

# Clearspring

## Enjoy the Real Japanese Thing!

Sushi bars are on their way to ubiquity, but too much of what is served in Japanese restaurants is a poor imitation of the traditional specialities.

One of the best things about enjoying Japanese foods at home, particularly sushi and sashimi, is that you can use authentic and mouth-watering accompaniments, like properly brewed Organic Tamari and genuine wasabi with real wasabi root. You can buy them in specialist shops and supermarkets around the UK, from Clearspring, and once you've tried them, you'll really appreciate the difference.

**Clearspring Organic Tamari Soya Sauce** is a rare treat – a double-strength wheat-free soya sauce, naturally fermented and aged in cedarwood kegs over two summers. Its award-winning flavour is rich, complex and concentrated – but never overpowering, and it's perfect for using as a dipping sauce.

Tamari is a traditional accompaniment to sushi and sashimi, and can be used as a condiment to give depth of savoury flavour to salad dressings, sauces, stir fries and cooked fish, poultry, meat and vegetable dishes.

**Clearspring Organic Tamari Soya Sauce** is made using organic whole soya beans to a 500 year-old recipe, by the fourth generation of the Aoki family in Aichi-ken in the Chubu region in Japan.

Tamari uses more soya beans than ordinary soya sauce, resulting in a smoother, more balanced flavour. **Clearspring Organic Tamari Soya Sauce** is very close in flavour and consistency to the original soya sauce which came to Japan from China in the 16th century, unlike many of today's soya sauces which are made in volume with a high proportion of wheat, compromising the flavour and consistency.

**Clearspring Organic Tamari Soya Sauce** is dairy free, egg free, lactose free, organic, vegan and wheat free, and it's perfect for those on a gluten-free diet.

**RSP: £2.89 for 150ml, £7.79 for 500ml**



If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on [margreet@clearspring.co.uk](mailto:margreet@clearspring.co.uk) or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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## **Clearspring Wasabi Japanese Horseradish Powder**

contains real wasabi root, loved for its spicy, fiery flavour, whereas most wasabi products consist of mustard or horseradish with green dyes and other additives. You can recognise its authenticity by its pale grey green colour, which contrasts with the brighter green of dyed wasabi.

**Clearspring Wasabi** comes as a powder in a convenient resealable tin, which ensures that you have freshly-prepared wasabi every time. It can be prepared by adding 1 part warm water to 2 parts powder and mixing into a paste. Cover and leave for 5 minutes to allow the flavour to develop. Use sparingly!



Wasabi has been traditionally used in Japan, along with tamari or soya sauce, to garnish sushi, since the 17th century. It's also used to bring verve and 'bite' to soba noodle dishes.

It stimulates the appetite, aids the digestion of protein, and is known to prevent food poisoning. Researchers from Michigan State University, USA, have also found that both horseradish (*Armoracia rusticana*) and wasabi (*Wasabia japonica*) have the ability to protect against the proliferation of certain types of cancer cells.

**RSP: £3.69 for 25g**

Available in independent health food stores and selected multiple retailers.  
Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

Updated January 2011  
Prices accurate as of January 2011

### Ends ###

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## Noodles and Vegetables in Broth



### Ingredients (Serves 3-4)

250g Clearspring Organic Soba or Organic Udon  
Pinch of Clearspring Traditional Sea Salt  
2tbsp Clearspring Organic Tamari Soya Sauce  
1½tbsp Clearspring Organic Mikawa Mirin or Rice Mirin  
1-2tsp juice from freshly grated ginger

### For the dashi stock

2 inch strip Clearspring Kombu  
3 Clearspring Sun Dried Japanese Shiitake  
1L water

### For the topping

Assorted colourful, steamed or simmered vegetables and  
Clearspring Organic Tofu  
Salad onions, finely chopped

### Method

1. Cook the noodles according to the instructions on the packet, then rinse under running water, drain and set aside.
2. Meanwhile, prepare the dashi stock by soaking the kombu and shiitake in the water in a medium sized saucepan for 15 minutes. Remove the shiitake, cut off and discard the stems, return to the water and bring to a simmer over a medium heat. Simmer for 5 minutes, then remove the kombu. Simmer for 10-15 minutes more.
3. Combine the dashi stock, salt, tamari and mirin, and simmer for 1 minute. Remove from the heat and add the ginger juice.
4. To serve, divide the noodles between individual deep bowls. Ladle the hot broth with shiitake over each bowl, and top with your choice of simmered vegetables and/or tofu. Garnish with the finely chopped salad onions.

Chef: John & Jan Belleme

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