



From Japan

Organic Kanten Flakes



“A Vegan Gelatin” from The Ocean

KANTEN is a traditional Japanese thickening agent extracted from seaweed called Tengusa (Gelidiaceae) and Ogonori (Gracilaria). With a tiny amount of Organic Kanten Flakes, your dishes will be healthy and unique texture!



- Plant-based, healthy substitute to gelatin
- Rich in iron
- Fat free / Low saturated fat
- Rich in dietary fiber
- Source of calcium



What does KANTEN mean by?

KAN TEN
寒天

KANTEN means “a cold sky” in Japanese as it used to be mainly sun-dried during the coldest winter season in Japan.



Differences between KANTEN and GELATIN

KANTEN

- made from sea vegetables
- firm & crispy
- melts at 85-100°C
- coagulates at room temperature
- re-melts at 80°C after coagulated
- 2.5g for making 500g jelly



GELATIN

- made from animal collagen
- soft & elastic
- melts at 50-60°C
- coagulates under 20°C in the fridge
- re-melts at 25°C after coagulated
- 10g for making 500g jelly



Manufacturer: Ina Food Industry Co., Ltd.

Ina Food Industry is situated in Ina, Nagano Prefecture. The company is well known as one of the most sustainable companies in Japan as well as being the No.1 manufacturer of Kanten products. Mr. Hidehiro Tsukakoshi, Ina Food's president believes that his company should exist to bring happiness to people, environment and society.

Needless to say the finest quality of products, continuous efforts to realize their own philosophy is also the reason why we, MUSO have decided to introduce their ORGANIC KANTEN FLAKES to the world.



The beautiful garden by their office is very well kept by workers, voluntarily.

Item Informations of ORGANIC KANTEN FLAKES

Item code	Unit Net wt.	Packing/CTN	Unit size (cm)	Carton weight	Carton size (cm)	Shelf life
281500	10kg	1	11×80×55	11.3 kg	35×37×50	36 months
281520	30g	10×32	17.5×10	10.6 kg	35×37×50	36 months

Nutritional Information		per 100g	
Energy	635kJ/163kcal	Fibre	77g
Fat	0g	Protein	1.3g
of which saturates	0g	Salt	0.59g
Carbohydrate	1.0g		
of which sugars	0g		



Made in Japan
JP-BIO-154
Non-EU Agriculture

Ingredients: Organic Agar Agar (gelidium, Non-EU origin)

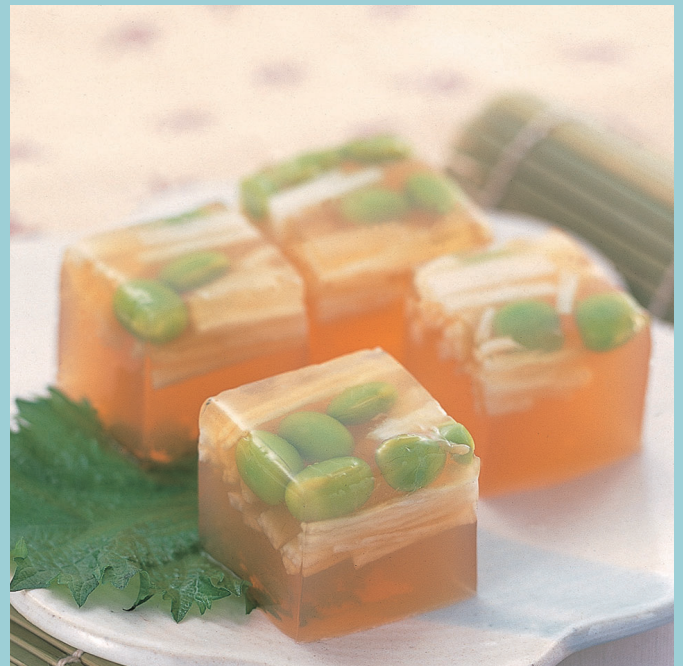


Easy & Tasty Vegan Recipes!

Edamame & Somen Aspic

- Organic Kanten flakes ... 4g
- Dashi stock ... 500 ml
- Shoyu ... 1 tbs
- Mirin ... 1/2 tbs
- Sea salt ... 1/5 tsp
- Boiled somen noodle ... 100g
- Cooked edamame ... 30g

- ① In a pot, bring Dashi and Kanten flakes to a boil. Cook another 2 – 3 minutes over medium heat until flakes completely dissolve. Add mirin.
- ② Remove from the heat and add salt and shoyu.
- ③ Place noodle and Edamame in a mold and pour 2. Leave to stand until cool. Cut and serve!



Vegan Fruits Gelly

- Fruit juice (clear apple juice, grape juice etc.) ...500 ml
- Organic Kanten flakes ... 2 g*
- Seasonal fresh fruits or frozen fruits ...cut into small pieces

- ① In a pot, soak kanten in 300 ml fruit juice for 15 minutes.
- ② Bring 1. to a boil over medium heat, stirring with spatula. Keep stirring and continue boiling for 2-3 minutes over low-medium heat until flakes completely dissolve.
- ③ In another pot, warm 200 ml fruit juice up to 40-50°C and add to 2. Mix well and remove from the heat.
- ④ Place cut fruits in a mold or tray and pour the mixture.
- ⑤ Cool down at room temperature and then, put in fridge for 1 – 2 hours before serving.

*Use 4 g of kanten flakes if you prefer firm texture.

TIPS!

Please also try out to add 2g KANTEN to 300g rice or other grains like quinoa or amaranth when you boil them. It will help to keep the grains moist and tasty even cooled!

