ Manchester Oxford Road
Umezushi
Unit4 Arena Court, Mirabel St. Manchester M3 1PJ 08718-118877 ⇌ Manchester Victoria
V-Cafe & Sushi Bar
98 Lord St. Southport PR8 1JR 01704-883800 ⇌ Southport
Wasabi Sushi and Noodle Bar
Unit 14, The Printworks, Manchester M4 2BS 01618-348669 ⇌ St Peters Square
Wasabi Sushi and Noodle Bar
63 Faulkner St. Manchester M1 4FF 01612-287288 ⇌ Manchester Victoria
Wasabi Teppanyaki
19-25 London Rd. Cheshire WA4 6SG 01925-211222 ⇌ Warrington Bank Quay
Wokooshii
128 The Orient, Manchester M17 8EH 01617-472223 ⇌ Humphrey Park
Yakisoba
360 Barlow Moor Rd. Manchester M21 8AZ 01618-620888 ⇌ Manchester United FC
Yuzu Manchester
39 Faulkner St. Manchester M1 4EE 01612-364159 ⇌ Manchester Piccadilly
REST OF U.K. North East
Aveika
10-15 Sandhill, Newcastle NE1 3AF 01912-333732 ⇌ Newcastle
Chino Latino (Leeds)
Park Plaza Hotel, Leeds, West Yorkshire LS1 5NS 01133-804080 ⇌ Leeds
Dojo
26-28 Stowell St. Newcastle Upon Tyne NE1 4XQ 01919-038582 ⇌ Manors
Edo Sushi
24-26 Highcourt Chambers, Sheffield S1 2EP 01142-755123 ⇌ Sheffield
Fuji Hiro
45 Wade La. Leeds, West Yorkshire LS2 8NJ 01132-439184 ⇌ Leeds
Fujiyama (Newcastle)
35-39 Bath La. Chinatown NE4 5SP 01912-330189 ⇌ Newcastle
Hanahana Japanese Teppan-Yaki
45 Bath La. Newcastle-Upon-Tyne, Tyne and Wear NE4 5SP 01912-220282 ⇌ Newcastle

Hokkaido
113-115 Kirkgate, Wakefield WF1 1JG 01924-786868 ⇌ Wakefield Kirkgate
Koko
503 Ecclesall Rd. Sheffield S11 8PR 01142-662843 ⇌ Sheffield
Little Tokyo
24 Central Rd. Leeds, West Yorkshire LS1 6DE 01132-439090 ⇌ Leeds
Nudo Sushi Box
147 Northumberland St. Newcastle Upon Tyne NE1 7AG 01912-611068 ⇌ Manors
Ogino
1st Fl. Beaver House, Butcher Row, Beverley HU17 0AA 01482-679500 ⇌ Beverley
Osechi
664 Bolton Rd. Manchester M27 8FH 01613-127968 ⇌ Swinton
Sakushi
27 Campo La. Sheffield S1 2EG 01142-737399 ⇌ Sheffield
Shijo
Unit 4 Haymarket Hub NE1 7PF ⇌ Newcastle
St Sushi
89-93 Westgate Rd. Newcastle-Upon-Tyne NE1 4AE 01912-210222 ⇌ Newcastle
Sushi Express
8 Milton St. Sheffield S1 4JU 01142-797669 ⇌ Sheffield
Teppanyaki (Leeds)
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Yama Sushi
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Bonsai
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JAPANESE FOOD GLOSSARY

One of the strengths of Japanese cuisine is its diversity and the wide range of novel ingredients that may not be well known in other parts of the world. This glossary lists all the essential Japanese ingredients, with Japanese name, English translation, clear, full colour image, and a full description. You can also find out more about the ingredients used in our Japanese Flavours at Home section. Trade professionals can refer to our comprehensive Japanese Food Selection of recommended manufacturers and distributors starting on p45.

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Rice & Rice Products

白米 Hakumai Japonica White Rice

See p46

Hakumai (white rice) generally refers to polished short-grain Japonica rice and has been a staple of the Japanese diet since ancient times. Forming part of the traditional Japanese meal combination along with *miso* soup and *tsukemono*, *hakumai* is a highly nutritious source of protein, fibre, vitamin B, calcium, and iron. As well as being easier to digest than *genmai*, *hakumai*'s glutinous texture means that it is easy to pick up with chopsticks and its mild taste makes it a perfect accompaniment to almost any food.

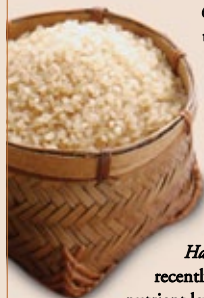


玄米 Genmai Japonica Brown Rice

See p46

Genmai is unpolished brown rice with the husks removed but the bran and germ intact. Slightly nutty tasting and more chewy than *hakumai*, *genmai* is both delicious and extremely nutritious, containing four times the vitamin B1 and E, three times the fibre, and twice the vitamin B2 and iron of *hakumai*. Going well with almost any ingredient, *genmai* can be used as a substitute for *hakumai*.

Hatsuga genmai, or germinated *genmai*, has recently become popular, as germination increases nutrient levels and makes the rice more palatable.



餅 Mochi Rice Cake

Mochi is a sweet rice cake made by pounding glutinous *mochigome* rice. It is traditionally grilled and wrapped in *nori*, or cooked in soup. One such soup is *zoni* (*mochi* and vegetables), which is eaten to celebrate New Year. The stickiness of the *mochi* represents "sticking to your principles", making it a good omen for the coming year. It is also used in many *wagashi* (Japanese sweets).



米こうじ Kome Koji Rice Malt

See p52

Rice malt, used as a fermented food starter, is made by inoculating steamed rice with the Aspergillus *oryzae* mould. Versatile seasonings, such as *shio koji* (rice malt with salt) and *shoyu koji* (rice malt with soy sauce) can be made by adding salt and soy sauce to rice malt then fermenting. Rice malt products impart a mellow sweetness to stir-fries and simmered dishes, draw out the natural deliciousness of meat and fish, and can be used as a dip or sauce.



Alcoholic Drinks

酒 Sake Rice Wine

See pp16, 47-48

Japan's most celebrated alcoholic drink, sake, is brewed from fermented rice. Brown rice is polished to remove its husk, producing the smaller white rice grains used to make sake. Sake is categorized according to the degree to which the rice is polished and alcohol content: *junmaishu* (pure rice sake), *honjozo* (sake with added brewer's alcohol), *ginjoshu* (the highest grade of sake), and *futsushu* (common grades of sake). Sake is clear with a slightly sweet taste and an alcohol content of 14 to 16%. It can be served hot or chilled.



焼酎 Shochu Japanese Clear Spirit

Fashionable in Japan in recent years and gaining popularity worldwide, *shochu* can be made from ingredients such as rice, buckwheat, wheat, sweet potato, and corn. As in the making of sake, soy sauce, and *miso*, during initial fermentation a 'starter' called *koji* is used. The single distillation method used to make traditional *shochu* keeps more of the flavour of its ingredients while the multiple distillation method is suited to making cocktails and fruit liquor. *Shochu* contains no fat or sugar and is good drunk mixed in cocktails or on its own.



泡盛 Awamori Okinawan Rice Spirit

Awamori is an alcoholic beverage produced in the southern islands of Okinawa. Although made from rice, it differs from sake in that it is distilled not brewed, and uses Thai Indica rice rather than short-grained Japonica rice. The method for distilling *awamori* was first introduced to Okinawa from Thailand in the 15th century, and was refined using a unique white *koji* mould indigenous to Okinawa. *Awamori* is an extremely robust drink, and can be 60% proof, with its alcohol content rising further as it ages.



梅酒 Umeshu Japanese Apricot Liqueur

Umeshu, with its subtle sweet flavour, has been consumed for over a millennium in Japan. This liqueur is made from *ume*, an apricot-like fruit with a high concentration of citric acid. *Ume* are mixed with *shochu* and sugar and left to mature for between three months to one year. *Ume*'s healthy properties make *umeshu* popular not only as a delicious drink, but also as a medicine. *Ume* are rich in potassium, calcium, and fruit acids, which aid digestion, break down lactic acid, and are said to increase the body's metabolic rate and reduce tiredness.



ビール Beer Japanese Beer

See p49

Beer was first test-brewed in Japan in 1853, following a Dutch recipe. The country's first brewery was established in the 1870s and beer, especially lager, has since become very popular as an accompaniment to Japanese food. Japanese beer drinkers consider a beer's *hira* (literally "cutting"), or ability to cleanse the palate, as being particularly important, and major Japanese beers are brewed for a sharp, clean finish. Since 1994, it has become easier for smaller breweries to gain brewing licences and the variety of original, regional beers has greatly increased.



ウイスキー Whisky Japanese Whisky

While using fundamentally the same ingredients and methods as in the West, Japanese whisky is made to accompany Japanese-style meals. While Scotch whisky, with its smoky flavour and strong peat taste, is better savoured on its own, Japanese whisky goes well with food. Particular importance is attached to the harmonised balance of the basic flavour, which is not diminished when diluted, and a subtlety of taste suited to the Japanese palate that does not mask the delicate flavours of Japanese food.



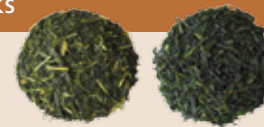
ワイン Wine Japanese Wine

Wine production only really began in Japan after the Meiji Restoration of 1868 made Japan more open to Western ideas, and the first commercial winery was established in 1877. At first sight, the high humidity and rainfall of Japan's climate and its acidic soil do not make it ideal for viticulture. However, in spite of this vineyards have flourished in areas where conditions have been suitable, such as Yamanashi prefecture. The northern island of Hokkaido has also gained a good reputation for its wines.



Teas & Soft Drinks

緑茶 Ryokucha Green Tea



See pp49-50

Ryokucha is produced from green tea leaves that are steamed and dried but not fermented. The quality of *ryokucha* varies according to which part of the plant is picked, with the highest quality *ryokucha* known as *gyokuro* and medium-quality *ryokucha* called *sencha*. The leaves produce a greenish-yellow tea with a slightly bitter flavour. The tannin in *ryokucha* serves to fight tooth decay. *Ryokucha* also contains caffeine and vitamin C and is said to be effective against diabetes, high blood pressure, and in reducing cholesterol levels.



その他のお茶 O-cha Other Japanese Teas

See pp49-50

Many other popular varieties of Japanese tea exist. *Genmaicha* (green tea mixed with roasted brown rice) is mild with a distinctive popcorn flavour. The most widely-drunk *sencha* is made from the coarser tea leaves harvested late in the season and is known as *bancha*. It is sweet and smooth to drink. *Hojicha*, made by roasting *bancha* leaves over charcoal, is low in caffeine and tannins, while *matcha*, the bright green powdered tea used in the tea ceremony, is made from a special variety of tea called *tencha*.

ソフトドリンク Soft Drink

Canned and Bottled Soft Drinks

See p50

In Japan, vending machines can be seen on almost every street. There is a large market for soft drinks, due in part to the extreme heat and humidity of the Japanese summer. In addition to the kind of fizzy drinks also common in the West, a vast range of hugely-popular tea-based drinks exists. These include a variety based on Japanese and Chinese tea, which do not contain sugar and therefore go well with food. A range of English tea-based drinks with or without sugar, milk and lemon is also available, and coffee-based drinks are also popular.



甘酒 Amazake Sweet Rice Drink

See p52

Although *amazake* translates literally into English as "sweet sake", it is in fact an alcohol free product, made from cooked rice and *koji*. The *koji* converts the rice into simple natural sugars, giving *amazake* its naturally sweet taste. In Japan, thick, creamy *amazake* is usually enjoyed combined with equal parts of water and gently heated, often served topped with ginger. In the West, it has become popular as a dairy substitute in baking and puddings, and can also be used straight from the jar as a topping for nuts, fruit, or yoghurt.



Condiments, Seasonings & Sauces

醤油 Shoyu Soy Sauce

See pp12, 51, 56 & 70

A staple of Oriental cuisine, soy sauce adds flavour to many dishes, both in cooking and at the table. Made from soy beans, wheat and salt, and fermented for several months, Japanese soy sauce has a rich aroma and a salty, subtle, and complex flavour. *Koikuchi shoyu*, developed in the east of Japan, is dark coloured with a slightly fruity flavour that reduces fishy and meaty smells in cooking. *Usukuchi shoyu*, originally favoured in the west of Japan, has a lighter colour and saltier taste than *koikuchi*.



たまり Tamari

Wheat-free Soy Sauce

See pp51 & 70

Tamari refers to the protein-rich liquid which comes from fermenting soy beans. *Tamari* is thicker, richer, and darker than soy sauce and is produced mainly in the central Chubu region of Japan. Little or no wheat is used in the production of *tamari*, which is actually closer to the original recipe for soy sauce, when it was introduced to Japan from China. An ideal, umami-rich accompaniment to sushi and *sashimi*, *tamari* has a mellow flavour and is used mainly for dipping, seasoning, and for marinades.

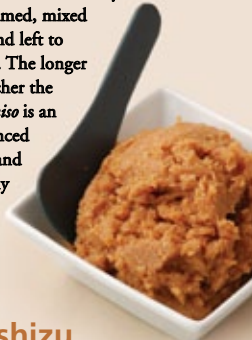


味噌 Miso

Fermented Soy Bean Paste

See pp52-53

Many Japanese swear by the old saying that "a bowl of *miso* soup a day keeps the doctor away". *Miso* is made from soy beans and usually rice or barley, which are steamed, mixed with *koji* (a fermentation starter), and left to ferment for six months to five years. The longer the fermentation, the darker and richer the *miso*. Modern analysis shows that *miso* is an extremely nourishing and well-balanced food containing protein, vitamins, and essential amino acids. Most famously used in soups, it can add flavour to many dishes.



酢 / すし酢 Su / Sushizu

Rice Vinegar / Sushi Vinegar

Made from rice, this light and mild tasting vinegar is an essential ingredient in sushi rice and *sunomono* (vinegared salads). With lower acidity than Western vinegars, it has long been associated with youthful-looking skin and longevity. Vinegar increases the potency of vitamin C, which improves complexion, and in the past *su* was used in cosmetics in Japan. Vinegar is also known for its anti-bacterial properties and this is one reason why *su* is often used in Japanese dishes that include raw fish, seafood, and meat.



味醂 Mirin

Sweet Cooking Alcohol

A sweet, syrupy liquid, *mirin* is one of Japan's principal condiments. It has an alcohol content of about 13-14%, which is often burnt off during cooking. *Mirin* has a subtle natural sweetness, and its balanced flavour make it a very versatile condiment. *Mirin* is used for dishes such as *nimono* (simmered dishes), for marinating and glazing, and in *teriyaki* sauce. As well as *hon mirin* or 'real *mirin*', cheaper *mirin* style condiments with salt or other ingredients added, and generally less alcohol, are also available.



料理酒 Ryorishu

Cooking Sake

Ryorishu is a type of sake (rice wine) made especially for cooking. It is often used in marinades for meat and fish to make them more tender, as well as to mask their smell. In cooking, it is often used to add body and flavour to *tsuyu* (soup stock) and sauces, or to make *nimono* (simmered dishes) and *yakimono* (grilled dishes). To enable shops not licensed to sell alcohol to stock it, manufacturers are required by law to add salt (2-3%) to *ryorishu* to make it unfit for drinking.

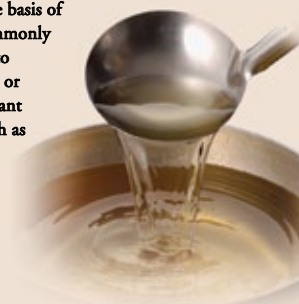


だし Dashi

Japanese Soup Stock

See pp53-54

Dashi is one of the stocks which form the basis of almost all Japanese cooking. *Dashi* is commonly made by heating *katsubushi* (dried bonito flakes), *kombu* (kelp), *shiitake* mushroom or *iriko* (sardine) and draining off the resultant broth. It is used for flavouring dishes such as soups, *nabe* (hot pots), sauces, and rice dishes. *Dashi* in easy-to-mix powdered form is very popular as it can be used to produce authentic-tasting Japanese cuisine without the effort that making stock from scratch entails.



ソース Sauce

Japanese Sauces

See pp54-55

The Japanese use a variety of savoury sauces to pep up their food. Several are inspired by Worcester sauce, which was brought to Japan and adapted. As well as the thin, spicy Worcester sauce, there is a thicker, milder, and sweeter *tonkatsu* sauce, often used with the deep fried pork cutlet dish of the same name. In addition, there is a sauce formulated specifically for serving with *o-konomiyaki* (savoury pancakes), and a *chuno* sauce that blends both mild and spicy flavours.



たれ Tare

Dipping / Marinade Sauces

See p55

There are many dipping sauces used in Japanese dishes. *Yakiniku no tare* (barbecue sauce) is made from soy sauce, fruits, vegetables, sesame oil, herbs, and spices. It can be used both for dipping and marinating. *Sukiyaki no tare*, a mildly sweet sauce, is made from soy sauce, *mirin*, sugar, and *dashi*, and used to stew *sukiyaki* ingredients. *Shabu shabu no tare*, a dipping sauce used for lightly cooked and thinly sliced meats, comes in several varieties. *Teriyaki* marinade, featuring *mirin*, soy sauce and *dashi*, is also popular, as is *teriyaki* sauce.



ポン酢 Ponzu

Citrus Vinegar

See pp55-56

Ponzu is derived from the Dutch word "pons", which means citrus juice. *Ponzu* is the juice of fruit such as lemon, *sudachi*, *yuzu*, and *kabosu*, sometimes mixed with *su* (vinegar). It has a refreshing taste and is also a good stimulant, since the acid found in *ponzu* breaks down fat and lactic acids, which cause fatigue. *Ponzu* is most commonly used as *ponzu shoyu*, a mix of *ponzu*, soy sauce, sugar or *mirin*, and *dashi*. This can be used as a dipping sauce for *nabe* (hot pots).



マヨネーズ Mayonnaise

Japanese Mayonnaise

See p55

Although mayonnaise is made and enjoyed worldwide, Japanese-made mayonnaise is quite unique. It is characterised by the use of only the egg yolk rather than the whole egg, and of subtle tasting vegetable oils (such as rapeseed oil and soy bean oil) and rice vinegar as the other main ingredients. The result is a mellow yet distinctive tasting mayonnaise that is perfectly matched to the Japanese palate. Japanese mayonnaise is enjoyed with a wide range of dishes, including salads, fried foods, *okonomiyaki* pancakes, and even sushi.

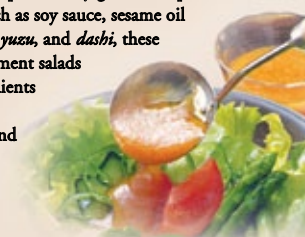


ドレッシング Dressing

Japanese Salad Dressings

See pp55-56

Japanese cuisine is full of examples of new great-tasting foods that have been invented by adapting the food of other nations. Japanese salad dressings are particularly good examples of this. Made from ingredients such as soy sauce, sesame oil and seeds, *shiso*, *umeboshi*, *yuzu*, and *dashi*, these dressings perfectly complement salads containing Japanese ingredients such as *tofu*, seaweed, *konnyaku*, *daikon* radish, and *sashimi*.



ごま油 / 天ぷら油

Goma-abura / Tempura-abura

Sesame Oil / Tempura Oil

See p56

Sesame oil is used in stir-fries and fried dishes as well as for seasoning. It has a delicious aroma and a rich, nutty flavour, and compared to other oils is extremely stable and long-lasting. Oil pressed from toasted seeds is dark brown in colour with a distinctive, intense aroma, whilst oil pressed from using untoasted seeds will be lighter. Blending toasted and toasted oils or untoasted oil with other refined vegetable oils creates *tempura* oil, an aromatic blend used for the lightly-battered fish and vegetable dish so popular in Japan.



麺つゆ / 天つゆ

Mentsuyu / Tentsuyu

Soup for Noodles / Tempura

Mentsuyu, the strong, salty soup stock used in *soba* and *udon* noodle dishes, and *tentsuyu*, the dipping sauce for *tempura*, are made from *dashi*, *katsubushi*, soy sauce, *mirin*, and sugar. There are two basic types of *mentsuyu*: *kaketsuyu*, which is poured hot over boiled noodles to make noodle soup, and *tsuketsuyu*, which literally means "dipping soup" and is used as a dip for chilled noodles. *Tentsuyu* is left to cool before being served, accompanied by grated *daikon* radish, with freshly fried *tempura*.



わさび Wasabi

Japanese Horseradish

See pp56-57

Wasabi is a root plant with a pleasant aroma and a sharp, fiery flavour. In early 17th century Japan, it became a popular accompaniment to *sushi*, promoting the spread of its cultivation. *Wasabi* is available fresh, when it is grated like horseradish, as a paste or in powder form. It is also mixed with soy sauce and used as a condiment with *sashimi* and sushi. When used for seasoning, *wasabi* stimulates the appetite and is also known to help prevent food poisoning.



からし Karashi

Japanese Mustard

Made from the seeds of the *karashina* plant, *karashi* was used in ancient times as a medicine as well as a food. Bright yellow in colour, *karashi* is available in both paste and powder forms, and is used to add spiciness and flavour to *natto*, *shumai* (Chinese dumplings), *o-den* (a kind of Japanese hot pot), and salad dressings. *Karashi* is similar in nature to *wasabi*, meaning the intensity of its flavour is greater than that of Western mustard, and it is therefore used in very small quantities.



七味 / 一味唐辛子

Shichimi / Ichimi Togarashi

Seven Spice Pepper / Chilli Pepper

See p57

Shichimi togarashi, which means "seven-taste chilli pepper", is a dried mixture of red chilli flakes, *sansho*, *goma*, *nori*, *shiso*, dried mandarin or orange peel, hemp, and poppy seeds. Popular throughout Japan, the ingredients and balance of the mix varies regionally. It is usually sprinkled on hot *udon* noodle soup and many other dishes to add flavour, spiciness and aroma. *Shichimi togarashi* is known to be a remedy for colds and flu, and is also good for the stomach. *Ichimi* means "one taste", and *ichimi togarashi* consists of just chilli pepper.



山椒 Sansho

Japanese Pepper

Unique to Japan and China, *sansho* is unrelated to black pepper or chilli pepper. It has a strong aroma, subtle lemony overtones and creates a pleasant tingling sensation in the mouth. *Sansho* is widely used to add a mild spiciness and rich fragrance to noodle dishes and grilled eel. The buds, flowers and seeds of *sansho* are all used to flavour cooking. The leaves of the *sansho* plant, known as *kinome*, are used in spring to add flavour to bamboo shoots and soups.



Soy & Other Bean Products

枝豆 Edamame

Young Green Soy Beans

Edamame are special varieties of green soy beans harvested while they are still young, before they harden. Once picked, *edamame* are most commonly boiled and seasoned with salt, for a perfect accompaniment to beer in bars and Japanese restaurants. They can also be frozen after boiling. The beans are served still in their pods, which are picked up and squeezed directly into the mouth. *Edamame* are healthy, and serve as a good source of proteins, carbohydrates, calcium and other nutrients.



納豆 Natto

Fermented Soy Beans

See p58

Natto is made from fermented soy beans and has a sticky consistency and a strong characteristic fermented smell. An excellent source of protein, vitamin B2, iron and fibre, *natto* is often mixed with soy sauce and other ingredients and eaten with steamed rice as a traditional and nutritious breakfast food. *Natto* comes in whole-bean, small-bean, and chopped-bean varieties, and contains an amino acid not found in other foods that helps prevent blood clots, which can cause strokes and coronaries.

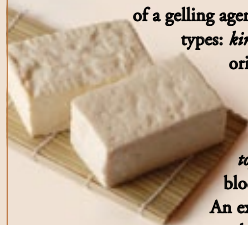


豆腐 Tofu

Soy Bean Curd

See p58

Tofu is made from ground soy beans, which are heated, filtered and hardened into evenly-sized squares, with the addition of a gelling agent, *nigari*. *Tofu* comes in three basic types: *kinugoshidofu* (silk strained *tofu*), the original Japanese *tofu*, fine textured and eaten raw; *momendofu* (cotton strained *tofu*), which is rougher in texture; and *yosedofu* (crumbled *tofu*), which is not formed into blocks but is mashed in appearance. An extremely nutritious food containing vegetable protein, calcium, iron, and vitamin E, *tofu* is delicious in *miso* soup, *nabe* (hot pots), and stir-fries.



豆腐製品 Tofu Seihin

Tofu Products

See pp58-59

Tofu's mild taste makes it very versatile. *Abura-age* is thinly sliced *tofu* fried in oil twice to keep the *tofu's* original texture on the inside while the outer skin becomes crisp. It is used to make *inarizushi* (sweetened and cooked *abura-age* filled with *sushi* rice). *Assuage* are strips of *tofu* deep-fried just once while *ganmodoki* is a fried *tofu* dumpling made with vegetables and sesame seeds. *Koyadofu* is freeze-dried *tofu* which, once rehydrated, has a coarse, meaty texture and a richer taste than standard *tofu*.



豆乳 Tonyu

Soy Milk

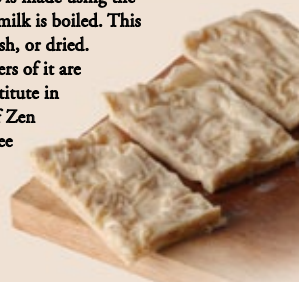
Soy milk is the liquid obtained by grinding soy beans before they harden into *tofu*. Soy milk has always existed as a by-product of *tofu* but its processing has since been greatly improved and specialist manufacturers are now producing delicious soy milk without its disagreeable smell. Soy milk products contain soy bean solids and therefore protein. Soy milk products refer to the variety of flavoured soy milk drinks, as well as plain and processed soy milk.



湯葉 Yuba

Soy Milk Skin

Common in both China and Japan, *yuba* is made using the protein-rich skin which forms when soy milk is boiled. This skin is cooled and is then either eaten fresh, or dried. The texture of *yuba* means that when layers of it are put together, it makes an ideal meat substitute in vegetarian cooking. *Yuba* is a mainstay of Zen Buddhist *shojin ryori* (traditional meat-free cuisine) and has had a reputation for centuries for being an extremely healthy and nutritious food.



きな粉 Kinako

Parched Soy Bean Flour

Kinako is finely-ground flour made from soy beans, which is light brownish-yellow in colour and has a slightly nutty flavour. *Kinako* contains twice the protein of wheat flour and is very low in carbohydrates. It is abundant in fibre, iron, calcium, vitamins and minerals, and is therefore very effective in preventing many ailments such as high cholesterol. It is not eaten on its own, but is mainly used in confectionery, such as *kinako mochi* (sweet rice cakes covered in *kinako*).



あん An

Red Bean Paste

An is made from *azuki* beans and sugar, and is used in traditional Japanese confectionery. The two main types of *an* are *tsubu an* (made from a lightly mashed paste so the beans retain their shape) and *koshi an* (smooth, thoroughly blended *an*). *Azuki* is highly nutritious, containing linolenic acid, which helps to lower cholesterol, anti-ageing vitamin E, protein and calcium. It is full of fibre and in spite of its sweetness, *an* actually contains much less fat than confectionery made with cream.



Sea Vegetables

海苔 Nori

Dried Seaweed Sheets

See p59

Nori, a dried seaweed resembling sheets of black paper, is a very popular ingredient in Japan, particularly for the wrapping of steamed rice to make *makizushi* (rolled sushi) and *o-nigiri* (rice balls). *Nori* is also a very important traditional breakfast food, eaten with rice. Seasoned *nori* is also popular, and *nori* and seasoned *nori* are available in individually wrapped, bite-sized sheets and served at breakfast in the home or at traditional Japanese inns and hotels. It is rich in vitamin B1, which helps combat mental fatigue, and calcium.



わかめ Wakame

Wakame Seaweed

See pp53 & 65

This dark green seaweed, with its mild ocean flavour, is one of the most popular seaweeds in Japan. Available in both dry and fresh forms, it is most commonly used in soups and salads. The dried product greatly expands when it is reconstituted either by soaking in water for a few minutes or adding directly to a soup. Since *wakame* has no calories, it is ideal for those who are watching their weight and is believed to help prevent hair loss.



ひじき Hijiki

Hijiki Seaweed

Hijiki is a porous, black seaweed with a surface that is less viscous but has more texture than other seaweeds. It is normally sold dried and should be reconstituted with water before use. *Hijiki* contains a lot of calcium and fibre. It also contains a high level of iron. *Hijiki* is normally simmered with chopped vegetables such as carrots, fried *tofu*, and beans, and seasoned with soy sauce and *mirin*, and served as a tasty side dish.



昆布 Kombu

Kelp

Kombu is one of the main basic *dashi* ingredients. To make good stock, simply soak *kombu* in water, or heat gently in water and remove just before boiling. To make *dashi*, *kombu* is washed with seawater and dried in the sun for one to two days. *Kombu* is rich in vitamins and minerals such as iodine. *Kombu* is also used in a variety of dishes such as *nabe* (hot pot), *kobumaki* (rolled *kombu*), and *tsukudani* (cooked with soy sauce and *mirin*).



青のり Aonori

Green Nori Flakes

Aonori is a variety of aromatic seaweed used as a garnish or for seasoning in many Japanese dishes, usually sprinkled in dried flake form over hot food such as *yakisoba* (fried noodles), *o-konomiyaki* (savoury pancake), or added to *tempura* batter. Protein rich, it also contains beneficial minerals such as calcium, magnesium and amino acids. *Aonori* occurs naturally in the calm, warm water of the bays of the south of Japan, where its cultivation is a major industry.



寒天 Kantan

Agar

Kantan is a flavourless dried seaweed available in blocks, strands or powdered form, which acts as a gelling agent. It is an ideal gelatin substitute for vegetarians. Delicious jellies can be made using fruit juice or milk and are popular in Japan as a healthy treat. High in fibre, *kantan* is good for treating constipation and reducing cholesterol levels. *Tokoroten*, the natural gel form of *kantan*, is usually cut into thin strips and eaten cold with sweet or savoury dressings such as soy sauce and rice vinegar.

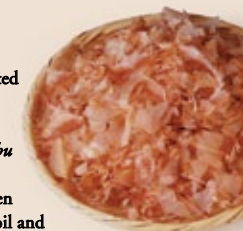


Seafood Products

鰹節 Katsuobushi

Dried Bonito Flakes

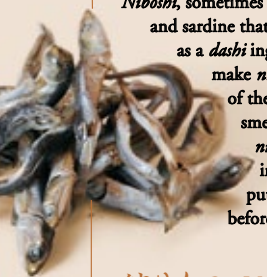
To make *katsuobushi*, bonito fish fillets are salted and left to ferment and dry for four to six months before being shaved into fine flakes. *Katsuobushi* is often used to make *dashi*. *Kombu* is heated in water on a medium heat then removed just before boiling. *Katsuobushi* is then added to the stock, which is brought to the boil and strained. *Katsuobushi* is also used as a topping for salads, *tofu*, and cooked vegetables. There are varieties of finely sliced *katsuobushi* made especially to be used as garnishes.



煮干し Niboshi

Small Dried Fish

Niboshi, sometimes known as *iriko*, are small fish such as anchovy and sardine that have been boiled and dried. They are used as a *dashi* ingredient for *miso* soup and stewed dishes. To make *niboshi dashi*, first the heads and internal organs of the *niboshi* are removed to avoid bitter and fishy-smelling stock. Then, to bring out their taste, the *niboshi* are split lengthwise, before being soaked in water. The pre-soaked *niboshi* can then be put into water, boiled for two to three minutes before straining. It is also eaten as a healthy snack.



練りもの Nerimono

Fish-paste Products

Nerimono is a catch-all term for processed products made from *surimi* (puréed white fish). There are many types, including regional varieties; all can be enjoyed alone or in *o-den*. Popular types include: *kamaboko* (steamed fish paste), *surimi* placed on a wooden board and steamed; *hanpen* (boiled fish paste), a soft and airy mixture of *surimi* and *yamaimo* (Japanese yam); *satsuma-age* (fried fish paste), cakes of *surimi* mixed with *gobo* (burdock root), squid or egg; and *chikuwa* (grilled fish paste), seasoned, bamboo spit-grilled *surimi*.



Fruit & Vegetables

野菜 Yasai

Japanese Vegetables

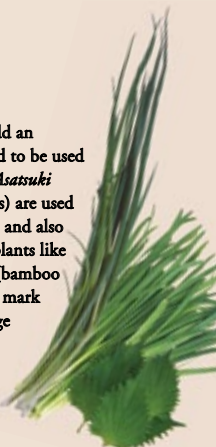
Many varieties of Japanese green vegetables are cultivated in winter and spring as they are vulnerable to the intense heat of summer. These include the carotene and vitamin C rich *hakusai* (Chinese cabbage) and *komatsuna* (mustard spinach). Japanese root vegetables are rich in vitamins and fibre, and include *daikon* radish and *renkon* (lotus root). Other popular vegetables include *kabocha* (pumpkin), *yamaimo* (yam), and *negi* (Welsh onion). These vegetables are used in a huge range of Japanese cuisine, from *tempura* to *nabe* (hot pots), and are also often enjoyed pickled.



香草 Koso

Japanese Herbs

Japanese herbs such as *shiso* are used to add an aromatic finish to various dishes, and tend to be used more sparingly than in Western cuisine. *Asaruki* (Japanese chives) and *nira* (Chinese chives) are used to reduce the odour of raw meat and fish, and also have high nutritional value. Edible wild plants like *fuki* and *udo* and, in particular, *takenoko* (bamboo sprouts) are widely loved in Japan as they mark the advent of spring and are used in a large number of seasonal dishes and delicacies.



椎茸 / 干し椎茸

Shiitake / Hoshi Shiitake

Shiitake / Dried Shiitake Mushroom

Japan's most well-known mushroom is the delicious *shiitake*. This flavoursome, slightly chewy mushroom is believed to have many properties beneficial to the health and contains significant quantities of vitamins B and D. *Shiitake* is popular fresh and in its dried form, known in Japanese as *hoshi shiitake*, which must be rehydrated before eating. Some consider this to be richer in flavour than fresh *shiitake*. The mushroom can be used in clear soup and *nimono* (simmered dishes), and dried *shiitake* is used as a base for making vegetarian *dashi*.



ゆず Yuzu

Japanese Citron

See p57

Yuzu has a strongly aromatic rind, quite distinct from other citrus fruit like lemon and lime. Its zest is commonly used as a garnish while its juice is used as seasoning.

Extremely versatile, it is used in a large number of Japanese dishes. *Yuzu* juice is an integral ingredient in the citrus-based sauce known as *ponzu* along with other Japanese citrus fruits such as *sudachi*, *kabosu*, and *daidai*. It can be used in savoury foods, cakes, ice creams, and liquor.



その他の果物 Kudamono

Other Japanese Fruit

Although the *mikan* (satsuma) was introduced to the West via Japan, many of the most commonly enjoyed fruits in Japan are relatively unknown outside Asia. The zest and juice of the citrus fruit *sudachi* is indispensable in adding a sharp, tangy flavour to Japanese cuisine. With their apple-like, crisp flesh, *nashi* pears are quite distinct from Western pears. *Kaki* (persimmon) and *biwa* (loquat) are both healthy and delicious while *kuri* (chestnuts) and *ginnan* (gingko nuts) are used in many dishes and snacks.



Vegetable Products

かんぴょう Kanpyo

Gourd Shavings

Kanpyo is a unique traditional food made from gourds which have been shaved into ribbons then dried. With large amounts of iron, phosphorous and calcium, *kanpyo* is a nutritionally well-balanced food. In order to prepare it, *kanpyo* should be washed, rubbed and softened with a spoonful of salt, then soaked in fresh water for a few minutes.

It should then be boiled for several minutes or simmered in stock to add flavour. It is used in many dishes including *makiizushi* (rolled *sushi*).



こんにやく / しらたき

Konnyaku / Shirataki

Devil's Tongue Jelly / Konnyaku Noodles

Konnyaku is a hard jelly made from the starch of the root of the bulb of the devil's tongue plant. *Shirataki* noodles are made from shredded *konnyaku*. *Konnyaku* is 97% water, rich in minerals such as potassium and calcium, and an excellent source of dietary fibre. With no distinctive taste, *konnyaku* and *shirataki* absorb the flavour and taste of the other ingredients they are cooked with. As they have next to no calories, they make ideal foods for those who are watching their weight.

切干大根 Kiriboshi Daikon

Dried Shredded Radish

Daikon is the large white root vegetable which is indispensable to the traditional Japanese diet. *Kiriboshi daikon* is its dried form and can be easily made at home. After peeling off the skin and cutting it into long strips, it should be dried in the sun for a day or two. It can then be used throughout the year, after being reconstituted with water. *Kiriboshi daikon* can be used in various ways, for example in *tsukemono* pickles or with soy sauce and *mirin* or sugar in *nimono* (simmered dishes).



Preserved Foods

梅干し Umeboshi

Pickled Japanese Apricot

Sun-dried, salted, then pickled with *shiso* (red perilla leaves), *umeboshi* is a common everyday breakfast pickle in Japan, eaten with rice and *miso* soup. Loved in Japan both for its piquant taste and its medicinal properties, *umeboshi* is said to be extremely beneficial to the digestive system. Delicious rice balls can be made by enclosing *umeboshi* in rice and wrapping it in *nori* seaweed. *Umeboshi* can also be used in a range of other dishes, in alcoholic drinks, and also as a wonderful palate cleanser.



がり Gari

Pickled Ginger

Gari is prepared by taking thin slivers of ginger root and then pickling them in plum vinegar, giving it a slightly sweet taste, striking pink colour, and a pungent aroma. It is most commonly eaten with *sushi*, for which it is an essential accompaniment. This is not only because of its antibacterial qualities, which make it ideal for eating with raw fish, but also for its effectiveness in cleansing and refreshing the palate between dishes, allowing the taste of the fish to be fully appreciated.



たくあん Takuan

Pickled Radish

Takuan is made by pickling *daikon*, the large white Japanese radish, in rice bran. Usually served in small slices, *takuan* has a satisfyingly crunchy texture and sharp, tangy flavour, and accompanies many Japanese foods, often as one of a number of small dishes along with *miso* soup and rice. Beneficial to health, *takuan* is very rich in vitamin B. It is one of the most traditional of Japanese pickles and is named after the Buddhist priest who is said to have introduced the food.



その他の漬け物

Tsukemono

Other Japanese Pickles

Tsukemono are a cornerstone of the Japanese diet, and common vegetables used include cucumber and Chinese cabbage. Salt used in the pickling process helps the water in the vegetables to seep out, creating the characteristic texture of *tsukemono*. One of the most popular ways to enjoy *tsukemono* is as a garnish served with Japanese curry, in particular pickled *rakkyo* (scallions), which have a crisp texture, and *fukujinzuke*, a mix of various pickled and finely-chopped vegetables such as radish, aubergine, cucumber, and lotus root mixed with soy sauce and spices.



佃煮 Tsukudani

Preserved Seafood

Tsukudani is traditionally made from seaweed and possesses a potent flavour. It is usually eaten in small quantities with a bowl of steamed rice. It originates from Tsukudajima Island, Tokyo, where it was first made in the Edo era but is now eaten across Japan. The seaweed is cooked, with soy sauce used in the process along with *mirin* and *dashi* which help preserve the ingredients naturally for 2 to 3 months. Nowadays, there are many variations, some of which are made from small fish and shellfish.



Noodles

うどん Udon

Wheat Noodles

See pp60-61

Thick and chewy, *udon* noodles are made from wheat flour kneaded with salt and water. Their texture can be adapted according to taste by varying the cooking time, and they are usually served in a hot broth, together with ingredients like prawn *tempura*, *abura-age*, raw egg, or vegetables. They can also be served cold with a dipping sauce. There is also a flattened variety of *udon* called *kishimen* from the Nagoya region. *Udon* is available in dried, fresh or pre-boiled form.



そば Soba

Buckwheat Noodles

Soba noodles are made from buckwheat flour. As buckwheat contains no gluten, wheat flour is usually added to prevent the noodles from falling apart, although 100% buckwheat varieties are available. *Soba* comes in fresh and dried form, and can be eaten either hot in soup or chilled and served on a bamboo tray called a *zaru*, with a dipping sauce called *mentisuyu*. Chilled *soba* are often garnished with *nori* seaweed and eaten with *wasabi* to add a sharp, pungent flavour.



そうめん / 冷や麦 Somen / Hiyamugi

Thin Wheat Noodles

See p60

Made from wheat flour kneaded with salt and water, *somen* noodles are the thinnest Japanese noodle – just under 1.3 millimeters thick when uncooked. When they are thicker than this, they are known as *hiyamugi*. It is thought that *somen* acquire a better texture when dried and allowed to mature for up to three years. *Somen* and *hiyamugi* are commonly eaten cold, especially in summer, together with a dipping sauce and garnishes such as grated ginger and spring onion. They are also eaten hot in broth, as *nyumen*.



中華麺 Chukamen

Chinese Noodles

Chukamen noodles are normally made from wheat flour kneaded together with egg, salt and a special kind of carbonated water. The noodles come in different styles, the most common being long and cylindrical, but there are also curled and flattened varieties. *Chukamen* are most commonly served in soup in the hugely popular dish *ramen*, which has three basic flavours: soy sauce, salt and *miso*. Ingredients such as pork, fried vegetables, and seaweed are often added. Chinese noodles are also served cold in summer in a dish called *hiyashi chuka*.



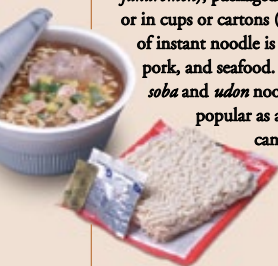
Instant Foods, Frozen Foods & Other Processed Foods

即席袋麺 / カップ麺 Sokuseki Fukuromen / Kappumen

Instant Noodles / Cup Noodles

See p61

Instant noodles are available in single-portion bags (*sokuseki fukuromen*), packaged with sachets of soup powder and condiments, or in cups or cartons (*sokuseki kappumen*). The most popular variety of instant noodle is *ramen*, coming in flavours including *miso*, pork, and seafood. Cup noodles are also available containing *soba* and *udon* noodles. Instant and cup noodles are particularly popular as a light and easy lunch for busy people, and can even make a satisfying main meal when combined with other ingredients.

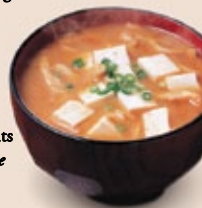


即席みそ汁 / 吸物 Sokuseki Misoshiru / Suimono

Instant Miso Soup / Broth

See pp52-53

Instant *misoshiru* (*miso* soup), prepared by adding boiling water, is a convenient way of enjoying this nutritious soy bean paste. A pack of instant *miso* soup usually contains *miso* paste or powder and separate dried ingredients such as *tofu*, *abura-age*, *wakame*, and vegetables. *Suimono* is a delicate transparent Japanese soup based on *dashi*; its mild flavour allows the taste and aroma of the ingredients to be appreciated. Popular ingredients include *matsutake* mushroom, sea bream, and egg. Difficult to make from scratch, instant *suimono* is a popular option.



ふりかけ Furikake

Toppings for Rice

See p60

Furikake is a savoury condiment that comes in powder or flake form in shakers, bags or in individual sachets. It is used as a topping to add both taste and nutritional value to boiled rice, as well as fulfilling a decorative function. There are many different varieties of *furikake*, made from dried fish, seaweed, *shiso*, *ume*, egg and sesame seeds. To make salmon *furikake*, for example, salmon is first cooked then dried and ground into small flakes. Other ingredients such as sesame seeds and *nori* flakes are then added.



カレールー / シチュールー Curry / Stew Roux

Japanese Curry / Stew Roux See pp14 & 62

Introduced to the country by British traders in the 19th century, curry and rice has become a firm favourite in Japan. It is usually made by frying and boiling the meat and vegetables then adding a pre-mixed curry roux. There are many varieties of roux, ranging from mild to very spicy. Two kinds of roux can be mixed in order to get the desired flavour. Pre-cooked vacuum-packed curries with meat and vegetables are an even easier option. Similarly, there are roux for stews, as well as convenient pre-cooked packet forms.



冷凍惣菜 Reito Sozai

Frozen Ready Meals / Ingredients

See pp63-64

Sozai is a term for Japanese everyday side dishes. Often put in *bento* lunchboxes, typical *sozai* include *tempura*, croquettes, meat cutlets, omelettes, spring rolls, fried fish and *gyoza* and *shumai* dumplings. Frozen *sozai* that can be cooked in the microwave or oven are a popular and convenient option for busy working parents who need to prepare lunchboxes for their children. Fried foods such as croquettes, spring rolls, and *tempura* are particularly appreciated as it takes a lot of time and effort to cook them from scratch.



玉子焼き Tamagoyaki

Egg Omelette

See p65

Rolled layers of omelette, made by cooking and rolling gently beaten chicken eggs which have been sweetened or lightly salted. A popular sushi topping since the seventeenth century and also enjoyed with other ingredients, such as cooked *unagi* eel. Thinly layered omelettes, known as *usu-yakitamago* or *chakin* egg sheets, can be used like or together with *nori* seaweed to wrap sushi. Shredded egg sheets are used as a topping for other dishes, such as *chirashi-sushi*.



Flour & Starch

天ぷら粉 Tempurako

Tempura Flour

See p65

Made from wheat flour, baking powder, powdered egg and other ingredients, *tempura* flour is made into a batter to produce the wonderfully crispy Japanese fritters known as *tempura*. Since it is difficult to make perfect *tempura*, it is easier to use a premix. *Tempurako* gives *tempura* its unique crispy texture and retains the flavour of the ingredients it coats such as prawns, aubergine and *shiitake* mushrooms. Although *tempurako* is made for *tempura*, it can also be used for *o-konomiyaki* (savoury pancakes) to add a lighter texture.



片栗粉 Katakuriko

Dogtooth Violet Starch

Taken from the dogtooth violet plant, *katakuriko* is a white powder without any taste or smell, used to thicken soups and sauces. Another way of utilising *katakuriko* is to mix it with spices and lightly sprinkle it over pieces of chicken or other ingredients before frying them. A very versatile foodstuff, *katakuriko* helps keep the nutrients and the taste of the ingredients in the food. Nowadays, potato starch or cornstarch are often used as a substitute for *katakuriko*, since natural dogtooth violet starch has become very expensive.



米粉 Komeko

Rice Starch

Finely powdered *komeko* helps ingredients retain their moisture and is used almost exclusively for Japanese sweets. The extremely fine *joshinko* is a pure-white rice powder made from *uruchimai* (regular Japonica white rice). The rice is washed with water and then milled with a roller. It is used for many kinds of Japanese sweets including *dango* (dumpling cake) and *mochigashi* (rice cake sweets). *Shiratamako* is made from milled *mochi* rice and can be used to make *shiratama dango*.



パン粉 Panko

Breadcrumbs

See p65

Japanese breadcrumbs, known as *panko*, are popular throughout Asia, and thought to be lighter and fluffier than European breadcrumbs – likely because bread crusts are not used to make *panko* – giving finished dishes a distinctive, airy crunch, thanks to the fact that *panko* does not absorb as much oil as ordinary breadcrumbs. *Panko* is a crucial ingredient for the popular *tonkatsu* (breaded pork cutlet), and can be used to coat chicken, fish, and vegetables before frying. *Panko* is also a great binding agent for fishcakes.



麩 Fu

Gluten Cake

Made from dried wheat gluten, *fu* is a highly digestible spongy dough and is available in various forms, including fresh (*nama fu*) or roasted (*yaki fu*). Originating in China, *fu* has been produced in Japan for hundreds of years. It is used in a number of Japanese dishes such as *miso* and *o-suimono* soups and *sukiyaki* (a beef and vegetable dish). It has been recognised as a valuable source of protein in classic Japanese *kaiseki ryori* (formal cuisine) and *shojin ryori* (Buddhist vegetarian cuisine).



Snacks & Confectionery

せんべい / あられ Senbei / Arare

Rice Crackers

Senbei and *arare* are traditional snacks consumed in Japan for over 1,200 years. *Senbei* are crispy crackers made from Japonica rice. They are usually flat in shape, and are fried or traditionally baked over charcoal, giving them their distinctive aroma. *Senbei* can be salted, flavoured with soy sauce or shrimp, sesame-coated, baked with soy beans or nuts inside, sugar-puffed or wrapped in seaweed (*norimaki*). *Arare* are smaller bite-sized versions of *senbei*, made from glutinous rice. They too come in a variety of flavours and colours.



和菓子 Wagashi

Traditional Japanese Sweets

See p67

Wagashi are traditional confectionery, considered delicacies in Japan. The making of *wagashi* is a fine art, as their shape and design are as important as their taste. An integral part of the traditional Japanese tea ceremony, each *wagashi* often represents one of the seasons or a locality. They contain local and seasonal ingredients such as fruit and vegetables. *Wagashi* can be steamed, baked or made from jelly; there are also half-dried and dried varieties, which keep for longer. Using natural ingredients, *wagashi* are said to be healthier than the average sweet.



Sushi-Perfect Rice Fresher for Longer

Professional sushi chefs know that a pinch of Miola will keep takeaway sushi rice fluffy and fresh for longer

- Prevents uneven cooking in rice cookers
- Easier to mix sushi vinegar into cooked rice
- Cooked rice stays clump-free for longer

GUARANTEED RESULTS
WITH EVERY USE

Suihan Miola
for steamed rice

Suihan Miola Gold
for sushi rice



How to mix : Wash the rice, add water and Miola (2g~ Miola/ 4g~ MiolaGold per 1.4kg) , mix well, cook in rice cooker.

Raw Rice Weight (kg ·lb)	SuihanMiola (g ·oz)	SuihanMiolaGold (g ·oz)
1.4kg (3lb)	2g~ (1/13 oz~)	4g~ (1/8 oz~)
4.5kg (10lb)	7g~ (1/4 oz~)	12g~ (1/2 oz~)
5.9kg (13lb)	9g~ (5/16 oz~)	16g~ (5/8 oz~)

Recommended by Japan's leading sushi professionals, including
Tadashi Yamagata, President, All Japan Sushi Association (AJSA)



The taste of delicious, authentic sushi rice, evenly cooked throughout, can be enjoyed anywhere in the world, just by adding Miola. It also helps to keep the rice tasting good for longer.

Masayoshi Kazato, Executive Director,
All Japan Sushi Association (AJSA)



All Japan Sushi
Association (AJSA)



Sushi
Skills institute

JAPANESE FOOD SELECTION

For trade professionals, sourcing top quality, authentic Japanese food is made simple with this comprehensive directory of ingredients, ready-made products, soft & alcoholic beverages, food-related machinery, and other products. Conveniently arranged by category with companies listed in alphabetical order, each section introduces products from one or more manufacturers or distributors, each carefully selected on their reputation for authenticity and quality. Each entry includes details of who to contact for further information and there are references to our Japanese Food Glossary, packed with essential information on many items. The numbers by the Distribution box are linked to the numbers in the Japanese Food at Source section on the following pages.

Rice & Rice-related Products	46
Alcoholic Drinks	47
Teas & Soft Drinks	49
Condiments	51
Processed Products	58
Food-related Products	67



Ohtuka Chemical Industrial Co., Ltd.

168 Shimoosaka, Kawagoe-shi, Saitama, 350-0812 Japan Tel :+81- (0) 49-231-1260
Fax :+81- (0) 49-231-1264 Web :www.otuka-ci.co.jp/english/



白米 Hakumai (Japanica White Rice)

See p34



Wismettac Foods Premium Rice & Other Products

Wismettac Foods is an international food distributor established in 1912 in Kobe, Japan. Today it is part of the Wismettac Group, alongside Harro Foods, and is headquartered in Tokyo. It supplies premium rice and foodstuffs worldwide, all sourced from the best supply locations. It handles sales of products ranging from foodstuff materials to processed food products, such as its private brand Shirakiku.

Wismettac Foods, Inc.

Address: 3rd Fl. Onward Park Bldg. 3-10-5 Nihonbashi, Chuo-ku, Tokyo 103-0027 Japan

Contact Harro Foods Ltd.

Tel: +44-(0)20-8543-3343 **Fax:** +44-(0)20-8542-1962
E-mail: mitazu@harro.co.uk **Web:** www.harrofoods.co.uk

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

白米 Hakumai (Japanica White Rice)

See p34



Mirai Super Premium Sushi Rice

This new variety of rice has been developed by farmers and specialist technicians with the aim of creating the ideal rice for Japanese cooking. The most advanced technologies available and strict control of the supply chain have been harnessed to obtain a type of rice unique in taste and consistency that represents the future of sushi in Europe. The Mirai variety, an exclusive by Vignola, is grown in the ideal conditions present in Italy's Po valley, nestled at the foot of the Alps.

Riseria Vignola Giovanni S.p.A.

Address: Corso Dante, 24 – 15031 Balzola (AL) - Italy

Tel: +39-(0)142-804135

E-mail: risovignola@risovignola.it

Web: www.risovignola.it

Distribution Contact company directly

炊飯用酵素製剤 Suihanyo Kososeizai (Rice Enhancer)

Miola

Miola, made with naturally-occurring enzymes amylase and protease, has been developed to guarantee perfectly soft, fluffy rice every time. Miola ensures consistently delicious rice by boosting water absorption and quickening the transformation of rigid beta-starch to soft alpha-starch; it can also prevent undercooking. Rice cooked with Miola also keeps fresher for longer. Miola is available in two types: Rice Miola for white rice and Rice Miola Gold for sushi rice. Ideally, sushi rice should be light and full of air, and Rice Miola Gold is widely used by professional sushi chefs in Japan to achieve this.

Ohtsuka Chemical Industrial Co., Ltd.

Address: 168 Shimoosaka, Kawagoe-shi, Saitama 350-0812 Japan

Tel: +81-(0)49-231-1260 **Fax:** +81-(0)49-231-1264

E-mail: ohnukink@otuka-ci.co.jp **Web:** www.otuka-ci.co.jp

Distribution Europe: 11 16 19 23 35 36 41 54 64 91
Asia: 102 107 Others: 100 111 119 124 125 126 127



酒 Sake (Rice Wine)

See p34



Hakutsuru Sake

A crane logo features on all Hakutsuru (white crane) products, which are made solely in Japan. Now Japan's top sake brand, Hakutsuru was founded in 1743 in Nada, a leading sake production district. It continues to follow millennium-old brewing traditions while also adopting contemporary techniques. Hakutsuru's finest quality sake, produced at its Kobe breweries, almost invariably receive Gold Awards at the prestigious Annual Japan Sake Awards. Pictured are examples of Hakutsuru's Geographical Indication (GI) certified Nadagogo sake.

Hakutsuru Sake Brewing Co., Ltd.

Address: 4-5-5 Sumiyoshinami-machi, Higashinada-ku, Kobe-shi, Hyogo 658-0041 Japan

Tel: +81-(0)78-822-8921 **Fax:** +81-(0)78-841-8332

E-mail: exports@hakutsuru.co.jp

Web: www.hakutsuru-sake.com, www.hakutsuru.co.jp

Distribution Contact company directly

酒 Sake (Rice Wine)

See p34



Strawberry Nigori

Strawberry Nigori, made by a brewery with more than a century of experience, is an innovative sake-based liqueur that combines the mild and mellow taste of *nigori* (unfiltered) sake with the pleasant tartness and uplifting sweetness of fresh strawberries. This beautifully textured sake can be enjoyed alone as a digestif and is also delicious served over ice, shaken with soda water, or blended with milk for a Pina Colada-esque cocktail.

Homare Sake Brewery Co., Ltd.

Address: Tokiwa-cho, 2706 Matsuyamamachi Muramatsu, Kitakata-shi, Fukushima 966-0902 Japan

Tel: +81-(0)241-22-5151 **Fax:** +81-(0)241-24-4600

E-mail: hiroyuki@aizuhomare.jp

Web: www.aizuhomare.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

酒 Sake (Rice Wine)

See p34



Otokoyama Hokkaido Very Dry Sake

The very dry taste of Otokoyama has made it a long-esteemed favourite, both at home in Japan and overseas. It is made with pure and crisp snow-melt water from Mount Daisetsu in Hokkaido, where the cold climate is ideally suited to sake brewing. Its delicious dryness is characterised by subtle sourness and sharpness, with a clear hint of the natural umami of rice. Otokoyama pairs exceptionally well with sushi and *sashimi*, giving it a reputation as the ideal sake for classic Japanese cuisine.

Otokoyama Co., Ltd.

Address: 7-1-33 Nagayama 2-jo, Asahikawa-shi, Hokkaido 079-8412 Japan

Tel: +81-(0)166-48-1931 **Fax:** +81-(0)166-48-1910

E-mail: info@otokoyama.com **Web:** www.otokoyama.com/en

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

酒 Sake (Rice Wine)

See p34



Urakasumi Sake

Both soft, refreshing Junmai-shu Urakasumi and smooth, elegant Junmai Ginjo Urakasumi Zen (premium sake where the rice has been highly polished) are brewed slowly at low temperatures, using Saura's unique yeast. This careful process allows the sake to develop the elegant fragrance and soft taste that characterises the brand. Both are excellent accompaniments to fish and other dishes, their subtle, balanced flavour enhancing any meal. The Junmai Ginjo box and label are decorated with *zenga*, ink paintings inspired by *zen* philosophy. Both sake can be enjoyed either chilled, at room temperature, or slightly warmed.

Saura Co., Ltd.

Address: 2-19 Motomachi, Shiogama-shi, Miyagi 985-0052 Japan
Tel: +81-(0)22-362-4165 **Fax:** +81-(0)22-362-7895
E-mail: info@urakasumi.com **Web:** www.urakasumi.com

Distribution Europe: 12 14 20 24 91 Asia: 103 105 108
 Others: 109 117 118

酒 Sake (Rice Wine)

See p34



Shirakabegura Kimoto Junmai

Shirakabegura Kimoto Junmai is brewed using the *kimoto* method, a traditional process that creates complexity in aroma and taste. It is made with pure, natural water from Kobe's Nada district and 100% Gohyakumangoku rice. Fragrant and estery on the nose, with hints of melon, it is soft and cerealy on the palate. Medium-bodied with well-balanced acidity; serve chilled or at room temperature. This sake can be paired widely, including lightly seasoned starters and richer main courses.

Takara Shuzo Co., Ltd.

Address: Shijo-Karasuma Higashiiru, Shimogyo-ku, Kyoto 600-8688 Japan
Tel: +81-(0)75-212-5074 **Fax:** +81-(0)75-212-5098
E-mail: itoh@takara.com **Web:** www.takarashuzo.co.jp

Distribution Contact company directly

酒 Sake (Rice Wine)

See p34



Hakushika Premium Sake Selection

The Hakushika brand is synonymous with good taste, quality, and a sense of tradition. The brand's line-up of premium sake includes: Ginjo Namachozo, a fresh, flavoursome, and elegant *ginjo* sake; Honjozo Yamadanishiki, luxurious and smooth and a showcase for premium Yamadanishiki rice; Chokara, a clean and crisp sake that's refreshingly dry with a hint of umami; and Junmai Taruzake, matured in cedar barrels for a rich, complex, and mellow taste.

Tatsuma-Honke Brewing Co. Ltd.

Address: 2-10 Tateishi-cho, Nishinomiya-shi, Hyogo 662-8510 Japan
Tel: +81-(0)798-32-2725 **Fax:** +81-(0)798-32-2770
E-mail: international@hakushika.co.jp
Web: www.hakushika.co.jp/en

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ビール Beer (Japanese Beer)

See p35



Sapporo Premium Beer

Sapporo is the oldest brand of beer in Japan, founded in 1876. The legend of Sapporo beer began with the adventurous spirit of Seibe Nakagawa, Japan's first German-trained brewmaster, who combined German techniques and Japanese sensibility to create a fine, authentic lager. The original, the icon: Sapporo Premium Beer is a refreshing lager with a crisp, refined flavour and a clean finish. The perfect beer to pair with any meal and any occasion.

Sapporo Europe B.V.

Address: Van Heuven Goedhartlaan 13 D, 1181 LE, Amstelveen The Netherlands
Tel: +31-(0)20-299-2400
E-mail: satoru.morita@sapporobeer.co.jp
Web: www.sapporobeer.jp

Distribution Europe: 71

ワイン Wine (Wine)



WA Wine: Wines for Japanese Food

WA Wine is the world's first wine series designed to pair with Japanese food. WA is about creating harmony by matching Japanese flavours to wine: by introducing wine designed to match the Japanese flavours, WA Wine offers restaurants a simple solution for great wine experiences with a range selected from some of the world's best winemakers, growing the best grapes for producing wines that match Japanese menus perfectly. WA Wine offers two series of wines designed for most Japanese restaurants and sushi bars, with all great served by-the-glass.

WA Wine AB

Address: Falsterbovägen 79, 236 51 Höllviken, Sweden
Tel: +46-(0)40-899-88
E-mail: info@wawine.eu **Web:** www.wawine.eu

Distribution Europe: 54

お茶 O-cha (Japanese Tea)

See p35



Maeda-en Green Tea

Experts in the green tea industry, for the past 35 years Maeda-en have been pioneers in exporting selections of 100% authentic and traditional Japanese green teas worldwide whilst bringing new and innovative green tea products to their customers. Maeda-en's antioxidant and nutrient-rich green teas include matcha powders, loose leaf teas, and teas packed in convenient tea bags. Selections are available in both bulk and retail sizes that cater to the needs of professionals and individuals alike.

Maeda-en (G.T Japan, Inc.)

Address: 1652 Deere Ave. Irvine, CA 92606 U.S.A.
Tel: +1-949-251-9601 **Fax:** +1-949-251-9602

E-mail: info@maeda-en.com **Web:** www.maeda-en.com

Distribution Europe: 1 11 16 23 30 35 41 64 Asia: 102 106
 Others: 100 109 115 116 119 120 121 122 123 127

お茶 O-cha (Japanese Tea)

See p35



Otsuka Sencha Green Tea

Otsuka Green Tea is a family-owned tea company, established 150 years ago. The company is located in Kakegawa, Shizuoka, a prime area for green tea production in Japan. The company harvests its tea leaves from plantations blessed with soil and climate perfect for tea production. The company's award-winning products, including natural leaf tea, roasted tea, and brown rice tea, are all of the highest quality. Otsuka Green Tea offers the unmistakable flavour and aroma of deep steamed *sencha* green tea.

Otsuka Green Tea Co., Ltd.

Address: 1638 Ohno, Kakegawa-shi, Shizuoka 436-0009 Japan
Tel: +81-(0)537-27-1113 **Fax:** +81-(0)537-27-0175

E-mail: e-mail@osei.co.jp

Web: www.osei.co.jp/english/e_index.htm

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ソフトドリンク Soft Drink (Canned and Bottled Soft Drinks)

See p35



Hata Ramune Soda

Ramune is a traditional Japanese carbonated drink, distinctive for using a marble to seal the bottle. This version is produced by Hatakosen, a company established in 1946. They currently export Ramune to 45 countries and are dominant in the international market with a share of more than 70%. Hatakosen takes pride in the production of its Ramune; in addition to the classic Ramune flavour, they have developed a wide range of flavoured varieties, including strawberry and melon.

Hatakosen Co., Ltd.

Address: 1-10-20 Miyakojima Kitadori, Miyakojima-ku, Osaka 534-0014 Japan

Tel: +81-(0) 6-6921-5138 **Fax:** +81-(0)6-6925-4044

E-mail: kaigai@hata-kosen.co.jp **Web:** www.hata-kosen.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ソフトドリンク Soft Drink (Canned and Bottled Soft Drinks)

See p35



Simplee Aloe Drinks

Simplee Aloe's range of all-natural aloe vera waters is low in sugar and calories. They contain over 200 biologically active vitamins, antioxidants, and anti-inflammatory enzymes that support digestion and everyday wellbeing. Enjoy Simplee Aloe's range in three different flavours: Aloe with Pulp; Aloe without Pulp; Passion Fruit with Pulp.

Simplee Aloe (Raylex Ltd)

Address: Studio 304, Curtain House, Curtain Rd. London EC2A 3AR U.K.

Tel: +44-(0)20-8050-1625

E-mail: michael@simpleealoe.com, aloe@simpleealoe.com

Web: www.simpleealoe.com

Distribution Europe: 54

粉末飲料 Funmatsu Inryo (Powdered Drinks)



Kuki Black Sesame Latte Powder

A healthy and delicious drink powder to mix with milk or soy milk. Kuki has succeeded in making an amazingly fine black sesame powder, so it is great for both hot and cold drinks, as well as confectionery. The ingredients are very simple and all natural: just black sesame, sugar, soy beans, and salt. This product is receiving rave reviews from consumers, cafes, and restaurants around the world.

Kuki Sangyo Co., Ltd.

Address: 8-18 Nakanaya-cho, Yokkaichi-shi, Mie 510-0048 Japan

Tel: +81-(0)6-6228-7061 **Fax:** +81-(0)6-6228-8021

E-mail: kkaihatu@kuki-info.co.jp

Web: www.kukisesame.com (English),
www.kuki-info.co.jp (Japanese)

Distribution Contact company directly

醤油 Shoyu (Soy Sauce)

See pp35-36



KIKKOMAN Naturally Brewed Soy Sauces

The world's largest producer of soy sauce, KIKKOMAN has been perfecting the art of naturally brewed soy sauce since the 17th century using just soy beans, wheat, salt, and water, with no artificial flavourings, colourings, or preservatives. KIKKOMAN Soy Sauce develops its glossy colour and complex flavour during brewing, which lasts up to six months. KIKKOMAN Soy Sauce is available in regular, less-salt, tamari gluten-free, and newly-launched organic varieties, all completely natural.

Kikkoman Trading Europe GmbH

Address: Theodorstrasse 180, 40472 Düsseldorf, Germany

Tel: +49-(0)211-5375940 **Fax:** +49-(0)211-5379555

E-mail: info@kikkoman.eu **Web:** www.kikkoman.co.uk

Distribution Europe: 1 11 16 35 41 64

醤油 Shoyu (Soy Sauce)

See p35



Shoda "Double Fermented" Naturally Brewed Soy Sauce

Producing premium soy sauce for over a century, Shoda has been active in bringing its products and Japan's culinary traditions to the rest of the world. Soy sauce lies at the very heart of Japanese cuisine, and Shoda's Double Fermented Naturally Brewed Soy Sauce stands at the pinnacle of quality. Produced using specially-developed brewing techniques, this soy sauce has an elegant aroma, beautiful colour, and rich flavour. Shoda offers a selection of all types of soy sauce, available in volumes ranging from bulk sizes to small sachets.

Shoda Shoyu Co., Ltd.

Address: 3-1 Sakae-cho, Tatebayashi-shi, Gunma 374-8510 Japan

Tel: +81-(0)2-7674-8172 **Web:** www.shoda.co.jp

Contact Europe: Shoda Sauces Europe Co., Ltd.

Tel: +44-(0)1495-290393 **Email:** info@shodasauceseu.com

Web: www.shodasauceseu.com

味噌 Miso (Fermented Soy Bean Paste)

See pp36 & 42



Clearspring Organic Miso

Clearspring's Organic Miso range is authentically Japanese, slow-fermented and made by 5th generation craftsmen, expert in the art of *miso*. It is naturally aged in the traditional way and is carefully overseen to nurture a perfect fermentation process. The resulting umami-rich *miso* delivers a beautiful balance of sweet, earthy, savoury, and fruity flavours. Our versatile range is ideal whether you're looking for an instant soup or want to enhance your noodles, stews, dressings, dips or almost any savoury meal.

Clearspring Ltd.

Address: Unit 19A, Acton Park Estate, London W3 7QE U.K.
Tel: +44-(0)20-8749-1781 **Fax:** +44-(0)20-8746-2259
E-mail: info@clearspring.co.uk
Web: www.clearspring.co.uk

Distribution Europe: 5 37 49 52 53 55 58 60 70 79 86 94

味噌 Miso (Fermented Soy Bean Paste)

See p42



Marusan Liquid Miso

A perfect blend of liquid *miso* and *dashi* soup stock: simply add one tablespoon to a cup and fill with hot water for authentic *miso* soup. The flavour range includes: Agodashi Miso, made from dried flying fish and free from additives; Awase Miso, enhanced by the subtle sweetness of *hon-mirin*; Akadashi Miso, rich with the umami of Hatcho *miso*. Sweet Miso Sauce is an additive-free blend of Hatcho *miso* and Kyoto-style white *miso*, ideal as a dipping sauce for cutlets and meat dishes.

Marusan-Ai Co., Ltd.

Address: 1 Arasita, Aza, Nikki-cho, Okazaki-shi, Aichi 444-2193 Japan
Tel: +81-(0)564-27-3733 **Fax:** +81-(0)564-27-3716
E-mail: kaigai@marusanai.co.jp
Web: www.marusanai.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

味噌 Miso (Fermented Soy Bean Paste)

See pp34, 36 & 42



Hanamaruki Miso and Shio Koji

Hanamaruki Miso Paste is made from only the finest soy beans, cultivated on North American farms. Both Shiro (white) and Aka (red) Miso Pastes are versatile, allowing for traditional and creative cooking alike, and are available in either commercial and home-use types. Liquid Shio Koji is an innovative product that brings traditional *shio koji*, a blend of *koji* (cooked rice with fermentation culture), water, and salt, up-to-date in a handy liquid form. The live enzymes in this versatile seasoning work to tenderise meat or impart sweetness, umami, and a subtle saltiness.

Hanamaruki Foods Inc.

Address: 2-15-4 Nihonbashi Kayaba-cho, Chuo-ku, Tokyo 103-8205 Japan
Tel: +81-(0)3-5651-3339 **Fax:** +81-(0)3-5651-3384
E-mail: global@hanamaruki.co.jp **Web:** www.hanamaruki.co.jp

Distribution Contact company directly

味噌 Miso (Fermented Soy Bean Paste)

See pp36 & 42



Shinsyu-ichi Miso Paste & Instant Miso Soup

Itachogonomi is a long-standing brand from Shinsyu-ichi. Its Shiro and Aka Miso are easy-to-use pouch-type *miso* suitable for all kinds of *miso* dishes. Shiro Miso is ideal for dressings and sauces, while Aka Miso pairs brilliantly with meat. Freeze Dried Instant Miso Soup 7.5G (Authentic/MSG-free Vegetarian) is a freeze-dried block-type *miso* soup in two flavours that makes quick yet authentic *miso* soup possible for anyone – just add hot water.

Shinsyu-ichi Miso Co., Ltd.

Address: 3-15-8 Maesawa, Higashikurume-shi, Tokyo 203-0032 Japan
Tel: +81-(0)42-474-3373 **Fax:** +81-(0)42-474-3339
E-mail: kenichiro.oyama@shinsyuichi.co.jp
Web: www.shinsyuichi.jp/english

Distribution Europe: 4 19 25 33 38 54

味噌 Miso (Fermented Soy Bean Paste)

See pp35 & 42



Marukome Liquid Miso & Koji-Amazake

Marukome is an expert in crafting delicious and nutritious products from all-natural ingredients and giving traditional foods a twist to make them better suited to the modern kitchen. Liquid Miso Ryotei no Aji is a liquid *miso* paste that's perfect for making *miso* soup or adding to sauces. Koji-Amazake is a fermented rice drink that's rich in amino acids and naturally sweet yet free from added sugar.

Marukome Co., Ltd.

Address: 1-34-7 Takadanobaba, Shinjuku-ku, Tokyo 169-8580 Japan
Tel: +81-(0)3-5285-0111 **Fax:** +81-(0)3-5285-3208
E-mail: info_international@marukome.co.jp
Web: www.marukome.co.jp

Distribution Contact company directly

だし Dashi (Japanese Soup Stock)

See pp36 & 39



MSG-free Soup Stock Powders and Seaweed Mix

Marutomo offers three types of soup stock powder: Ago (flying fish), Katsuo (bonito), Yasai (vegetable). None of these three soup stock powders contain any salt or MSG. The extraordinarily fine powder gives soups a much bolder taste and aroma. Kaiso Salad (seaweed mix) is made with a variety of colourful seaweeds, which contain abundant minerals and are known as a low-calorie food. This versatile product can be used in a wide range of dishes.

Marutomo Co., Ltd.

Address: 3-2-4 Iwamotocho Bldg, 9th fl., Iwamoto-cho Chiyoda-ku, Tokyo 101-0032 Japan
Tel: +81-(0)3-5825-2919 **Fax:** +81-(0)3-5835-2937
E-mail: katou_shunji@hn.marutomo.co.jp
Web: www.marutomo.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ラーメンスープ Ramen Soup (Ramen Soup)



Ramen Soup & Kombu Ekitaidashi S

These *ramen* soups are doubly delicious thanks to the blend of two types of soup stock in each variety: vegetable and seafood, the latter made from such ingredients as *katsuo-bushi* (bonito flakes), *saba-bushi* (mackerel flakes), and *niboshi* (small dried fish). Add hot water for authentic *ramen* soup in an instant. Kombu Ekitaidashi S is a super-concentrated and additive-free stock made from Hokkaido-sourced *kombu* (kelp). Simply dilute for rich and flavourful stock, with none of the fuss or mess of making it from scratch.

Maruhachi Muramatsu, Inc.

Address: 1001-1 Shimoedome, Yaizu-shi, Shizuoka 421-0218 Japan
Tel: +81-(0)54-622-7200 **Fax:** +81-(0)54-622-8239
E-mail: fish@08m.co.jp **Web:** www.08m.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ラーメンスープ Ramen Soup (Ramen Soup)



Somi Kitano Miso G Ramen Soup

Kitano Miso G is a concentrated soup flavour for creating flavourful *miso ramen* soup. It is made with carefully selected ingredients, including *miso* and vegetables, to create an authentically rich and deep flavour. No MSG is added and no animal products are used. Kitano Miso G is made in Kyoto by Somi Foods, a trusted supplier to thousands of renowned restaurants across Japan, boasting more than 65 years of experience in providing high quality soups and seasonings to the food service industry.

Somi Foods Inc.

Address: 2460 Lemoine Ave. #407, Fort Lee, NJ 07024 U.S.A.
Tel: +1-201-944-3212 **Fax:** +1-310-755-2568
E-mail: aizawa@somifoods.com
Web: www.somifoods.com

Distribution Europe: 54

ソース Sauce (Japanese Sauces)

See p36



Otafuku Okonomi Sauce

Otafuku is most famous for its Okonomi Sauce, designed for the popular Japanese dish *okonomiyaki*, a kind of pancake made with many combinations of meat and vegetables. The sauce is a blend of around 20 different spices, combined with a wealth of fruits and vegetables. This is a mellow sauce, characterised by a sweet and rich flavour, crafted from carefully sourced dates. Otafuku offers Okonomi Sauce, Yakisoba Sauce, Tonkatsu Sauce, and Sushi Sauce for commercial use.

Otafuku Sauce Co., Ltd.

Address: 7-4-27 Shoko Center, Nishi-ku, Hiroshima-shi, Hiroshima 733-8670 Japan
Tel: +81-(0)82-277-7168 **Fax:** +81-(0)82-277-2468
E-mail: mkurushima@otafuku.co.jp
Web: www.otafukusauce.com/e

Distribution Contact company directly

たれ Tare (Dipping/Marinade Sauces)

See pp36-37



KIKKOMAN Teriyaki Sauces, Ponzu and Poke Sauce

KIKKOMAN is synonymous with superlative soy sauce but the brand also offers an exciting range of versatile condiments and sauces at home in any kitchen. Teriyaki Marinade gives an authentically rich, aromatic flavour, while three flavours of Teriyaki Sauce bring oomph to grills or stir-fries. The Ponzu range (Lemon, Orange and Chili) combines soy sauce with citrus and vinegar for a fantastically adaptable condiment. Poke Sauce, with its sesame oil, lemon, and hint of spice, doesn't just make the perfect poke bowl – it's a versatile table sauce, too.

Kikkoman Trading Europe GmbH

Address: Theodorstrasse 180, 40472 Düsseldorf, Germany
Tel: +49-(0)211-5375940 **Fax:** +49-(0)211-5379555
E-mail: info@kikkoman.eu **Web:** www.kikkoman.co.uk

Distribution Europe: 1 11 16 35 41 64

マヨネーズ Mayonnaise (Japanese Mayonnaise)

See pp36-37



KENKO Mayonnaise

KENKO Mayonnaise is a leading food manufacturer supplying commercial clients with salad dressings and sauces. KENKO Restaurant Mayonnaise is made with 17% egg yolk content, giving it richness, and grain vinegar, for a less sour taste. Perfect for spicy dishes, Garlic Soy Sauce uses fried garlic and chilli oil for appetising aroma and taste. Cooking Sauce Sweet Miso is a versatile blend of Saikyo and Hatcho *miso*. Triple Balance Non Oil Onion is a healthy dressing, free from oil or sugar, with a rich and satisfying texture from onion.

KENKO Mayonnaise Co., Ltd.

Address: 2nd Fl. Nakano Central Park East Bldg. 4-10-1 Nakano, Nakano-ku, Tokyo 164-0001 Japan
Tel: +81-(0)3-5318-7537 **Fax:** +81-(0)3-3386-7092
E-mail: namiki@kenkomayo.co.jp
Web: www.kenkomayo.co.jp/en

Distribution Contact company directly

ドレッシング Dressing (Japanese Salad Dressings)

See p37



Shibanima Gluten Free Sesame Dressing 1L

Shibanima Soy Sauce has been making sauce in wooden barrels since 1688. Today, it is focusing on exports through taste customisation, quality maintenance, and labeling compliance. Gluten Free Sesame Dressing is made without wheat and is free from MSG and animal products, making it the perfect choice for health-conscious consumers. Warm, nutty, and fragrant, this dressing will complement any salad, and also works well as a dipping sauce for *shabu shabu* meat hotpot.

Shibanima Soy Sauce International Co., Ltd.

Address: M-203, 783-12 Enokido, Tsukuba-shi, Ibaraki 305-0853 Japan
Tel: +81-(0)29-839-9736 **Fax:** +81-(0)29-839-5252
E-mail: j-shiotani@shibanuma-inter.com
Web: www.shibanuma.com/en/

Distribution Contact company directly

ドレッシング Dressing (Japanese Salad Dressings)

See p35 & 37

Carrot Dressing with "Koji"

Yamato Soysauce & Miso produces essential Japanese dressings perfect for any kitchen. *Koji*, or rice malt, is a key ingredient for *miso*. This Carrot Dressing is also made from *koji*, together with carrot that has been snow-stored for over two months. Both ingredients add natural sweetness, and the dressing is rich in active enzymes from the *koji*. Other products include He-She-Ho Raw Soy Sauce, not heated for a distinct flavour, and Yuzu Ponzu with *koji* to add richer taste. A new retail line of 180ml bottles is now available.

Yamato Soysauce & Miso Co., Ltd.

Address: 4-E-170 Oonomachi, Kanazawa-shi, Ishikawa 920-0331 Japan

Tel: +81-(0)76-268-1248 **Fax:** +81-(0)76-268-1242

E-mail: info@yamato-soysauce-miso.co.jp

Web: www.yamato-soysauce-miso.com

Distribution Europe: 13 60 Asia: 101 Others: 114



ごま製品 Goma Seihin (Sesame Products)

See p37

Kuki Sesame Products

Kuki offers many kinds of high quality and versatile sesame products including sesame oil, sesame paste, and roasted sesame. Kuki has been making its line-up of richly aromatic products since 1886, by traditional methods without using chemicals or additives, and continues to explore the possibilities of sesame. Kuki maintains a high standard of food safety, as demonstrated by its achievement of ISO22000, FSSC22200, Halal, and Kosher certification.

Kuki Sangyo Co., Ltd.

Address: 8-18 Nakanaya-cho, Yokkaichi-shi, Mie 510-0048 Japan

Tel: +81-(0)6-6228-7061 **Fax:** +81-(0)6-6228-8021

E-mail: kkaihatu@kuki-info.co.jp

Web: www.kukisesame.com (English),
www.kuki-info.co.jp (Japanese)

Distribution Contact company directly



わさび Wasabi (Japanese Horseradish)

See p37

Marui Premium Wasabi Products

Marui is celebrating its 73rd anniversary this year. The company manufactures authentic *wasabi* products using Japanese fresh *wasabi* and offers a line-up of various grades, from high grade to attractively priced. Marui has also started manufacturing products made from grated *yuzu*, which is a traditional citrus fruit of Japan. Elsewhere, Marui has started production of powdered *wasabi* in Vietnam, creating a low-priced product made with Japanese technology.

Marui Co., Ltd.

Address: 4932 Toyoshina, Azumino-shi, Nagano 399-8205 Japan

Tel: +81-(0)263-72-2562 **Fax:** +81-(0)263-72-1569

E-mail: marui-web@wasabi.co.jp **Web:** www.wasabi.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126



わさび Wasabi (Japanese Horseradish)

See p37

S&B Tube Wasabi & Spices

Tube *wasabi* is now an international household item thanks to S&B Foods, who launched it in 1972. Previously *wasabi* was grated or made up from powder, but fresh *wasabi* was expensive and powder inconvenient. S&B's idea of *wasabi* in a tube transformed it into a readily available and convenient condiment, and these tube condiments quickly became indispensable to home cooking. In addition to its Great Taste Award winning *wasabi*, S&B's tube condiment range includes Japanese spice pastes, notably its two Great Taste Award winners: richly aromatic Japanese-style chili and fresh and spicy citrus.

S&B Foods Inc.

Address: 1-3-2 Hatchobori, Chuo-ku, Tokyo 104-0032 Japan

Tel: +81-(0)3-6810-3364 **Fax:** +81-(0)3-3537-2150

E-mail: toshiaki_ukawa@sbfoods.co.jp

Web: www.sbfoods-worldwide.com

Distribution Contact company directly



ゆず Yuzu (Japanese Citron)

See p40

Kaneku Frozen Japanese Yuzu Peel

Kaneku Frozen Japanese Yuzu Peel is made with the peel of *yuzu* grown in the Shikoku and Kyushu regions of Japan. This finest quality peel is then chopped and frozen while still fresh. The product is not subject to any heat treatment and contains no colourings or additives. As a result, the consumer can enjoy the vivid scent and distinct taste of this all-natural, quintessentially Japanese fruit. Kaneku also sells high-quality *wasabi* products wholesale in Japan and overseas.

Kaneku Co., Ltd.

Address: 3-866 Hinatawada, Ome-shi, Tokyo 198-0046 Japan

Tel: +81-(0)428-22-2141 **Fax:** +81-(0)428-24-4166

E-mail: 0812kato@kaneku-wasabi.co.jp

Web: www.kaneku-wasabi.co.jp

Distribution Contact company directly



ゆず Yuzu (Japanese Citron)

See p40

Yuzu Juice (All natural)

Made with 100% *yuzu* fruit juice, this all-natural, small-batch juice product has been carefully crafted to showcase the distinct taste and aroma of *yuzu* without any bitterness. Simply open a bottle to enjoy the rich and refreshing scent of ripe, hand-pressed *yuzu* fruit. This juice works well as a mixer for a range of alcohol, including *shochu*, and can also be used as a versatile condiment: try in vinegared dishes, salads, carpaccio, marinades, dressings, and more.

Yuzuya Honten Co., Ltd.

Address: 1189 Chinto, Hagi-shi, Yamaguchi 758-0011 Japan

Tel: +81-(0)838-25-7511

Fax: +81-(0)838-25-6311

E-mail: h.tanaka@e-yuzuya.com

Web: www.e-yuzuya.jp/en

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126



納豆 **Natto** (Fermented Soy Beans)

See p38



Asaichiban Natto Products

Even among Japan's rich line-up of traditional fermented foods, *natto* stands out as a superfood, boasting outstanding nutritional content and functionality. Asaichiban's *natto* are made true to tradition to highlight the natural taste of soy beans. Best-selling Ibaraki Meisan Kotsubu Natto uses the smallest soy beans for a delicate texture. Organic Natto is made with organically grown soy beans, perfect for health and environmentally-conscious customers.

Asaichiban Co., Ltd.

Address: 1-265 Oyamada, Tsuchiura-shi, Ibaraki 300-0846 Japan
Tel: +81-(0)29-841-0211 **Fax:** +81-(0)29-841-0435
E-mail: natto@asaichiban.com **Web:** www.asaichiban.com

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

豆腐 **Tofu** (Soy Bean Curd)

See p38



Clearspring Organic Tofu

Clearspring Organic Japanese Silken & Smooth Tofu is a premium quality, ambient, long-life *tofu*, made using just three ingredients: whole soya beans, spring water from Mount Fuji, and *nigari*. It can be used to create an array of mouth-watering dishes, or simply enjoyed straight from the carton. High in protein, low fat, and gluten-free, it is the perfect vegan ingredient. This unique *tofu*'s delicate taste and smooth texture have helped it to soar in popularity. It's available to buy at health stores across Europe and at major U.K. retailers including M&S, Waitrose, Whole Foods Market, and Ocado.

Clearspring Ltd.

Address: Unit 19A, Acton Park Estate, London W3 7QE U.K.
Tel: +44-(0)20-8749-1781 **Fax:** +44-(0)20-8746-2259
E-mail: info@clearspring.co.uk **Web:** www.clearspring.co.uk

Distribution Europe: 5 37 49 52 53 55 58 60 70 79 86 94

豆腐製品 **Tofu Seihin** (Tofu Products)

See p38



Ahjikan Frozen Deep-Fried Tofu Squares

Frozen Deep-Fried Silken Tofu Squares are dainty cubes of *atsuage* (thick-fried *tofu*) with a silky-smooth texture. These cubes are super-convenient, since they require no oil drainage, and such high quality it's hard to believe they are a frozen product. As processed food specialists, Ahjikan also offers an exciting range of processed vegetable products, made with fresh ingredients and simple to prepare for an authentic taste.

Ahjikan Co., Ltd.

Address: 7-3-9 Shoko Center, Nishi-ku, Hiroshima-shi, Hiroshima 733-8677 Japan
Tel: +81-(0)82-277-4539 **Fax:** +81-(0)82-277-7310
E-mail: ahjikan-miyake@hotmail.co.jp **Web:** www.ahjikan.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

豆腐製品 **Tofu Seihin** (Tofu Products)

See p38



Inarizushi Pocket

Inarizushi is a traditional Japanese dish, made by stuffing vinegared rice into pockets of fried bean curd (*tofu*) that has been seasoned and fried. These Inarizushi Pockets are made by Misuzu Corporation, an expert producer of soy bean-based foods, most notably *koya* bean curd (freeze-dried *tofu*) and seasoned fried bean curd. These sweet and salty pockets, ready to be opened and filled with freshly prepared rice, come in two packet sizes: 40 pockets for commercial customers, 16 pockets for retail.

Misuzu Corporation Co., Ltd.

Address: 1606 Wakasato, Nagano-shi, Nagano 380-0928 Japan
Tel: +81-(0)26-226-1671 **Fax:** +81-(0)26-226-7611
E-mail: info@misuzu-co.co.jp
Web: www.misuzu-co.com/en/corp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

豆腐製品 **Tofu Seihin** (Tofu Products)

See p38



Seasoned Bean Curd - Authentic Inari Pocket

OK Food Industry is a pioneer of seasoned fried bean curd products for professional use and boasts the top share in Japan. OK Food respects the traditional manufacturing process in order to give its products an extra juiciness, and was the first in Japan to industrialise the traditional "form-in-mould" method of fried bean curd production. Simply stuff these easy-to-use for everyone Inari Pockets with sushi rice and serve.

OK Food Industry Co., Ltd.

Address: 1080-1 Ota, Asakura-shi, Fukuoka 838-0053 Japan
Tel: +81-(0)946-22-6041 **Fax:** +81-(0)946-22-1616
E-mail: h.noyori@ok-food.co.jp
Web: www.ok-food.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

海苔 **Nori** (Dried Seaweed Sheets)

See p39



Seaweed Snacks (Gim & Gim Snacks)

Gim & Gim Snacks are roasted snacks made with "gim" (Korean for seaweed), meaning they are rich in minerals, vitamins, protein, and dietary fibre. They are the perfect choice for the health-conscious consumer seeking out well-balanced and delicious snacking options. Crunchy nuts, roasted brown rice, and sesame are sandwiched between thin slices of the finest quality Korean seaweed sheets to create low-calorie, high taste super snacks. The entire line is produced under a strict food management system for superior quality control.

Sewha Seafood Co., Ltd.

Address: 31 Hoecheon-ro, 26 Beon-gil, Geumjung-gu, Busan 46260 Korea
Tel: +82-(0)51-527-3871 **Fax:** +82-(0)51-527-3874
E-mail: bsabob@sevhaseafood.com **Web:** www.sevhaseafood.com

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

ふりかけ **Furikake** (Toppings for Rice)

See p42

**Mishima Furikake Japanese Multipurpose Seasonings**

Furikake is a multipurpose seasoning made with seaweed, sesame seeds, and dried fish. It was created in the early 20th century to help combat malnutrition and was originally used as a rice topping. Today, *furikake* has spread worldwide, where it is used as a unique and versatile seasoning for pizza, French fries, hot dogs, and more. Mishima Foods offers a range of *furikake*, including its signature Yukari Red Shiso Leaf Rice Seasoning, and works to develop new products showcasing superlative ingredients.

Mishima Foods Co., Ltd.

Address: 4-10-25 Hamadayama, Sugunami-ku, Tokyo 168-0065 Japan

Tel: +81-(0)3-3317-1229 **Fax:** +81-(0)3-3313-1201

E-mail: kimoto@mishima.co.jp **Web:** www.mishima.co.jp

Distribution: Contact company directly

生鮮・冷凍魚 **Seisen-Reito Gyo** (Fresh & Frozen Fish)**Hamachi (Yellowtail)**

Hamachi (yellowtail) from True World Foods is produced in Kagoshima, an ideal environment for *hamachi* aquaculture. Farming is conducted according to strict hygiene and quality guidelines with the commitment and passion of the entire *hamachi* farm team. This ensures that the fish have a consistently great texture and allows the fish to be shipped in super-fresh condition. True World Foods *hamachi* is the first farmed fish brand to be awarded HACCP certification and is enjoying increasing attention from global markets.

True World Foods (UK) Ltd

Address: 10b, Beaver Industrial Estate, London UB2 5FB U.K.

Tel: +44-(0)20-8838-2603

E-mail: info@trueworldfoods.co.uk

Web: www.trueworldfoods.co.uk

Distribution: Contact company directly

乾麺 **Kanmen** (Japanese Dry Noodles)

See pp41-42

**miwabi dry noodles**

The original brand miwabi is produced by Nippon Access, a food wholesaler active in Japanese and international markets. The miwabi brand aims to bring Japan's superlative culinary culture within everyday reach and to connect it to the next generation. Made with carefully selected ingredients, including Japan-grown wheat, miwabi dry noodles are produced by traditional techniques, and come packaged in zip-lock bags for long-lasting freshness. The range includes *matcha*-flavoured *udon* and *somen* in a number of styles and made from various ingredients.

Nippon Access, Inc

Address: 1-1-1 Nishi-Shinagawa, Shinagawa-ku, Tokyo 141-0033 Japan

Tel: +81-(0)3-5435-5869 **Fax:** +81-(0)3-5435-5795

E-mail: a-harada@nippon-access.co.jp

Web: www.nippon-access.co.jp

Distribution: Contact company directly

冷凍麺 **Reitomen** (Frozen Noodles)

See p41

**Frozen Noodles and Healthy Functional Cooked Rice**

Japanese Style Frozen Noodles are an ideal catering solution: hand-made, nutritious, healthy, and low-calorie noodles are pre-cooked then frozen, meaning they can be ready in less than one minute of cooking. Healthy Functional Cooked Rice is naturally delicious, low in sodium, and contains no preservatives. It offers all the goodness of freshly cooked rice in just 90 seconds. Strict quality management and state-of-the-art technologies are deployed to ensure consistently great taste.

Huaciang Industry Co., Ltd.

Address: 7F, No.21 Jian Guo North Rd. Section 1, Taipei 10491 Taiwan

Tel: +886-(0)2-6619-3012 **Fax:** +886-(0)2-2535-1443

E-mail: nitexport@namchow.com.tw **Web:** www.namchow.com.tw

Distribution: Europe: 31 54 Asia: 103 104 107 Others: 113 126

冷凍麺 **Reitomen** (Frozen Noodles)

See p41

**Frozen Udon (Sanuki Style)**

TableMark is Japan's leading producer of frozen *udon* noodles, and they take particular pride in their Sanuki style frozen udon: these national-favourite noodles are characterised by their pleasantly chewy and firm texture, recreated perfectly by TableMark using carefully selected ingredients and a unique production process. As an expert in wheat and rice-based products, TableMark continues to craft outstanding processed foods using its own specially developed technology. The current range includes frozen noodles, frozen cakes, and instant rice packs.

TableMark Co., Ltd.

Address: 6-4-10 Tsukiji, Chuo-ku, Tokyo 104-0045 Japan

Tel: +81-(0)3-3546-1245 **Fax:** +81-(0)3-3546-1203

E-mail: TBM_contact_exp@tablemark.co.jp

Web: www.tablemark.co.jp

Distribution: Europe: 31 54 Asia: 103 104 107 Others: 113 126

即席カップ麺 **Sokuseki Kappumen** (Instant Cup Noodles)

See p42

**OYAKATA Instant Soups and Dishes with Noodles**

OYAKATA is the essence of flavour hidden in instant noodles and soups, prepared according to traditional recipes. The products allow you to discover the original flavours of Japanese cuisine. The range includes noodles dishes in cups (Japanese Classic, Japanese Teriyaki Chicken, Japanese Beef, and Japanese Curry) and soups in either packets or cups: Miso, Chicken, Soy Sauce, and Pork (cup only).

Ajinomoto Poland Sp. z o.o.

Address: Klimczaka 1, 02-797 Warszawa, Poland

Tel: +48-22-460-00-70 **Fax:** +48-22-460-00-71

E-mail: biuro@ajinomoto.com.pl **Web:** www.ajinomoto.com.pl

Distribution: Europe: 2 3 6 7 11 16 18 21 22 23 25 26 27 28 29 38 42 54 88

即食麺 Sokushoku Men (Ready-to-eat Noodles)



Thai Delight Noodle Box

The delicious taste of authentic pan-Asian cuisine is instantly accessible with this exciting range of delightful noodles dishes, perfect for work, school, or as a quick meal on the go. Each noodle box is ready in just 2 minutes in the microwave and can be enjoyed straight from the box – no need to decant. The 10-strong range of flavours includes Hokkien Noodles with Sesame Teriyaki Sauce and Hokkien Noodles with Honey Soy Ginger Sauce.

NR Instant Produce Co., Ltd.

Address: 99/1 Moo 4 Kaerai, Kratumbaen, Samutsakorn 74110 Thailand

Tel: +66-(0)34-849-576-80 **Fax:** +66-(0)34-849-586

E-mail: export@nrinstantproduce.net

Web: www.nrinstant.net

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

カレールー Curry Roux (Japanese Curry Sauce Mix)

See p42



House Foods Japanese Curry Sauce Mix

Japanese-style curry has been transformed dramatically from its Indian roots. Japanese curry usually contains meat and vegetables, and has a thick, gravy-like consistency. House Foods recommend curry to everyone as a nutritious and well-balanced meal that pairs well with any staple food. House Foods is one of the leading manufacturers of curry sauce mix in Japan, offering products that are easy to use in cooking; packages for both home use and commercial use are available.

House Foods Group Inc.

Address: 6-3 Kiou-cho, Chiyoda-ku, Tokyo 102-8560 Japan

Tel: +81-(0)3-5211-6032 **Fax:** +81-(0)3-5211-6042

E-mail: k-oike@housefoods.co.jp **Web:** housefoods-group.com/en/

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

カレールー Curry Roux (Japanese Curry Sauce Mix)

See p42



S&B Golden Curry Sauce Mix & Curry Powder

S&B has been pivotal in making curry a Japanese family favourite, having popularised the dish through the launch of its Golden Curry Sauce Mix. Proudly made in Japan, this carefully blended, richly aromatic curry roux has a transformative effect on dishes. The product comes in three heat grades: Mild, Medium Hot, and Hot and is available in 92g and 220g packs (two pack designs available). S&B Oriental Curry Powder is the brand's signature blend in a powder form, ideal for use as seasoning or flavouring as well as to make curry.

S&B Foods Inc.

Address: 1-3-2 Hatchobori, Chuo-ku, Tokyo 104-0032 Japan

Tel: +81-(0)3-6810-3364 **Fax:** +81-(0)3-3537-2150

E-mail: toshiaki_ukawa@sbfoods.co.jp

Web: www.sbfoods-worldwide.com

Distribution Contact company directly

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Frozen Kabocha Pumpkin Croquettes

Aji no Chinuya is a specialist producer of high-quality frozen foods based in Kagawa Prefecture and currently holds the leading share in the domestic catering trade market for frozen potato croquettes. These Frozen Kabocha Pumpkin Croquettes showcase the natural sweetness of kabocha pumpkin and have a temptingly moist and melt-in-the-mouth texture. Simply fry from frozen in oil heated to 175°C for 4 to 4 and a half minutes for a perfectly crisp, wonderfully crunchy, authentically Japanese croquette.

Aji no Chinuya Co., Ltd.

Address: 703 Toyonaka-cho Motoyama Otsu, Mitoyo-shi, Kagawa 769-1505 Japan

Tel: +81-(0)3-5664-3591 **Fax:** +81-(0)3-5664-3592

E-mail: k_ashikaga@chinuya.com **Web:** www.chinuya.com

Distribution Contact company directly

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Azuma Foods Vegan Protein Substitute Range

The Azuma Foods Vegan Protein Substitute range is very versatile: use in salads, poke, or dessert. All products come frozen and are easy to serve: defrost to eat or simply microwave. Gluten Free Age Tofu (Fried Tofu) and Purple Sweet Potato Tempura are perfect for salads, poke and starters, and can be transformed into dessert by adding a little ice-cream. Both products are true delicacies, firm on the outside and soft inside. This range is unique, delicious, and healthy for everyone.

Azuma Foods UK Ltd.

Address: 605 Dephna House, 2 Portal Way, London W3 6RT U.K.

Tel: +44-(0)20-8896-7511 **Fax:** +44-(0)20-8896-7512

E-mail: ichiro.s@azumafoods.com, ryuichi.k@azumafoods.com

Web: www.azumafoods.com

Distribution Europe: 54

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Frozen Ready to Cook Japanese Products

PESCA RICH offers a wide range of Frozen Ready to Cook Japanese Products with the wow factor, including: *ebi gyoza*, *ebi shumai*, sweet potato croquette, curry croquette, *ebi katsu*, *chimaki*, *yakitori*, *tsukune*, *takoyaki*, *okonomiyaki*, *ebi tempura*, *aji fry*, *kakiage*, and *satsuma-age*. These products originate in Japan but have a touch of European influence. Convenient and simple, they make for tasty everyday side dishes. Going forwards, clean eating recipes, gluten free, and sustainability will be the keywords for their new products.

PESCA RICH Europe Ltd

Address: Unit 5, 18 Mereway Rd. Twickenham, Middlesex

TW2 6RG U.K.

Tel: +44-(0)20-8893-8673 **Fax:** +44-(0)20-8893-9191

E-mail: info@pesca-rich.co.uk **Web:** www.pesca-rich.co.uk

Distribution Contact company directly

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Ajinomoto Gyoza

With a 100-year heritage of quality and innovation, Ajinomoto Frozen Foods is bringing delicious and authentic Japanese dishes to the U.K. foodservice market. As the no.1 gyoza brand in Japan, Ajinomoto offers five savoury flavours (including Chicken and Vegetable, Pork, Duck, 5 Vegetable with Spinach Pastry, Prawn) along with one sweet flavour, Apple, to add to dessert menus. The range allows operators to bring truly genuine Japanese flavours and variety to their menus.

Ajinomoto Foods Europe

Address: Unit 39, 1st Fl., Tileyard Studios, Tileyard Rd. London N7 9AH U.K.

Tel: +44-(0)20-7607-9118

E-mail: info@ajinomoto.co.uk

Web: pro.ajinomoto.co.uk

Distribution Contact company directly

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Osaka Ohsho Bounty of the Earth Fried Dumpling

Established in Osaka in 1969, the name Osaka Ohsho is now synonymous with gyoza (dumplings). These mouthwatering gyoza recreate the iconic Osaka Ohsho taste without any animal products. The combination of Japanese cabbage, garlic, and ginger, together with soy bean mince, makes for an authentically satisfying flavour and bite. Simply grill, boil, or fry in oil from frozen.

EAT & CO., Ltd.

Address: Shinagawa Seaside East Tower 15th Fl. 4-12-8 Higashi-Shinagawa, Shinagawa-ku, Tokyo 140-0005 Japan

Tel: +81-(0)3-5769-5050 Fax: +81-(0)3-5769-5051

E-mail: shinozuka-tomohiro@eat-and.jp

Web: www.eat-and.jp

Distribution Contact company directly

冷凍惣菜 Reito Sozai (Frozen Ready Meals)

See p42



Shirakiku Vegetarian Meat Gyoza

Shirakiku Vegetarian Meat Gyoza are succulent and delicious gyoza dumplings, produced in a gluten- and meat-free factory in the rice production heartland of Akita. They are stuffed generously with rice, the soul of Japanese culinary culture, soy beans, and other healthy ingredients instead of meat. These gyoza are delicious pan-fried, deep-fried for extra crispiness or boiled for a soft and chewy texture.

Wismettac Foods, Inc.

Address: 3rd Fl. Onward Park Bldg. 3-10-5 Nihonbashi, Chuo-ku, Tokyo 103-0027 Japan

Contact Harro Foods Ltd.

Tel: +44-(0)20-8543-3343 Fax: +44-(0)20-8542-1962

E-mail: mitazu@harro.co.uk Web: www.harrofoods.co.uk

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

玉子焼き Tamagoyaki (Egg Omelette)

See p43



Chakin Egg Sheet Roll

The Chakin Egg Sheet Roll is a pre-rolled sheet of very thin egg omelette, less than a millimetre thick, with a bright and even yellow colour. The easy-to-use sheet contains no artificial colours, flavours, or preservatives, and is produced from 100% British Lion eggs in a BRC Grade A accredited factory in the U.K. The roll is ideal for new and traditional types of sushi—and perfect for *maki* rolls—as well as many other dishes. A great product for vegetarians, health-conscious eaters, and all sushi lovers.

PESCA RICH Europe Ltd

Address: Unit 5, 18 Mereway Rd. Twickenham, Middlesex TW2 6RG U.K.

Tel: +44-(0)20-8893-8673 Fax: +44-(0)20-8893-9191

E-mail: info@pescarich.co.uk

Web: www.pescarich.co.uk

Distribution Contact company directly

天ぷら粉 Tempurako (Tempura Flour)

See p43



Welna Tempura Batter Mix

These superlative *tempura* batter mixes guarantee consistently crisp and deliciously crunchy coatings every time, without greasiness or residual stickiness. "AGEJOZU" by Nisshin Foods is prepared using a unique method that makes for a professional standard, highly versatile mix. "A-type" by Medallion Foods ensures an attractively coloured, just-right crispy coating that lets the flavour of the ingredients shine through.

Medallion Foods, Inc.

Tel: +1-253-846-2600 E-mail: hamada@medallionpasta.com

Web: medallionfoodsintempura.com

Nisshin Foods Inc.

Address: 1-25 Kandanishiki-cho, Chiyoda-ku, Tokyo 101-8441 Japan

Tel: +81-(0)3-5282-6264 E-mail: hatada.hidegori@nisshin.com

Web: www.nisshin.com/english

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

パン粉 Panko (Breadcrumbs)

See pp39 & 43



Gluten-free Breadcrumbs & Seaweed Salad

Jinhyun's range of *panko*-style Gluten Free Breadcrumbs is made with rice and corn, with little else added to ensure a deliciously healthy crunch. The breadcrumbs are ideal for oven cooking, frying, and topping, while a selection of decorative breadcrumb shapes is also available. The range includes more than five shapes and various sizes, allowing you to tailor your choice. Seaweed Salad is a shelf-ready product, sealed to retain a fresh and delicious taste and available in two flavours: sesame oil-rich Original and spicy Jalapeno.

Jinhyun Co., Ltd.

Address: 109 Angog-ro, Gimhae, Gyeongnam 50845 Korea

Tel: +82-(0)55-331-7140 Fax: +82-(0)55-723-3171

E-mail: withgh@gmail.com Web: www.fresiveed.com

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

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Tokyo Show Space: SHINJUKU PARK TOWER OZONE 4F, Nishi-shinjuku 3-7-1 Shinjuku-ku Tokyo Japan

www.yamashita-kogei.com

www.facebook.com/JapaneseNaturalProducts www.instagram.com/yamashitakogei

Our latest catalog can be downloaded from the website.

フルーツソース Fruit Sauce (Fruit Sauce)



Frozen Strawberry Sauce

The production process for this fantastic fruit sauce has been awarded a national patent in China. It is distinct for making full use of fresh fruit, using more than 80% of pulp content. The resulting sauce contains large particles of real, juicy fruit but no pigments or preservatives. By avoiding, to a greater extent than most, heating the fruit, this patented process better preserves the naturally delicious taste and nutrients of the original fruit.

Kaiyuan Transcend Food Co., Ltd.

Address: No.9 The Middle of Wujin Rd. Kaiyuan Economic Development District, Kaiyuan, Tieling, Liaoning 112300 China

Tel: +86-(0)24-62571173

E-mail: intr2013@163.com

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

和菓子 Wagashi (Traditional Japanese Sweets)

See p43



Soy Milk Cream Daifuku

Daifuku cakes, made from glutinous *mochi* rice and various sweet fillings, are one of the most popular of Japan's traditional confections. Minato Seika has developed the Soy Bean Cream Daifuku, a new style that marries this Japanese tradition with Western flavours for a delightfully mellow treat. Soft *mochi* cake is wrapped around various flavours of bean paste—including *matcha*, coffee, strawberry, and sesame—and rounded off with a deliciously soft centre of soy bean cream.

Minato Seika Co., Ltd.

Address: 3-4609-9 Rinko-cho, Higashi-ku, Niigata-shi, Niigata 950-0041 Japan

Tel: +81-(0)25-270-3710 **Fax:** +81-(0)25-270-3720

E-mail: y-takahashi@niigata-minato.co.jp

Web: www.niigata-minato.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

和風食器 Wafu Shokki (Japanese Tableware)



Yamashita Kogei Tableware

Yamashita Kogei is based on the southern Japanese island of Kyushu, and is renowned for the quality of its ceramics, bambooware, glassware, lacquerware, and paper and wood products. It has been providing the finest quality tableware to the catering trade, including many leading Japanese restaurants, for over 30 years. Products are made entirely of natural materials and are ideally suited to the delicacy of Japanese cuisine, creating an authentic and traditional Japanese setting for any meal. The new catalogue can be downloaded from the website.

Yamashita Kogei Inc.

Address: 13-43 Shonin Naka-machi, Beppu-shi, Oita 874-0034 Japan
Tel: +81-(0)977-66-4383 **Fax:** +81-(0)977-66-4385

E-mail: kojiro@yamashita-kogei.com

Web: www.yamashita-kogei.com

Distribution Contact company directly
(At Tokyo Showroom: see facing page)



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**Cooling equipment
and Ice machines**



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和風食器 **Wafu Shokki** (Japanese Tableware)



Typhoon Japanese Tableware

Typhoon supplies an excellent range of quality Japanese tableware, from traditional items to complement and enhance your tabletop, to contemporary whiteware suitable for the finest culinary creations. Inspirational shapes are finished in unique glazes offering a modernistic look for your presentation. In addition, Typhoon stocks *bento* boxes, *tetsubin*, *hangiri*, *sushi oke*, *miso* bowls, and more. Products can be viewed at the Typhoon London showroom, where both cash-and-carry and a delivery service are available.

Typhoon Ltd.
Address: Unit K, Colindale Business Park, Carlisle Rd. London NW9 0HN U.K.
Tel: +44-(0)20-8200-5688 **Fax:** +44-(0)20-8205-5088
E-mail: sales@typhoonltd.com **Web:** www.typhoonltd.com
Distribution Contact company directly

すし製造機 **Sushi Seizoki** (Sushi-making Machinery)

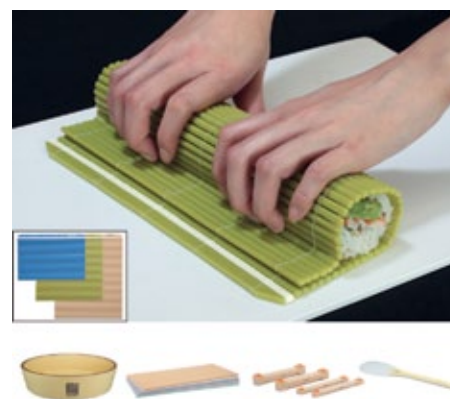


New Maki Machine by Biome

Biome supplies original sushi-making equipment, mainly from Suzumo Machinery, the pioneering Japanese company which developed the world's first sushi robot. Biome's equipment makes high quality sushi delicately, and assists skilled chefs in producing sushi more quickly. Biome also supplies machines for non-experts to produce great tasting sushi with ease. Biome offers equipment for rice washing, cooking, and blending, as well as *miso* dispensers, sake dispensers, noodle machines, *shariben* rice depositors, *nigiri* and *maki*-making equipment, *maki* cutters, and its patented sushi wrapping system.

Biome Limited
Address: Unit 1 Sky Business Park, Eversley Way, Thorpe, Surrey TW20 8RF U.K.
Tel: +44-(0)1308-455722 **Fax:** +44-(0)1308-800094
E-mail: sales@biomelimited.com **Web:** www.biomelimited.com
Distribution Contact company directly

和風備品 **Wafu Bihin** (Japanese Equipment)



Cooking Utensils by Biome

Biome is the authorised supplier of Hasegawa products. Their products are loved by kitchen professionals for the high quality and well thought-out hygiene concept. The *makisu* sushi roll mat is so flexible that it works as effectively as a traditional bamboo mat. Not only is it hygienic, it's also less likely to stick to rice, meaning no cling film is required. Other products include *hangiri* sushi rice bowls, spatulas, soft cutting boards, cutting board lifters, and non-slip mats.

Biome Limited
Address: Unit 1 Sky Business Park, Eversley Way, Thorpe, Surrey TW20 8RF U.K.
Tel: +44-(0)1308-455722 **Fax:** +44-(0)1308-800094
E-mail: sales@biomelimited.com
Web: www.biomelimited.com
Distribution Contact company directly

包丁 Hocho (Japanese Knives)



Masamoto Premier Japanese Knives & Kitchen Tools

L'OHIRA specialises in high-end handmade Japanese knives from Masamoto-Sohonten, one of Japan's oldest and most respected makers of professional chef's knives with 150 years of tradition. The knives are made and finished entirely by hand. They can be found in the hands of discerning chefs worldwide and represent a true investment for both professional and amateur chefs. L'OHIRA also supplies superior Japanese kitchen tools, cooking equipment, and kitchen sundries.

L'OHIRA Limited

Address: Unit 41, Bookham Industrial Park, Church Rd. Bookham, Surrey KT23 3EU U.K.

Tel: +44-(0)20-8816-7475

E-mail: info@lohira.com **Web:** www.masamotochefknives.com

Distribution Contact company directly

衛生マスク Eisei Masks (Hygiene Masks)

See pp35-36



Modellino Masquette and Luncharm

Masquette means service with a smile can still be fastidiously hygienic: these unique transparent masks are lightweight and comfortable, and designed not to fog. The Masquette is reusable and can be personalised, while the Masquette Light is light, disposable, and economical. Luncharm single-use soy sauce dispensers are filled with naturally-brewed, rich-tasting soy sauce in standard (red cap) and gluten-free (yellow cap) varieties. Perfect for lunches and bento boxes, they are a clean and convenient catering solution.

Modellino Co., Ltd. Tokyo Office

Address: 304 City Osonoe 21, 4-24-11 Matsugaya, Taito-ku, Tokyo 111-0036 Japan

Tel: +81-(0)3-5830-6810 **Fax:** +81-(0)3-5830-6811

E-mail: s_nagasaki@modellino.co.jp **Web:** www.asahi-so.co.jp

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

食品容器 Shokuhin Yoki (Food Packaging)



Tamper Evident Containers

Introducing the industry-leading tamper evident container from South Plastic Industry. The innovative SAFETY PACK® has a patented lock mechanism design that is easy to operate, recognise, and adapt. SAFETY PACK® products have a pleasant look and are leak-resistant, preventing spills while maximising freshness. No loose pieces means no extra waste, nothing to litter, and no accidental consumption risk. No need for shrink bands or wrap labels means cost reductions too. SAFETY PACK® help you store the foods neatly and nicely.

South Plastic Industry Co., Ltd.

Address: 18F-13, No.79, Sec. 1, Xintai 5th Rd. Xizhi Dist. New Taipei City, 22101 Taiwan

Tel: +886-(0)2-86982315 **Fax:** +886-(0)2-86982282

E-mail: spi@southplastic.com **Web:** www.southplastic.com

Distribution Europe: 31 54 Asia: 103 104 107 Others: 113 126

JAPANESE FOOD AT SOURCE

This section serves as a handy reference list for trade professionals who are looking for distributors throughout the world who handle Japanese food ingredients and Japan-produced products including those featured as entries in the preceding Japanese Food Selection section.

List numbers correspond with those noted in the entries.

Europe

Austria

1 JFC Austria GmbH

IZ-NÖ-SÜD, Strasse 16, Objekt 70, 2355 Wiener Neudorf, Austria
TEL: +43-(0)2236-908800-0
FAX: +43-(0)2236-908800-5
E-MAIL: service@jfc.eu
WEB: www.jfc.eu

Croatia

2 Salvia

Radnička cesta 80, 10000 Zagreb, Croatia
TEL: +38-(0)512-220-222
FAX: +38-(0)512-220-200
E-MAIL: info@salvia.hr
WEB: www.salvia.hr/en

Czech Republic

3 ND Impex

Jiřího ze Vtelna 1731, 19300 Prague, Czech Republic
TEL: +420-281-924-043
FAX: +420-281-925-521
E-MAIL: ndimpex@volny.cz
WEB: www.ndimpex.cz

Denmark

4 FSG Foods APS.

18-24, 7000, Fredericia, Danmark
TEL: +45-(0)368-98015
E-MAIL: support@fsgfoods.dk
WEB: www.fsgfoods.dk

5 NatureSource

Allindemaglevej 58C, 4100 Ringsted, Denmark
TEL: +45-(0)70-23-44-20
E-MAIL: kontakt@naturesource.dk
WEB: www.naturesource.dk

6 Vitafood

Ordrupvej 101, 1 Floor, 2920 Charlottenlund, Denmark
TEL: +45-(0)321-39900
FAX: +45-(0)691-02432
E-MAIL: mail@vitafood.dk
WEB: www.vitafood.dk

Estonia

7 Interaltus

Liivalao 11 / Kalmistu tee 26, 11216 Tallinn, Estonia
TEL: +37-(0)267-71370
FAX: +37-(0)267-71371
E-MAIL: info@interaltus.ee
WEB: www.interaltus.ee

France

8 AlterFood

4 rue de Sèze, 75009, Paris, France
TEL: +33-(0)1-58-18-35-80
E-MAIL: hello@alterfood.fr
WEB: www.alterfood.fr

9 Foodex France Nord

4 Impasse des Carrières 75016 Paris, France
TEL: +33-(0)1-46-47-44-39
WEB: www.foodex.fr

10 JapCook Export

78 Allée Jean Jaurés, Le Pré-catalan, 31000 Toulouse, France
TEL: +33-(0)5-34-43-27-66
E-MAIL: contact_export@japcook.com
WEB: www.japcook.com

11 JFC France S.A.R.L.

Peripark Gennevilliers, Bâtiment C, 101 Ave. Louis Roche 92230 Gennevilliers, France
TEL: +33-(0)1-40-86-42-00
FAX: +33-(0)1-47-91-15-99
WEB: www.jfc.eu

12 Kioko S.A.R.L

88 rue de Seine, 94400 Vitry sur Seine, France
TEL: +33-(0)1-42-61-33-66
FAX: +33-(0)1-40-15-91-00
E-MAIL: kioko@kioko.fr
WEB: www.kioko.fr

13 Sens Gourmet

15-17 Rue du Travy, Zone Sénia, 94320 Thiais, France
TEL: +33-(0)1-49-79-98-29
FAX: +33-(0)1-48-85-36-32

E-MAIL: info@sensgourmet.com
WEB: www.sens-gourmet.com

Germany

14 Fujita & Co. Deutschland GmbH

Bonnerstraße 353, 40589, Düsseldorf, Germany
TEL: +49-(0)-2114-18558-0
FAX: +49-(0)-2114-18558-49
E-MAIL: sales@jetfresh.de
WEB: www.jetfresh.de

15 Japan Food Express Ltd.

Immermannstr.15, 40210 Dusseldorf Germany
TEL: +49-(0)211-9843-1700
FAX: +49-(0)211-9843-1702
E-MAIL: info@japanfoodexpress.de
WEB: www.japanfoodexpress.com

16 JFC Deutschland GmbH

Theodorstrasse 293, 40472, Düsseldorf, Germany
TEL: +49-(0)211-5374160
FAX: +49-(0)211-592827
E-MAIL: service@jfc.eu
WEB: www.jfc.eu

17 JIK GmbH

Siemensring 91, 47877, Willich, Germany
TEL: +49-(0)2154-42095,
+49-(0)2154-1387
FAX: +49-(0)2154-1475
E-MAIL: asia@jkgmbh.de
WEB: www.jkgmbh.de

18 Rewe Group

Domstraße 20, 50668 Cologne, Germany
TEL: +49-(0)221-1490
E-MAIL: mediarelations@rewe-group.at
WEB: www.rewe-group.com/en/company

19 SSP Trade & Consult GmbH

Philipp-Reis-Strasse 15 B3/B4, D-63128, Dietzenbach, Germany
TEL: +49-(0)-6074-48161-0
FAX: +49-(0)-6074-48161-10
E-MAIL: sales@ssp-trade.com
WEB: www.ssp-trade.com

20 Ueno Gourmet GmbH

Bahnhofstrasse 7a, 61476, Kronberg, Germany
 TEL: +49-(0)6173-940-686
 FAX: +49-(0)6173-940-687
 E-MAIL: info@japan-gourmet.com
 WEB: www.japan-gourmet.com

Hungary**21 Szega Foods**

Pázsit St. 2.1/B, 1026 Budapest, Hungary
 TEL: +36-(0)623-545316
 WEB: www.szeganagyker.hu

Italy**22 Foodex Group**

Via Galileo Galilei 12/14, 20875, Burago di Molgora MB, Italy
 TEL: +39-(0)396-260-866
 E-MAIL: info@foodex.it
 WEB: www.foodex.it

23 JFC Italia S.R.L.

Via Giovanni Keplero 30/32, 20019 Settimo Milanese, Italy
 TEL: +39-(0)2365-88040
 FAX: +39-(0)2365-88041
 E-MAIL: service@jfc.eu
 WEB: www.jfc.eu

24 Sake Company

Via Rimini 24, 20142 Milano Italy
 TEL: +39-(0)3400-934203
 E-MAIL: maiko@ef-ti.com
 WEB: en.sakecompany.com

25 Union Trade S.p.A.

Via E. Mattei 1, 20068, Peschiera Borromeo, Milano, Italy
 TEL: +39-(0)226-922-898
 FAX: +39-(0)229-21378
 E-MAIL: info@unicash.it
 WEB: www.uniontrade.info/en

Latvia**26 Sia Levers**

8b Uriekstes Str. Riga, LV-1005, Latvia
 TEL: +371-675-17490
 FAX: +371-675-17495
 E-MAIL: office@leversa.lv
 WEB: www.leversa.lv

Lithuania**27 Sakalas**

Liepkalnio g. 148, LT-02121 Vilnius, Lithuania
 TEL: +370-521-52457
 FAX: +370-521-52442
 E-MAIL: info@sakalas.eu
 WEB: www.sakalas.eu

The Netherlands**28 Brand Masters**

Innovatiepark 8, 4906 AA, Oosterhout, The Netherlands
 TEL: +31-(0)162-763-414
 E-MAIL: info@brandmasters.nu
 WEB: www.brandmasters.nu/nl

29 Heuschen & Schrouff Oriental Foods Trading B.V.

Sperwerweg 1, 6374 AG, Landgraaf, The Netherlands
 TEL: +31-(0)45-533-82-00
 FAX: +31-(0)45-533-82-82
 E-MAIL: office@heuschenschrouff.com
 WEB: www.heuschenschrouff.com

30 JFC Holland B.V.

Singaporestraat 5-7, 1175 RA, Lijnden, The Netherlands
 TEL: +31-(0)23-303-5150
 FAX: +31-(0)23-303-5151

31 NTC Wismettac Europe B.V.

Stroombaan 10, 1181 VX, Amstelveen, The Netherlands
 TEL: +31-(0)6-2146-0490
 WEB: www.wismettac.com

32 Orient Merchant Europe Ltd.

Heksekamp 7, 5301 LX, Zaltbommel, The Netherlands
 TEL: +31-(0)880-116-800
 FAX: +31-(0)880-116-890
 E-MAIL: info@orientalmerchant.eu
 WEB: www.orientalmerchant.eu

33 Yama Products B.V.

Rutherfordweg 2, 3542 CG Utrecht, The Netherlands
 WEB: www.yama.nl

Norway**34 Gourmet Produkter AS**

Gardermoen Business Center, Balder Allé 3, 2060 Gardermoen, Norway
 TEL: +47-(0)90-11-4605
 E-MAIL: poul@gourmetprodukter.no
 WEB: gourmetprodukter.no

35 Miki JFC AS

Grini Næringspark 8, 1361 Østerås, Norway
 TEL: +47-(0)92-23-7777
 E-MAIL: service@jfc.eu
 WEB: www.jfc.eu

Spain**36 Cominport Distribución S.L.**

Av. Marconi nave 1, P.A.E. Neysa Sur, 28021 Madrid, Spain
 TEL: +34-(0)91-541-37-50

FAX: +34-(0)91-798-43-63
 E-MAIL: info@cominport.com
 WEB: www.cominport.com

37 Nutrition & Santé Iberia, S.L.

Paseo de Gracia 11, Escarela B, Plauta 1, 08007 Barcelona, Spain
 TEL: +34-(0)93-216-71-00
 FAX: +34-(0)93-216-72-00
 WEB: www.natursoy.com

38 Tokyo-Ya, S.A.

Avda. Presidente Carmona 9, 28020 Madrid, Spain
 TEL: +34-(0)91-676-82-47
 FAX: +34-(0)91-570-71-74
 E-MAIL: info.tienda@tokyo-ya.es
 WEB: www.tokyo-ya.es

39 True World Foods (Spain)

Edificio Atolón Mercamadrid Calle Eje 2-10 28053 Madrid, Spain
 TEL: +34-(0)91-786-9284
 WEB: www.trueworldfood.es

Sweden**40 Beriksson**

Montörvägen 2, 461 37 Trollhättan, Sweden
 TEL: +46-(0)520-820-07
 E-MAIL: info@beriksson.net
 WEB: www.beriksson.net

41 JFC Norden (Sweden) AB

Svarvarvägen 27, 142 50 Skogås, Sweden
 TEL: +46-(0)8-560-230-22
 FAX: +46-(0)8-560-231-77
 E-MAIL: service@jfc.eu
 WEB: www.jfc.eu

Switzerland**42 Ethno & Company AG**

Lindstrasse 39, 8400 Winterthur, Switzerland
 TEL: +41-(0)-522-605-090

43 Ueno Gourmet AG

Seestrasse 110, 8610, Uster, Switzerland
 TEL: +41-(0)44-940-48-88
 FAX: +41-(0)44-940-886
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 WEB: www.japan-gourmet.com

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 FAX: +44-(0)1963-34841
 E-MAIL: hello@thebaytree.co.uk
 WEB: www.thebaytree.co.uk

45 Bibendum Wine Ltd.

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 TEL: +44-(0)845-263-6924
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 WEB: www.bibendum-wine.co.uk

46 Cathay Importers Ltd.

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 FAX: +44-(0)20-8459-3639
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 WEB: www.cathayimporters.co.uk

47 Cellar Trends Ltd.

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 FAX: +44-(0)1283-550309
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 WEB: www.cellartrends.co.uk

48 Clearspring Ltd.

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 FAX: +44-(0)20-8746-2259
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 WEB: www.clearspring.co.uk

49 CLF Distribution Ltd.

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 FAX: +44-(0)2381-277001
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 WEB: www.clfdistribution.com

50 Community Foods Ltd.

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 WEB: www.communityfoods.co.uk

51 Empire Bespoke Foods

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 FAX: +44-(0)20-8537-4081
 E-MAIL: sales@bespoke-foods.co.uk
 WEB: www.bespoke-foods.co.uk

52 Essential Trading Co-operative Ltd.

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 E-MAIL: sales@essential-trading.coop
 WEB: www.essential-trading.co.uk

53 GreenCity Wholefoods

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 FAX: +44-(0)1415-565589
 E-MAIL: sales@greencity.coop
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54 Harro Foods Ltd.

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 FAX: +44-(0)20-8542-1962
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55 The Health Store (Wholesale) Ltd.

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 FAX: +44-(0)1159-767277
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 WEB: www.thehealthstore.co.uk

56 Highland Wholefoods Workers Cooperative Ltd.

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57 H Mart Europe Ltd.

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 WEB: www.hmarteuropa.com

58 Infinity Foods Co-operative Ltd.

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60 Japan Centre Group Ltd.

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61 Japan Food Express Ltd.

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 FAX: +44-(0)20-8664-9585
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 WEB: www.japanfoodexpress.com

62 Japan Gourmet (UK) Ltd.

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 E-MAIL: exportadmin@hyperama.com
 WEB: www.jk-foods.com

66 Kawaii Wholesale

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67 Korea Foods Company Ltd.

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70 Marigold Health Foods Ltd.

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74 Monk Conveyors Limited

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78 PESCA RICH Europe Ltd

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79 Queenswood Natural Foods Ltd.

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FAX: +44-(0)1603-664066
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FAX: +44-(0)1315-583530
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82 Sake at UK

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WEB: sakeatuk.com

83 Sam Sake

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84 SeeWoo Foods Ltd.

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FAX: +44-(0)8450-768899
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85 S.K.Y. Enterprise UK Ltd.

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86 Suma Wholefoods

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FAX: +44-(0)1422-313841
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WEB: www.suryafoodsonline.com

89 SushiSushi Ltd

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90 Tanpopo Japanese Food

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92 Tengu Sake

TEL: +44-(0)20-3129-5044
E-MAIL: contact@tengusake.com
WEB: www.tengusake.com

93 T.K. Trading (Yoshikawa UK) Ltd.

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FAX: +44-(0)20-8453-0606
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94 Tree of Life UK Ltd.

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95 True World Foods (UK) Ltd

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FAX: +44-(0)20-8838-2186
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96 T&S Enterprises (London) Ltd.

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97 UKiYo Republic Ltd.

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98 Wine & Spirit International

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99 World Sake Imports UK

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111 NTC Wismettac Australia Pty Ltd. (Melbourne Office)

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112 NTC Wismettac Australia Pty Ltd. (Perth Office)

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