



The land of delicious shiitake mushroom!

Located in the center of the largest shiitake cultivation area. The three prefectures of Oita, Miyazaki, and Kumamoto produce 70% of the nation's shiitake crop. Takachiogo is it's center.

## Ratatouille

Make a perfect ratatouille free of artificial seasonings using dried shiitake and tomato paste!

Ingredients: Serves 4  
2 dried shiitake, 1/2 of a zucchini, 1/2 of a eggplant, 5 cm of a celery stalk, 1/2 an onion, 1/2 of a bell pepper, 1/2 a can of cut tomatoes (200g), 1 tbsp (18g) tomato paste, 1/2-1 clove of garlic finely chopped, 30 ml white wine, 30 ml of shiitake reconstitution broth, 1 bay leaf, 1/2 tsp salt, A pinch of black pepper, A pinch of thyme, Basil to taste.

### Method

- 1) Reconstitute dried shiitake.
- 2) Cut the shiitake, zucchini, and eggplant into bite-size pieces. Cut the celery into 5 mm-wide slices. Cut the onion and bell pepper into bite-size pieces and finely chop the garlic.
- 3) Heat the olive oil in a fry pan over a low flame, and fry the garlic and onion until fragrant.
- 4) Add the mushroom, zucchini, eggplant, and celery and cook gently over medium heat until soft.
- 5) Add the bell pepper and fry until coated in oil.
- 6) Add the salt, pepper, canned tomatoes, tomato paste, wine, reconstitution broth, bay leaf, and thyme and cover, cooking over a low flame for roughly 20 minutes.
- 7) Remove lid and lightly stir for 1-2 minutes. When glistening, remove from heat, sprinkle basil on top as desired and serve.



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## Why SUGIMOTO Shiitake are So Delicious.

1. Raised on natural Japanese Sweet Sap Oak logs
2. Slow and natural cultivation to enrich flavor & texture.
3. High Japanese quality standard for cultivation & drying process.

=> **Maximizing natural UMAMI Power!**

## Foil-Grilled Shiitake

Delicious dried shiitake are grown on natural logs with a rich fragrance, umami flavor and great texture. There's nothing better than enjoying great ingredients with a simple recipe like this! By grilling in foil, the Shiitake end up nice and juicy.

Ingredients: Serves 2

4 dried shiitake, 10 grams of butter, Soy sauce to taste, Salt to taste, Add vegetables as desired.

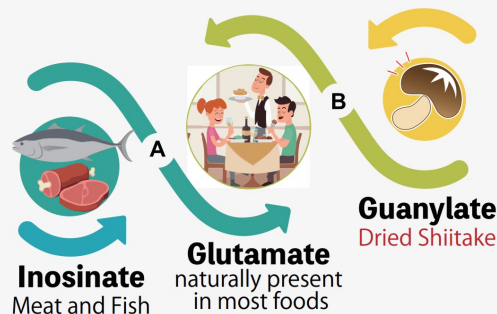
### Method

- 1) Reconstitute the shiitake overnight in the refrigerator.
- 2) Put 2.5 grams of butter on each shiitake and wrap in foil.
- 3) Place on the fry pan over medium heat, and heat until steam escapes from the foil package. Lower the heat and cook for an additional 3 minutes.
- 4) Add salt and soy sauce as desired and serve.

Cooking Video  
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## Two types of synergistic umami effects



The secret to the delicious taste of dried shiitake.

Umami is strengthened by 2 ways.

- A) Glutamate x Inosinate
- B) Glutamate x Guanylate

While Glutamate is known to add delightful flavor when added to meat and fish dishes, the benefits of shiitake are not as well recognized.



## Ajillo

Flavoured with shiitake and anchovies, this recipe yields an Ajillo even better than any restaurant fare. Using shiitake makes the Ajillo especially delicious. The umami of shellfish and shiitake go especially well together.

Ingredients: Serves 4

4 dried shiitake, 20g anchovies, 1/2-1 clove garlic, 200mL olive oil, 1 whole dried cayenne pepper, 100-150g seafood of your choice, 1 branch of rosemary

### Method

- 1) Reconstitute the shiitake in water, cut the stems off and cut into bite-size pieces. Finely chop the anchovies.
- 2) Slice the garlic and fry with the cayenne pepper in a small amount of olive oil until fragrant.
- 3) Cook the anchovies, lightly dried shiitake, seafood, and rosemary in the remainder of the olive oil and serve.

Cooking Video  
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Raised slowly for excellent texture. Shiitake grown slowly in low temperatures, nurtured by rain and fog produces an outstanding firm texture.

Robust Umami grown on oak. Japanese Chestnut Oak gives Shiitake a distinctive sweet and deep flavor.



# Chicken and shiitake, fragrantly grilled

The synergy of the umami flavors of shiitake and chicken makes great dishes easy! This recipe works great even with less expensive chicken.

Ingredients: Serves 1  
 2 dried shiitake, 150g Chicken legs, 1 tsp salt (to remove off flavors) , 1/4-1/2 tsp salt (for flavoring)  
 Vegetable oil (as needed), Black pepper to taste

- Method
- 1) Reconstitute shiitake and cut into thick slices.
  - 2) Cut chicken into bite-size pieces and massage 1 tsp of salt into the cubes. Set aside for 10 minutes (to remove off flavors).
  - 3) Wash the salt off the chicken and dry with a paper towel.
  - 4) Add salt and pepper to the chicken, add the shiitake, and let sit for 10 minutes to blend flavors.
  - 5) Fry the chicken and shiitake in a fry pan with heated vegetable oil.
  - 6) Remove the shiitake first once both sides begin to look cooked.
  - 7) When the chicken skin becomes crispy, remove from heat and serve with shiitake.

# Grated Shiitake

Umami power for cooking.



Introduced by the Japanese National Television Agency (NHK)! By grating Dried Shiitake into a simple powder and adding it to any of your cooking brings out the Umami power of Guanylate. By just adding a little Shiitake powder will bring out the Umami of any of your cooking without adding a strong Shiitake flavor.



# Reconstituting to Maximize Flavor

Reconstituting dried shiitake at a low temperature will enhance their sweetness and umami taste.



- Method
- 1) Rinse the dried shiitake with water to remove any dirt.
  - 2) Put the rinsed shiitake and water in a resealable zipper bag. Close the bag, making sure to remove the air.
  - 3) Leave the bag in a refrigerator overnight to allow the shiitake to be fully reconstituted. (Reconstituting at a low temperature will enhance their sweetness.)
  - 4) Strain the soaking liquid in a fine strainer, such as a tea strainer.
  - 5) Remove the hard stems of the reconstituted shiitake before using.(Stems can be used later in soups, stews, and sauces to add umami.)



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# Quick & easy ! Koshin Shiitake



It takes just 20 minutes as you chop other ingredients! The easy way to rehydrate dried shiitake.

- Method
- 1) Snap off the stem of a thin-capped shiitake mushroom.
  - 2)Place it cap-down in water.Submerge the shiitake evenly by resting a piece of food wrap directly on them in the water.
  - 3)After 5 to 10 minutes, cut the shiitake in half with a knife. Cut off the remaining stem. Water will soak into the shiitake quickly from the freshly cut surfaces.
  - 4)If it is soft enough, you can go ahead and cut the shiitake to your desired shape. The smaller it is cut, the faster it will return to its original texture.
  - 5)When the shiitake has been submerged for about 20 minutes, it's ready for use in cooking.