

Brewing Amazake Workshop

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Amazake hayazukuri

Doumyouji isshou (1.8 liters) woyu nite arahi age woki. Kouji isshou (1.8 liters) wo mizu isshou go gou (2.7 liters) nyuu. Suribachi nite yoku suri. Sui nou nite koshi. Migi sanshoku nabe ni nyuu. Torotoro to neri soroheba. toki no hani yoku nari moushi sourou. Shiro zatou nyu souroute yoshi. (Ryouri Monogatari in ZGR 19,3 p. 362)

Translation and Redaction:

Quick Sweet Sake. Take 1.8 liters of *Doumyoji*, boil in hot water (until soft) and place aside. (Mix) 1.8 liters of *koji* (with) 2.7 liters of cold water and add (to the *Doumyoji*). Grind well in a *suribachi*. Until it becomes smooth. Place this mixture in a ceramic crock and simmer. You may add white sugar to the mixture.

Consulting *Nihon Ryori Gogenshu* p. 475 suggests that *Doumyoji* was actually made from *mochi* rice as follows, first the rice would be cooked as usual, then it would be dehydrated. This appears to have been used as travel food or military rations. *Shizou Tsuji* in *Japanese Cooking: A Simple Art* says that *mochi* rice is glutinous rice (77-78).

NOTE: The sweet taste of *Amazake* is supposedly due to the high ratio of *koji* to rice.

References:

Nihonshi no kigen (Origin of Sake)

ISBN: 4-89694-443-7

- *Koji* originated in China as moldy *mochi*.
- After boiling the rice, cool it down to 35 – 40 degrees centigrade.
- Best fermentation temperature is 33 degrees centigrade.
- *Shitogi* is finely-ground *mochi* rice that has been soak in running for 18 – 24 hours, drained for 30 minutes, and then ground for 60 – 120 minutes. This process increases sugar production which enhances the fermentation process. For example, the 120 minute *shitogi* will yield a 50% sugar concentration after being inoculated with *koji* (*Aspergillus oryzae*) for 5 days; 60 minute *shitogi* will yield a 40% sugar concentration; raw rice will yield a 4% sugar concentration.
- Ethyl alcohol percentage by volume for *sake* made with *shitogi*:
 - 0 minute – 0.37%
 - 60 minute – 3.66%
 - 120 minute – 5.28%
- Already broken down by prior cooking, like the 120 minute *shitogi*, the *doumyoji* is ground to reduce particle size.

Ronshu sake to inshuu no bunka (Collection of essays on *sake* and *sake*-drinking culture)

ISBN: 4-582-82920-1

- *Kuchikami sake no koninsai kigensetsu* (Explanation of the origin of mouth-chewed *sake*), pp 89 – 132.
 - The process of chewing the rice will make it sweeter; breaks down the starch.

- Basically, one makes *shitogi* by chewing.
- Process of chewing and spitting may have originated with the Inu.
- Pre-chewed rice was also given to children and invalids.
- Process mentioned in the *Ozumi kokufu doki menbu* (prior to 1479 AD) and in the *Akichojitsuroku* (Seasonal Court Practical Record, 1479 AD).
- Raw rice is chewed in the *Ozumi Kokufu Doki Menbu*.
- Boiled rice is chewed in the *Akichojitsuroku*.
- *Miyashiro fumi*
 - Cooked rice is chewed one mouthful at a time and spit into water, and then chewed again.
 - Then raw rice is chewed and spit into a stone mill and ground.
 - Both kinds of rice are mixed and left to ferment.
 - Millet and raw rice could also be mixed.
 - More recent examples of *kuchikami* sake are ritualistic.
- Time line of *sake* in Asia and Japan.
 - 12,000 years ago (beginning of *Jomon* culture), people in Japan were living in groups, using fire, had pottery, and possibly fermenting chestnuts and wild fruits, like mountain grapes.
 - Rice cultivation originated in the northwest corner of India called the Assam, to Hunan China (7,000 – 9,000 years ago), to the Yangtze river delta, and then on to Japan.
 - Differentiation of species and arise of *Japonica sp* short-grained rice (3,000 years ago).
 - Yayoi period marked by the cultivation of rice (2,200 years ago).
 - *Kuchikami no sake* (rice-chewed *sake*) was eventually displaced by *sake* made from a *koji* starter.
 - Early form of *koji* created by mixing raw rice with water, kneading it, forming it into balls, letting it sit for 3 weeks to a month, and the microbes *Rhizopus sp.* or *Mucor sp.* will form.
 - *Koji* from *mochi* is made in a similar way. *Mochi* is glutinous rice that has been steamed and pounded in to cakes. *Koji* can be made from *mochi* in about two days.
 - *Koji* can be cultivated from barley, millet, wheat, or rice.
 - *Koji*, raw or cooked rice, and water are combined and left to ferment.
 - Alcohol content is usually very low (< 6%) for period sake, but can be increased by the introduction of more fermentation processes (more cooked rice is added at the end of the a fermentation process).

Nihon Ryori Gogenshu (Etymological Dictionary of Japanese Cuisine)

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From the ancient times, there was a kind of *sake* called *nerizake*. “*Neri-*” means “to knead”. *Nerizake* is the antique term for *shirozake* (white *sake*). Even older terms for white *sake* and black *sake* are *shiroki* and *kuroki*, respectively.

Mochikome no koji (*koji-kome* made from glutinous rice)

Kuroki (black *sake*) – charcoal made from *kusage* (plants, herbs, vegetation, etc.) that is ground up and added during the *sake*-making process gives the *sake* it's flavor and dark color from tannins. *Moromi*, soybeans similar to the *shoyu* (soy sauce) process (steamed, inoculated, fermented), are also ground up and added.