

ぬか床とは (see next page)

米糠を主原料とし、これに適度の水分、塩分、好ましくは良質の種糠を加えた漬け床。これに種々の季節野菜を適温（20-25℃）で漬けては取り出すことにより、乳酸菌、酵母、そして野菜の酵素が（1）糖質、（2）脂質（米糠油）、（3）アミノ酸を発酵し、変化させ、野菜に独特の香味を賦与する世界でも珍しい発酵食品



What is Nuka-Doko ?

A Nuka-Doko, a bed of rice-bran, is composed of rice-bran as a main starting material, mixed with appropriate amount of water and salt, and preferably with a high-quality starter which is fully fermented and aged rice-bran by the combination of lactic acid bacteria and yeast fungus, used for pickling vegetables. By repeated pickling of various vegetables in a Nuka-Doko at an appropriate temperature (20-25 C) and by taking out pickled ones, lactic acid bacteria and yeast fungus in addition to enzymes in vegetables ferment sugar (glucose), oils (rice-bran oil) and amino acids to produce special flavor which is absorbed in pickled vegetables to be Nuka-Zuke. This is rare fermented food in the world.

Nuka-Doko



Nuka-Zuke



Nuka-Daki

