

Clearspring

Authentic & Organic
Fine Foods



Authentic Japanese Specialities

Clearspring offers an extensive selection of the finest Japanese foods, made to traditional recipes by experienced craftsmen. The majority of these exceptionally authentic products are certified organic and many are recommended by macrobiotic practitioners.

The range includes tart and tangy Umeboshi pickled plums, wasabi powder made with real wasabi, agar sea vegetable flakes for gelling, kuzu wild mountain root starch thickener and sun-dried, forest-grown shiitake mushrooms. Some of these special foods are already popular in the West, whilst others have yet to make their mark. All of them, though, with their unique tastes and special properties, can enhance everyday cooking and support wellbeing.

Japanese traditional cuisine is awarded UNESCO Heritage Status

Celebrated for its centuries-old cooking techniques and seasonal ingredients Japanese cuisine known as "washoku", has been added to the United Nation's cultural heritage list. This decision was made against a backdrop of rising concerns that fast food and western dishes are increasingly eclipsing the nation's culinary heritage. Japan will become only the second nation after France to have its national cuisine designated heritage status.



Authentic Japanese Specialities Range



Organic Japanese Tofu

Clearspring Organic long life Tofu is made with just three ingredients; organic whole soya beans, spring water from Mount Fuji and Nigari a naturally occurring mineral rich coagulant derived from sea water. Denser and richer than other soft tofu it has a silky soft, smooth texture whilst maintaining firmness. It is very easy to use and tastes as good as fresh tofu.



Japanese Sushi Ginger

With its fresh, zesty taste Clearspring Sushi Ginger stimulates the appetite, invigorates the taste buds and aids digestion. It can be eaten straight from the pack, and is so named because it is almost always served with sushi or sashimi, to cleanse the palate between mouthfuls.



Organic Japanese Shiitake Mushrooms - Dried

Shiitake are one of the East's most exotic and delicious foods, with a subtle woody taste that adds gourmet flair to almost any dish. Our Organic Shiitake Mushrooms are carefully grown, selected and dried to offer the full depth of flavour and aroma that is highly prized in both Eastern and Western cuisine.



Organic Japanese Wasabi - Horseradish Powder

Wasabi is the hot and stimulating green paste that lends a characteristic, pungent taste to sushi dishes, dressings and dipping sauces. The wasabi plant, sometimes called Japanese horseradish, has long been used in Japan as an essential condiment for serving with sushi, soba and tofu and more recently to flavour dressings, dips and snacks.



Japanese Umeboshi Plums & Purée

Clearspring Umeboshi are tart, tangy, salt pickled ume plums that have long been a vital part of Japanese cuisine and folk medicine. Small pieces add zest to sushi and rice balls and can be rubbed onto cooked sweetcorn or used in other dishes.



Organic Japanese Kuzu

Clearspring Organic Kuzu is a superior quality starch thickener with a smooth texture and neutral flavour that is naturally extracted from the roots of one of Japan's most vigorous mountain plants. Its quality was commended in the 2012 Free From Awards.



Japanese Dried Daikon - White Radish

Clearspring daikon (a giant white radish) is traditionally made by shredding fresh daikon and drying it in the sun on large rice mats. This concentrates the sweet and mellow flavour while preserving its nutritional value. Called Kiriboshi Daikon in Japanese, it is traditionally enjoyed as a side dish but is also delicious added to stews and soups.



Japanese Pickled Daikon

An extremely healthy and versatile food, and one of the quintessential vegetables in the Japanese diet.

Clearspring Pickled Daikon is made without any colourings or additives and to traditional time honoured methods. Called "Takuan" in Japanese, after the Buddhist priest who invented it, is simply daikon root pickled in rice bran.



Japanese Dried Lotus Root Slices

Known in Japanese as renkon, this is actually the rhizome, not the root, of the water lily *Nelumbo nucifera*. It is a versatile vegetable that can be simmered or deep fried as tempura.



Japanese Brown Rice Mochi

A hearty flavoured and unique, chewy gluten-free treat; a natural favourite in Japan. Mochi is made by pounding a sticky rice known as sweet rice, it comes as a hard block which when cooked, goes golden and crispy on the outside and soft and sticky on the inside.



Japanese Dried Maitake Mushrooms

Maitake (*Grifola frondosa*) are considered the king of mushrooms, because they are so delicious, plus scientifically proven to be a potent medicinal food. Maitake literally means 'dancing mushroom' in Japanese, because people who found them deep in the mountains danced for joy.



Japanese Tekka - Miso Condiment

Tekka is an iron-rich, moist yet powdery condiment that's delicious sprinkled on grains, noodles, and vegetables. Clearspring Tekka, is made by sautéing chopped burdock root, carrot, and lotus root in unrefined sesame oil, Hatcho (soya bean) miso is then added followed by six hours of simmering until crumbly.

Recipe

Chunky Apple Kuzu Dessert

Serves 2-3

Ingredients:

- 1 apple
- 1 pint apple juice
- 2 tbsp Clearspring Kuzu
- 1 tbsp cinnamon to taste

Method:

1. Cut the apple into chunks and simmer in the apple juice for at least 20 minutes adding the cinnamon after about 10 minutes. Turn off the heat.
2. Mix the kuzu with 4 tbsp water to make a smooth paste.
3. Add the kuzu mix to the apple juice and simmer on a low heat - make sure it does not boil. Stir constantly to avoid lumps.
4. The liquid will turn cloudy, then clear after about 3-5 minutes and thicken. Serve warm.



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