

Often kuzu manufacturers mix in potato or sweet potato starch, which can be extracted in a shorter time with higher yields than kuzu, to cut costs. However, Clearspring Organic Kuzu is guaranteed 100% pure.

Guaranteed pure quality

Clearspring Organic Kuzu is produced by the Hirohachido Company in Kyushu, Japan's southern island. They have been processing kuzu for five generations, and still carefully follow the traditional 120-day labour-intensive process. The deep roots grow wild in the mountainous regions, weighing an average of 50kg after 8-10 years' growth, and can reach up to 200kg. After hand-harvesting them mid-winter, they are washed, crushed and filtered to yield the pure organic kuzu root starch, which is left to dry naturally.



Kuzu production

Clearspring Organic Kuzu is a superior quality starch with a smooth texture and neutral flavour. It is naturally extracted from the roots of one of Japan's most vigorous mountain plants.



Clearspring



ORGANIC JAPANESE

K U Z U

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GLUTEN FREE STARCH THICKENER



Product information and recipes inside

In China and Japan, kuzu has been valued for centuries as a medicinal plant to treat digestive and circulatory complaints. Research has shown that it is the high flavonoid content that gives these medicinal properties. Recently, studies by Harvard Medical School have confirmed its effectiveness in treating alcoholism.

Kuzu in daily cooking

Kuzu is an ideal thickener for soups and stews, sweet and savoury sauces, glazes and pie fillings. To use, follow these simple steps:— dissolve the kuzu in a small amount of cold water— add this solution to your cooking liquid— heat, stirring continuously to avoid lumps, until thick and translucent.

A half to one tablespoon of kuzu will thicken one cup of liquid. Now see inside for some delicious recipes.

Traditional oriental medicine

Kuzu has been a valued ingredient in Japanese cuisine and confectionery for more than two thousand years. Its high content of complex starch molecules makes it a powerful thickening agent. Whilst standard thickeners like cornflour do much the same job, they tend to be highly processed and treated with chemical bleaches and extracting agents, whereas pure kuzu is a completely natural gluten free starch.

A superior gluten free thickener

All of our products adhere to the Clearspring brand promise:

- Organic / premium quality Japanese and European foods.
- Authentic and traditional recipes developed by master artisan producers.
- 100% vegetarian and vegan.
- Wholesome and delicious foods for good health.
- No artificial additives, MSG, colourings, preservatives or added refined sugar.
- Ethically sourced foods which support producer communities.
- Made using environmentally sustainable ingredients.



For more info visit: www.clearspring.co.uk

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Warm Kuzu & Apple Drink

Ingredients: serves 2

400ml apple juice
cinnamon, to taste (about a teaspoon)
2 tsp **Clearspring Organic Kuzu**



Method

- 1 Heat the apple juice in a pan until warm but not boiling. Add the cinnamon.
- 2 Mix the kuzu with a little water to make a smooth paste, then add the mixture to the juice. Stir constantly to avoid lumps, as it comes up to a simmer.
- 3 The liquid will turn cloudy and then translucent in about 3-5 mins as it thickens. Serve warm.

*You can also make this recipe using 1 tub of your favourite Clearspring Organic Fruit Purée with 400ml of apple juice or water. Simmer for around 10 mins with the cinnamon and then stir in the kuzu and continue as above.

Recipe by Celia Plender

Kuzu Fruit Custard

Ingredients: serves 3-4

250ml apple juice
1/4-1/3 jar **Clearspring Organic Brown Rice Malt Syrup**, to taste
250-400g pitted soft fruit e.g. apricots, sliced peaches, nectarines, cherries
2 tsp **Clearspring Organic Kuzu**
pinch of **Clearspring Sea Salt**



Method

- 1 Mix the juice, malt syrup, and pinch of sea salt in a saucepan. Adjust the amount of syrup you're using depending on the sweetness or tartness of the fruit.
- 2 If you're using large fruit like nectarines, cut it into bite-sized pieces. If the fruit you're using is fairly firm, add it to the pan and bring to a simmer; uncovered, over a medium heat for a couple of minutes. Delicate, tender fruits won't need to be cooked, so leave them in your serving bowl until later.
- 3 Thoroughly dissolve the kuzu in 2 tsp cool water and add to the pan while stirring. Cook on a low to medium heat and stir constantly until the mixture returns to a simmer and thickens.
- 4 If you're using fruit that doesn't need cooking, pour the hot liquid over it at this stage. Mix gently and once it's cooled down, put it in the fridge. If the fruit's already mixed in, simply pour the contents of the pan into the serving bowl, leave to cool and put it in the fridge. The custard will thicken as it cools.

Sauce Bourguignonne

Ingredients: serves 3-4

300g pearl onions
1 ½ tbsp **Clearspring Organic Italian Extra Virgin Olive Oil**
2 cloves garlic, finely minced
10-12 mushrooms, sliced
pinch of **Clearspring Sea Salt**
3 tbsp **Clearspring Organic Kuzu**
200ml dry red wine mixed with 150ml water
2 tbsp **Clearspring Organic Brown Rice/Barley Miso** mixed with 2 tbsp water
½ bay leaf, ¼ tsp dried thyme, pinch of white or black pepper
chopped parsley, for garnish



Serving suggestion

Method

- 1 Bring 800ml of water to the boil, drop in the unpeeled pearl onions and simmer for 10 mins. Drain, then cover the onions with cold water until cool enough to handle. Slice the tip off the root end and pinch to squeeze out the onion. Discard peel and set aside onions.
- 2 Heat the oil in a large frying pan. Add the garlic, mushrooms and pinch of salt and sauté for 5 mins.
- 3 Sprinkle with the kuzu and toast slightly. Add the wine and water mixture while stirring briefly. Add the onion, miso, bay leaf, thyme and pepper. Continue stirring frequently until the sauce gains a thicker consistency.
- 4 Simmer, with lid ajar, for 15 to 20 mins. Serve over freshly cooked pasta in individual serving bowls and garnish with the parsley.

Carrots with Ginger Glaze

Ingredients: serves 3-4

2 teaspoons **Clearspring Toasted Sesame Oil**
3 carrots, cut into thin diagonal slices
250ml cold water
1 large handful parsley or watercress, chopped
1 tsp **Clearspring Organic Shoyu**
1 tbsp **Clearspring Organic Kuzu**
3cm fresh ginger root, grated and then squeezed for juice



Method

- 1 Heat the oil in a deep frying pan, add the carrots, and mix with a wooden spoon. Sauté for about 3-5 mins. Add the water; cover; and simmer over a low heat for 5-10 mins, until the carrots are just tender.
- 2 Add the greens and shoyu, mix together; and simmer for a couple more minutes. Take the pan off the heat.
- 3 Dissolve the kuzu in a tablespoon of cold water; and slowly add it to the vegetables while stirring constantly. Put the pan back on the heat, and bring to a simmer while you continue to stir. Cook for another couple of minutes, then add the freshly squeezed ginger juice. Mix and serve as a side dish.

Recipe by John and Jan Belleme