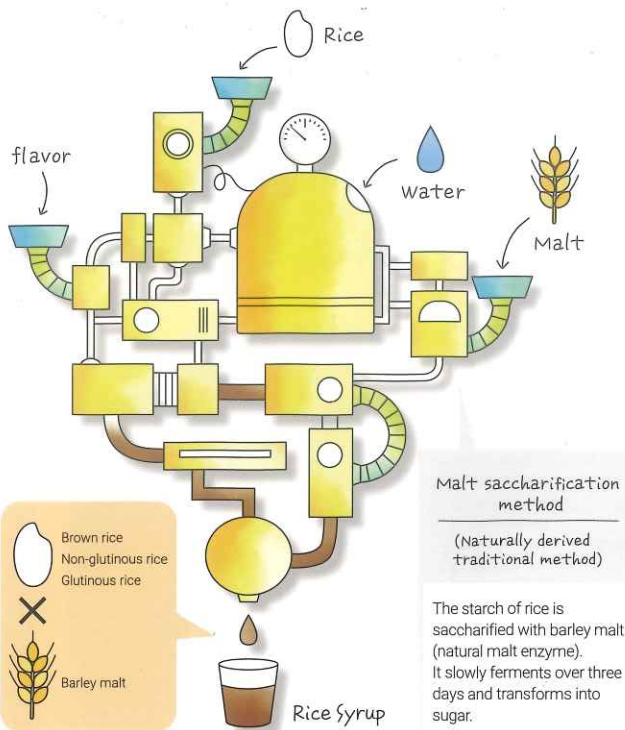


# PLANTBASED SYRUP

Not sugar, not honey.  
The next-generation plant-based  
sweetener born from rice.



# ROOTS OF RICE SYRUP

A fermented food unique to Japan,  
where the culture of rice cultivation is deeply rooted.  
It is characterized by a gentle sweetness and rich flavor.

## Origin of Rice Syrup

### ◆ Early Nara Period (8th century)

In the 'Nihon Shoki,' there is a record that Emperor Jimmu, the first emperor, made 'mizuame' when he pacified the Yamato region. Initially, it was used as medicine.

### ◆ Heian Period (901-923)

The 'Honzo-wamyō,' a Chinese-Japanese medicinal herb dictionary, describes the Japanese name as 'ame.' Due to its high nutritional value, it has been passed down as a valuable 'nourishing food' (natural medicine) for children, the sick, and the elderly even in modern times.

## Differences between Rice Syrup and other sweeteners

	Rice syrup (Brown rice syrup)	Honey	Reduced starch syrup	White sugar
Raw materials	<ul style="list-style-type: none"> <li>Glutinous rice/ Non-glutinous rice/ Brown rice</li> <li>Malt</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Honey</li> <li>※ Varies by product.</li> </ul>	<ul style="list-style-type: none"> <li>Starch syrup</li> </ul>	<ul style="list-style-type: none"> <li>Sugar-cane</li> </ul>
Manufacturing method	It is made by heating and decomposing the starch of rice and saccharifying it.	A natural sweetener produced by honeybees from flower nectar	A candy made by heating food-grade glucose and adding an antioxidant to prevent oxidation.	After removing unnecessary parts such as impurities from sugarcane, it is boiled down and only the crystallized part is collected.
Features	<ul style="list-style-type: none"> <li>Half the sweetness of white sugar</li> <li>It has a sticky texture (Viscosity varies depending on the product)</li> <li>Grain-based flavor</li> <li>The sweetness and flavor vary depending on the type of rice used</li> </ul>	<ul style="list-style-type: none"> <li>The flavor and color vary depending on the type of flowers and region.</li> </ul>	<ul style="list-style-type: none"> <li>One type of sugar alcohol</li> <li>Low in calories and sweet, used in diet foods, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Refined, so it contains very little vitamins, minerals, and calcium.</li> <li>High purity of sucrose</li> </ul>
Advantages	<ul style="list-style-type: none"> <li>Slow increase in blood sugar levels</li> <li>Natural sweetness</li> <li>Rich in B vitamins and minerals</li> <li>High water retention, making the dough moist</li> </ul>	<ul style="list-style-type: none"> <li>High nutritional value</li> <li>Sweet in small amounts</li> <li>Contains antioxidants and enzymes</li> </ul>	<ul style="list-style-type: none"> <li>Resistant to acids and alkalis</li> <li>Difficult to digest and absorb</li> <li>Relatively inexpensive</li> <li>Resistant to tooth decay</li> </ul>	<ul style="list-style-type: none"> <li>Relatively inexpensive</li> <li>Sweet in small amounts</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>It is only in liquid form</li> <li>Relatively weak against acids and alkalis</li> </ul>	<ul style="list-style-type: none"> <li>Relatively high unit price</li> <li>Not recommended for children under one year old</li> <li>High carbohydrate content, so excessive intake should be avoided</li> </ul>	<ul style="list-style-type: none"> <li>Only in liquid form</li> <li>Large amounts can cause diarrhea, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Easily raises blood sugar levels</li> </ul>

※ Investigated by a registered dietitian at HOKURIKU ATELIER



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NO MORE SUGAR!! PLANT BASED SYRUP!

Plant-based traditional Japanese sweetener

# Rice Syrup

Syrup made from rice

A fermented food born from rice

# Benefits and Features of Rice Syrup

## Benefits

- When combined with dietary fiber, it becomes a food source for intestinal bacteria, improving bowel movements.
- Less likely to cause tooth decay (contains about 30% of the main component of sugar, called sucrose). Does not cool down the body.
- Effective for soothing the throat (can be used in throat medicine along with daikon radish and lotus root).

## Features

Serves as a natural sweetener (fermented food) that can replace sugar and mirin (sweet sake).

1. Recommended for macrobiotic and vegan diets as it does not contain animal-based ingredients.
2. Recommended as the "first sweet taste" for infants and young children who cannot consume honey.
3. Has flavor, aroma, and umami due to the presence of amino acids, making it suitable for adding gloss, shine, and richness.
4. The flavor varies depending on the type of rice used: mochigome (sweet), uruchimai polished rice (moderate sweetness), and genmai (strong grain flavor).
5. High water-retaining capacity, making it suitable for moistening dough in baking and cake making.
6. Excellent compatibility with nuts and works well as a coating for firmness.
7. Does not become hard when cooled, allowing it to maintain the smoothness of the ingredients.



## Memo

"Jiroame" is a traditional food from Ishikawa Prefecture, known as rice syrup. "Jiro" is a local dialect term in the Kaga region, meaning "soft." It has been used for a long time in baby food, confectionery making, candy cooking, and simmered dishes.

NO MORE SUGAR!!

## RECIPE OF RICE SYRUP COOKING

### Brown Rice Puff Protein Chocolate Bars

A law chocolate made with brown rice puffs and brown rice syrup.

Put the ingredients in a pot, boil it in hot water, mix, put it in a mold and cool it, and it will be completed in no time.

#### Ingredients (Yields 5 bars)

- Brown rice puff granola .....50g
- Rice syrup .....18g
- Raw cacao butter .....50g
- Cocoa powder .....15g
- Soy protein (chocolate flavor) .....15g
- Soft dried fruits (strawberries, kumquats, dekopon, or other preferences) .....10g
- Enzyme juice\* (can be easily made with rice syrup) .....15g

#### Instructions

1. Put all the ingredients in a pot and mix while heating in a double boiler at a temperature below 48°C.
2. Once the ingredients are well mixed, pour the mixture into a mold and let it cool and solidify in the refrigerator.
3. Cut into desired sizes and enjoy.

#### \*Recipe for Rice Syrup Enzyme Juice

- |   |  |
|---|--|
| -Ingredients-   | -Instructions-   |
| • Rice syrup .....50g                                 | 1. Thinly slice the fruits, including the peel, and put them in a lidded bottle along with the rice syrup. |
| • Fruits (summer mandarin oranges or lemons) .....50g | 2. Leave it in the bottle for about 1 week to 10 days until it is ready.                                   |

It is recommended for nourishment, strengthening the body, and as a nutritional supplement during sports activities.



### Rice Syrup x Spice = craft cola

An easy-to-make, homemade cola for adults that even beginners can prepare simply by simmering the ingredients.

It's spicy, refreshing, and invigorating! Not only does it provide nourishment and hydration, but it can also be used as a versatile syrup substitute.

#### Ingredients (Yields approximately 500ml / 10 servings of craft cola)

- Water .....400ml
- Rice syrup .....400g
- Cloves (whole) .....About 40 pieces (approximately 4g)
- Cardamom (whole) .....About 20 pieces (approximately 3g)
- Cinnamon stick .....3 pieces
- Vanilla essence .....5-6 drops
- Lemon (non-waxed) .....2

#### Instructions

1. Slice one lemon into rounds and squeeze the juice from another lemon. Finely cut the lemon peel.
2. Put all the ingredients except lemon juice and vanilla essence in the pot and heat over medium heat. Once it boils, simmer for about 10 minutes over low-medium heat.
3. Remove from heat and add lemon juice and vanilla essence. Let it sit for about a day. (Store at room temperature except in summer, refrigerate in summer.)
4. Strain through a fine-mesh sieve and transfer to a storage container such as a glass bottle. Store in the refrigerator.
5. Enjoy by diluting with carbonated water!! (Recommended ratio is 1 part syrup to 5-6 parts carbonated water.)

\*It is also recommended for shaved ice, yogurt, and ice cream toppings.

You can use it as a syrup for shaved ice as it is, or drizzle it over yogurt, ice cream, or pancakes for a delicious taste. It's also great for adding to alcoholic drinks and making cocktails.



Enamel or stainless steel pot with a capacity of 1 liter or more.

You can also make it deliciously with other citrus fruits such as oranges, summer mandarins, and yuzu.\*

### kaga Lotus Root and Soy Meatballs

Enjoy the synergistic effect of fiber-rich lotus root, soy meat, and fermented food rice syrup. Please enjoy these healthy, delicious plant-based food balls.

#### Ingredients (Yields: 6-8 servings)

- Soy meat .....35g
- Kaga lotus root .....100g (regular lotus root can also be used)
- Silken tofu .....30g
- Onion .....1/4 piece
- Potato starch .....10g
- Rice oil .....(or preferred oil)
- Pepper .....as needed
- Magome Sauce\* .....as needed

#### Instructions

1. Place the soy meat in a pot and cover it with enough water. Heat over medium heat.
2. Once the water evaporates, add rice oil (1 tablespoon) and finely chopped onion. Saut é the onion.
3. When the onion becomes tender, transfer it to a bowl and let it cool.
4. Grate the Kaga lotus root and squeeze out the excess moisture.
5. In the bowl with the cooled onion, add silken tofu, grated lotus root, potato starch, and pepper. Knead the mixture and form into bite-sized balls.
6. Place the meatballs in a heated frying pan and cook until browned. Once they have a nice color, add the Magome Sauce and cook until the sauce thickens and coats the meatballs.

#### \*Magome Sauce (Rice syrup-based teriyaki sauce) recipe1

- |                               |   |
|-------------------------------|---|
| • Soy sauce .....1 tablespoon | • Water .....1 tablespoon                       |
| • Sake .....1 tablespoon      | • Rice syrup .....2-3 tablespoons               |
| • Vinegar .....1 tablespoon   | • Water and potato starch mixture.... as needed |

