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The Value and Potential of Sake kasu

— Bringing Japan's Fermented Culture Born from Sake to Dining Tables Worldwide —

What is Sake Kasu(lees)?

Sake lees are a traditional fermented food produced during the process of making Japanese sake.

After rice is converted into sugar by koji mold and fermented into alcohol and aromatic compounds by yeast, the solid residue left behind when the sake is pressed is sake lees.

Primary Uses:

- Amazake sweet drink, kasujiru soup
- Nara-zuke pickled vegetables
- Marinades for fish and meat
- Dressings and sauces
- Adds umami to dishes

Sake kasu has been a staple in Japan for over 1,000 years.

Kyoto's Fushimi is a leading sake region known for its pure water and brewing tradition. Major producers like Shochikubai (Takara Shuzo) and Gekkeikan operate alongside many local sake breweries, drawing visitors nationwide. We are Fushimi's sole specialist in sake lees, sourcing and delivering premium lees across Japan.

The Umami Qualities of Sake Lees

Sake lees are abundant in amino acids and peptides, with glutamic acid playing a significant role in imparting natural umami and depth to dishes.

- Enhances the flavor profiles of fish and meat
- Contributes to overall flavor balance
- Reduces undesirable odors through trace amounts of alcohol and organic acids

Serving as an effective culinary ingredient, sake lees elevate the taste of various components.

Culinary Effects: Tenderizing and Umami Enhancement

Enzymes, amino acids, and organic acids in sake lees interact with the proteins in food:

- Break down muscle fibers to increase tenderness
- Minimize off-flavors and unpleasant odors
- Facilitate deeper absorption of flavors

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Usage Examples

- Fish Kasuzuke: Adds moisture, tenderness, and rich aroma to red snapper and silver cod
- Nara-zuke Pickles: Brings deep umami and flavor to melon and daikon radish
- Meat Dishes: Wrapping meat in sake lees helps it stay juicy and tender while minimizing strong flavors

Sake lees is a distinctively Japanese ingredient that enhances the taste of various foods and elevates the final dish.

Nutrition and Health Benefits

Sake kasu, thanks to fermentation, is packed with nutrients that are easier for your body to absorb.

- It contains plant-based protein
- Provides dietary fiber
- Offers B vitamins and minerals
- Includes yeast-derived ingredients
- Features resistant protein

These qualities help support healthy digestion and promote radiant skin. The fermented umami flavor and nutrient content also bring extra depth and richness to meals.

Overseas Potential

With Japanese sake becoming popular around the world, sake lees are starting to attract global interest as well.

Recommendation for:

- Individuals who care about health, gut wellness, and fermented foods
- Chefs who want to infuse their meals with natural umami and rich flavor
- Persons looking for sustainable, eco-friendly ingredients

Sake kasu is an upcycled product made from leftover material during sake production. It fits perfectly into current trends focused on health and fermented foods, bringing both umami flavor and benefits for gut health and beauty to the table.

Key Points

- Sake kasu offers a new option in Japanese fermented foods after miso and soy sauce.
- It enhances dishes with rich flavor.
- It helps reduce food waste.

Sake kasu is a distinct Japanese ingredient valued for taste, health benefits, and environmental impact.