



# Shio Koji

*A long-lost cousin of Miso and Soy Sauce*



# Shio Koji

- ❖ My Story : Maki (Makiko) Ishida
- ❖ Is Shio bKoji a fad or a new staple?
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- ❖ So what is Shio Koji?
- ❖ Why use it?
- ❖ How is it made?
- ❖ It's really that simple and powerful?



# My Story

- A Shio Koji Evangelist and Content Creator
- A Koji craftswoman
- A businesswoman who founded Alter Native Foods
- A native Tokyoite from katsuobushi trading family
- A part-time Japanese Translator and Editor

# Shio Koji and Food



Adding plant-based umami to vegetarian and vegan dishes.



Enhancing taste while staying authentic with any cuisine.



Tenderizing lean or tough meats while boosting flavor.

# Shio Koji is plant based and gluten free



Plant-based and  
gluten free.  
Shio Koji can  
instantly boost  
the taste of all  
your dishes.



Shio Koji can  
enhance tastes  
without altering  
the authentic  
flavors of any  
cuisine.



Enzymes in  
Shio Koji can  
tenderize even  
lean meats,  
making them  
tender and juicy.

# Nutritional and Digestive Benefits

Cut down on sodium – not on taste.



Gut-friendly  
and easy on my  
digestive  
system.

# Benefits of Shio Koji

Replace table salt with Shio-Koji. Cut down on sodium to as low as ¼.



Enzymes in Shio Koji break down protein, fat and starch in food as it marinades, making it easier for your GI system to do the rest.

# What is Shio Koji?

- It is a seasoning made with Koji, Water, and Salt.
- Shio Koji is also known as Salted Koji or Koji Salt.
- Shio Koji can be made with any type of grain that has koji grown on it.
  - Rice, Brown rice, Barley, Millet, etc.

# Basic Shio Koji Recipe

Ingredients	Amount
Rice Koji	450 g
Salt	150 g
Water	600 g

Salt in this recipe = 12.5% of the total weight

The golden ratio: Koji : Salt : Water  
= 3 : 1 : 4

1. In a bowl, combine koji and salt. “Massage” the mixture very well.
2. Add water into the mixture and continue “massaging” it with your hands until the water becomes milky.
3. Transfer into a container. Keep it in a dark area (at room temperature). Stir it once a day for 1-2 weeks.
4. When it becomes sweet and savory, transfer the container to the

# Different types of Shio Koji



Rice Shio Koji



Brown Rice Shio Koji



Barley Shio Koji

# Why Shio Koji?

- It makes food richer, sweeter and more savory.
- It makes food tender, and more nutritious.

The secret is just 3 of thousands of koji's enzymes!

Amylase, Protease, and Lipase

# Koji's Enzymes: Making food delicious and nutritious

Enzymes	Nutrients	Broken down into...	Effects on senses
Amylase	Carbohydrate	Glucose	Sweetness
Protease	Protein	Amino acids	Umami
Lipase	Fat	Fatty acids	Richness

# Other nutrients produced by Koji

- Vitamin B1, B2, B3, B5, B6, B7, and B8.
  - Vitamins that play important roles in cell metabolism
- Oligosaccharides
  - Gut flora's favorite food

# Shio Koji can reduce table salt use

Simply replace  
1 tsp of table salt  
with  
2 tsp of Shio Koji.



# How do I use Shio Koji?

Weight what the shio-koji is being applied to. Then add 5 to 10 percent of that weight in koji-shio to the food. Let marinate for 15 minutes or over night.



# Roast Chicken

1. Calculate the amount of Shio Koji you need based on the weight of the chicken. For example, if your chicken weighs 3 pounds, use 5 to 10 percent of that weight to season it.
2. Spread Shio Koji evenly under the skin. Let it marinate overnight.
3. Take the chicken out of the refrigerator at least 1 hour before roasting.
4. Roast chicken in a ready oven. Let rest a short time before eating.



# Grilled Salmon

1. Calculate the amount of Shio Koji you need based on the weight of fish.
  - Ex: Use 2 TSP to 1 TBS of Shio Koji for 6 oz. salmon fillet.
2. Let it stand for 10 to 15 minutes. Gently scrape the Shio Koji off the surface before grilling.
3. Be careful not to burn the surface as Shio Koji contains glucose, a simple sugar.



# Marinated Mushrooms

1. Cook 16 oz of mushrooms in a pot of boiling water for 30 seconds.
2. Drain and let it cool.
3. Thoroughly mix mushrooms and 3 TB of Shio Koji.
4. Keeps in the refrigerator for up to 5 days.



# Sagohachizuke Style Pickling Bed

1. Mix Shio Koji (500 grams) and cooled cooked rice (240 grams).
2. Add 3 strips of 1 inch long kombu, sometimes called kombu kelp, 2 to 3 hot red peppers, and 1 garlic clove.
3. Add veggie scraps and replace with new ones every other day for 2 to 3 weeks.
4. Keep refrigerated.



# Shio Koji's many uses



Shio Koji “1-week-cured” Tofu



“Shio Koji is pure MSG”  
Popcorn



Shio Koji Ceviche

# Shio Koji is very versatile



Shio Koji Vinaigrette



Shio Koji cured Pork Belly



Chicken Tenderloin  
seasoned with Shio Koji  
(Top row)

# Is Shio Koji a fad?

“Boost your marinade game with shio koji.”

“The most underrated ingredient is  
“shio koji.”  
(from [restaurantgirl.com](http://restaurantgirl.com))

Executive Chef  
Michael Anthony  
at Gramercy Tavern



“Shio Koji, a seemingly magical sauce that thrills cooks with its flavor.”

“Its versatility and reach are truly amazing.  
In terms of creating umami / amino acids, it's the closest to alchemy that cooking can get.”

# Or is Shio Koji a must have seasoning?

“shio koji, an incomparable salty and sweet condiment made from the same malted rice used to ferment miso, sake and soy sauce.”



SAVEUR

“Shio koji's transformative powers work pretty miraculously as a marinade for meats.”

Los Angeles Times

“Shio Koji is a game-changing pantry staple.”

“We couldn't stop exclaiming about the way koji had transformed the fish.”

The Boston Globe



Questions?



Please follow Alter Native Foods on  
Instagram @alternativefoods

We are happy to help you learn more about Shio Koji.  
Contact Maki at [Alternativefoods3@gmail.com](mailto:Alternativefoods3@gmail.com) for more information.



The End