

COOKING WITH KUZU

Basic Guidelines

- Always dissolve kuzu powder in a small amount of COLD fluid before adding it to the simmering liquid.
- After adding the kuzu to the pudding, heat over medium flame until kuzu begins to thicken, then turn to a low flame.
- It is important to stir kuzu puddings continuously throughout the heating and thickening process.
- This entire process should take only a few minutes. When the “milky” color of the kuzu disappears and the liquid is thick, the cooking is done. The pudding is ready to be eaten immediately. Kuzu does not need to “set” like jello or agar.
- Kuzu puddings can be eaten warm, at room temperature, or cooled.
- Kuzu puddings are best prepared fresh daily. If necessary, they can be refrigerated and prepared every other day.

BASIC PROPORTIONS

Medicinal pudding	1 cup liquid	2 tablespoons kuzu
Thickened drink	1 cup liquid	2 teaspoons kuzu
Soup	1 cup liquid	2 teaspoons kuzu
Soup broth	1 cup liquid	1/2 teaspoon kuzu
Sauce	1 cup liquid	1/2 teaspoon kuzu

The exact amount of kuzu to liquid varies based on both the quality of the kuzu and the liquid being thickened. As a general rule, acidic juices, such as lemon or orange, will require about 25% more of the kuzu powder.