

# fermented soybeans

## NATTO



# What is NATTO ?

Ingredients: soya beans.

Taste: none

(glutamate umami, same as kelp).

Smell: rancid cheese



# Attractiveness of natto



## ① Easy health food

Soya beans, from which natto is made, are high in protein and fat.

## ② Bacillus natto

Bacillus natto makes it easier to absorb the nutrients in soya beans.

## ③ Flexible cooking

If combined with other ingredients, the smell is not bothersome.

## ④ Benefits for women

Soya isoflavones work similarly to female hormones.

Production method:

only soya beans and Bacillus natto. In the traditional method, the soya beans are steamed, cooled, placed in boiled and disinfected rice straw and fermented at around 40°C. Natural natto bacteria multiply and natto is ready in 22-24 hours.

# Natto at a restaurant



Standard Japanese breakfast in Japanese hotels.



You can also find them in pubs at night.

# Try it !

## ● Nutrition in the sticky substance

The more you stir, the more sticky it becomes.



**Point**

Be careful with the smell if it gets on your clothes!

