



THE
WASABI
COMPANY
ENGLAND

LIKE WASABI? LOVE IT FRESH

www.thewasabicompany.co.uk

This is your guide to preparing fresh wasabi paste directly from the wasabi rhizome. The rhizome, often mistaken for a root, is a swollen stem that builds height as the leaves grow from the crown of the plant, much like a palm tree. Follow the instructions below to produce an authentic, fresh wasabi paste with a naturally aromatic, floral flavour backed with the unmistakable sweet pungency of real wasabi.

After rinsing the rhizome under cold running water, follow these easy steps to preparing your fresh wasabi.

1. Peeling is not essential but any dark patches of skin can be removed for a cleaner paste. Remove the stems as shown in the image, this will reveal the greenest, sweetest wasabi; it is here you should start to grate.
2. Using a wasabi grater, **grate in a circular motion**; this effectively advances the wasabi to a fine paste. Keep grating until you have as much as you need. Don't grate too much in one go as it will lose its flavour after 15 – 20 minutes and you can always grate more.
3. Use the brush to remove the wasabi from the grater to a wooden or ceramic surface as a steel surface speeds the oxidisation process. Gather into a ball and let it rest at room temperature for up to 5 minutes for the flavours to develop, then it's ready to serve.
4. If you do not have a wasabi grater it is essential you grate the wasabi into a fine paste to generate the best flavour and the all important pungent heat. Microplane or parmesan graters will help to achieve the paste but some valuable wasabi will be left behind on the teeth of the grater. We do not recommend using a normal cheese grater as you are looking to achieve a much finer paste than these are capable of producing. Wasabi graters are available to purchase from our website.



Wasabi tips

Wasabi loses its flavour after 15-20 minutes when exposed to the air. Gathering the paste into a ball minimises contact with air and therefore prolongs the flavour. You can freshen up wasabi that has been oxidised by grating a little fresh wasabi onto the pile and gathering it up into a ball once more. When cooking with wasabi be careful not to expose it to a direct high temperature as this can compromise both flavour and heat.



Storing fresh wasabi

Rhizomes can be placed in a glass of water in the fridge for up to 5 days, provided the water is changed every day.

For longer term storage keep rhizomes refrigerated but dry, in the bag supplied, the bag should remain unsealed.

If you want to freeze leftover wasabi, grate it to a paste, wrap in cling film and freeze immediately. When you are ready to use, allow it to de-frost, mix and serve. Whole rhizomes do not freeze well as they lose flavour and pungency.

Love it fresh

Fresh wasabi delivers a clean, aromatic, pungent flavour with a natural sweetness. A stark contrast to the imitation wasabi paste and powders made from horseradish, mustard and additives.

The best sushi, sashimi and noodles deserve real wasabi and experiencing it for the first time sends Japanese cuisine lovers to the next level, determined never to go back to the fake products.

European chefs discovering fresh wasabi are using it in ways it has never been used before. Dishes inspired by these chefs and other recipes can be found on our website.

Have you tried our award winning range of condiments?



The whole range is made with all natural, authentic ingredients with perfectly balanced, fresh flavours: Wasabi mayonnaise, Wasabi mustard, Wasabi Vodka, Wasabi powder, Yuzu mayonnaise, Yuzu mustard, Yuzu jam, Yuzu soy sauce, Organic soy sauce, Vegan Sudachi Kombu ponzu and Sanbaizu rice vinegar.

All these products and more can be purchased from our website. Follow us on Twitter, Facebook and Instagram to see what the world's best chefs are doing with our fresh wasabi and let us know some of the ways you like to use wonderful fresh wasabi @WasabiGrowersUK

Grow you own wasabi and take advantage of this plant being 100% edible.



Harvest and enjoy leaves, stems and flowers while you wait for rhizomes to develop. Leaves carry a mild wasabi flavour and are excellent thinly sliced into salads, sautéed or fried in tempura batter. Stems have an original flavour like a radish crossed with a spring onion; use in salads, casseroles or even to stir your Bloody Mary!



THE WASABI COMPANY

Waddock Cross, Dorchester, Dorset, DT2 8QY

info@thewasabicompany.co.uk

+44 (0) 1929 463824

thewasabicompany.co.uk

@WasabiGrowersUK

