

# WHAT IS UMAMI?

Umami taste is the fifth flavour detected by the tongue along with salty, sweet, sour and bitter. In Japanese the term « umami » denotes a « delicious savoury taste ». A number of foods typically associated as umami type, contain natural flavour enhancers which do not modify the taste but increase the intensity of the flavour. This is notably the case of katsuobushi which allows you to prepare delicious dashi (soup stock) with exceptional flavour and savoury umami taste.



Makurazaki France  
Katsuobushi

# MAKURAZAKI: WHO ARE WE?



- A SMALL AND TRADITIONAL CRAFTSMEN ENTERPRISE WITH 6 EMPLOYEES BASED IN CONCARNEAU, BRITTANY, FRANCE
- PREMIUM QUALITY PRODUCTS MADE WITH AUTHENTIC JAPANESE KNOW-HOW PASSED DOWN BY GENERATION
  - HOT SMOKING AND DRYING TECHNIQUES WITH FOOD GRADE CERTIFIED WOOD
  - UMAMI-RICH INGREDIENT
  - CONTAINS OMEGA-3 OIL'S AND ESSENTIAL AMINO ACIDS

*Please check out our suggestions on how to use on our bags and other useful information and recipes on our website and social media.*



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# TRADITIONAL CRAFTSMEN MAKING KATSUOBUSHI AND SMOKED FISH

since 1916 in Makurazaki, Kagoshima (Japan)  
and since 2016 in Concarneau, Brittany (France)





# THE MAKING OF KATSUOBUSHI (HOT SMOKED AND DRIED SKIPJACK TUNA)



## KATSUOBUSHI IN JAPANESE COOKING IMPOSSIBLE TO COOK WITHOUT IT.

The present Japanese method of making katsuobushi dates back to the beginning of the 18th century (Edo Period). It takes months to prepare: cutting the tuna with knives (namagiri), picking the fish bones and skin (honenuki) after cooking in water (shajuku) then hot smoking and drying with hardwoods (baikan) to obtain katsuobushi ('arabushi'). After maturing the fish loins, the extremely thin flakes are obtained by using a kezuriki (slicer).

*Katsuobushi as an ingredient (rich in Umami flavour) is essential to prepare your traditional Japanese Dashi (soup stock) but can also be used as a topping on baked dishes, fish and even wild game, or use to make savoury jelly garnished on an oyster or for your dashis, miso soups...*



## MISO SOUP



### INGREDIENTS (FOR 3 TO 4 PEOPLE):

- 20 of katsuobushi (thin flakes),
- 500ml of water,
- 2 tablespoons of miso paste (barley, rice, soy or mixture according to preference)
- 1/5leek, rinsed and chopped.

(Optional: 4 tablespoons of diced tofu and 1 teaspoon dried wakame)

### RECIPE

Prepare 500ml of katsuobushi dashi (soup stock)(see back of packet for instructions). Pour this soup stock into a saucepan and add the leek (Option: also add the diced tofu). Simmer at very low temperature for 2 minutes.

Using a spoon and colander to avoid adding soya bean / rice / barley grains, dilute the miso paste in your soup stock. Adjust the amount of miso according to your taste and salinity of the miso used. (Option: add the wakame).

Serve the soup in small bowls.

\* For a vegetable-based miso soup = cook the chopped vegetables (onions, carrots, potatoes, etc.) in the dashi before adding the miso paste.

## SAVOURY CONCARNEAU DIP (RILLETTES)



### INGREDIENTS FOR 4 PERSONS:

- 1 shallot,
- chopped chives,
- ½ lemon,
- 240 of fromage frais,
- 20g of katsuobushi (thin flakes),
- 1 teaspoon of olive oil,
- 1/3 teaspoon of mustard,
- ½ red pepper, salt and pepper.

### RECIPE

Chop the shallot and chives and add the lemon juice and a pinch of salt.

In a bowl, combine the fromage frais, katsuobushi, then add the olive oil, mustard and chopped red pepper.

Then add the chopped shallot, chives and lemon juice to this bowl. Pepper and salt, then keep cool.

Spread the savoury dip on toast or enjoy as a dip with raw vegetables.