

KOJI AND MORE

JAPANESE FERMENTATION BASICS WORKSHOP - CHAPTER 1

Discover the power of Japanese fermentation in this beginner-friendly Koji workshop. Learn what Koji is, why it's considered Japan's "national fungus," and how to make soy sauce Koji, salt Koji, and sweet Koji at home for gut-friendly everyday cooking.

BEFORE THE CLASS:

To help everything run smoothly, please:

- Pre-measure all ingredients before class
- Wash and dry all produce in advance
- Remove all ingredients (except meat and fish, if included) from the refrigerator ahead of time
- Prepare your tools based on the equipment list
- Organize ingredients by recipe (using trays or baking sheets is highly recommended)

You may also receive a short additional prep note a few days before class depending on the menu.

IMPORTANT NOTES:

- Results may vary depending on ingredient quality, fermentation conditions, equipment, and room temperature.
- Different brands of rice koji, soy sauce, and salt may affect the flavor and fermentation process.
- If you have questions about ingredient substitutions or equipment, please contact us before class at info@kojiandmore.com.

INGREDIENT SHOPPING LIST

Below is a list of ingredients needed for the recipes included in this class packet. To help you prepare with ease, we've also included a curated Amazon shopping list featuring ingredients and recommended items that may be helpful for class.

You can browse the recommended ingredient list here (or scan the QR code):

<https://www.amazon.com/shop/kojiandmore/list/28ERNGMQS9UL4?ref=aipsflist>

- ☐ Approximately 500 g (1.1 lb) rice koji
- ☐ 50g sea salt
- ☐ 280 ml (9.5 fl oz) or more soy sauce or tamari
- ☐ Filtered or bottled water (water with a lower mineral content is recommended)



EQUIPMENT CHECKLIST

Below is a checklist of kitchen tools and equipment recommended for the best class experience. Having these items prepared in advance will help ensure a smooth and enjoyable cooking session.

- ☐ Large pot for sanitizing equipment
- ☐ Three 16 oz (475 ml) containers or bottles
Heat-resistant glass jars or food-safe, BPA-free plastic containers are recommended.
- ☐ Fermentation device, such as:
 - Sous vide machine
 - Yogurt maker
 - Fermentation machineYour device should be able to maintain a temperature of 140°F (60°C) for at least 6 hours
- ☐ Spoons
- ☐ Kitchen scale

Questions about substitutions? Please contact us at info@kojiandmore.com.