

HamSauBa Quest

Rescue the Princess of HamSauBa Kingdom



HamSauBa!

taken from Ham-Sausage-Bacon

The Adventure Begins

Once upon a time there was a country called HamSauBa Kingdom. The people of the land loved ham, sausage and bacon, and lived happily.

One day, in an attempt to steal "the secret knowledge of HamSauBa," the symbol of the kingdom's power, bandits came to raid the city. But they were unable to obtain the secrets they sought.

**Take the princess,
we'll use her to
reveal the secret
knowledge!**

Yessir!
Okay boss!

In the castle kitchen...

Encroach...

Riona!

**Oh my...oh no...
help me...!**

Princess!
What should
we do...

The bandits seeking the knowledge of HamSauBa leave, taking the princess hostage.



Brave Shinken got ready to head out for the Forest of Knowledge to learn the secrets of HamSauBa and power up...



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Characters

Brave Shinken

A young man from the Kingdom of HamSauBa, who has a strong sense of justice. He gains strength and rises up to save the princess.



Princess Riona

A kind and gentle princess who is loved by her people. She loves Ham, Sausage and Bacon, and she's a great cook.



Bandit Boss

He aims to obtain the secret knowledge of HamSauBa and take over the Kingdom.



Show Me the Varieties of HamSauBa!

Parts of pig made into HamSauBa

Pork Shoulder (includes foreleg)

Firm flesh and a good amount of fat. Strong umami taste.

- Shoulder bacon
- Sausages
- Lux ham

Pork Loin

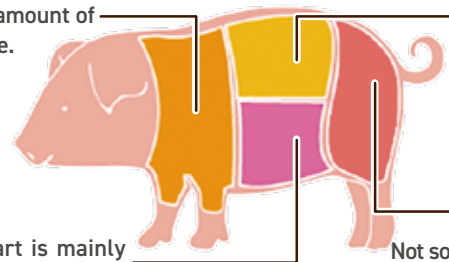
Finely textured, tender meat with a moderate amount of fat.

- Roast ham
- Lux ham

Pork Belly

The meat from this part is mainly used for bacon. Soft and quite fatty.

- Bacon



Rear Ham

Not so fatty with a delicate palate.

- Boneless ham
- Lux ham
- Sausage

Types of Ham



Roast Ham

Processed pork loin chunks. Characterized by its fine and soft texture.



Boneless Ham

Processed chunks of the pig's rear ham with bones removed. A light taste.



Pressed Ham

An original Japanese ham made by combining pork and beef chunks.



Lux Ham

Known as "dry-cured ham." This ham is aged over a long period at low temperature.

"I'll learn as much as I can about HamSauBa and become stronger!"

*1 Smoking: The process of using the fumes from heated wood chips such as those from broken down cherry blossom trees to smoke meat. Smoking increases shelf life and gives a distinctive flavor and color to the meat. The process also enhances aroma and taste.

Types of Bacon



Bacon

Smoked*1 chunks of pork belly. With satisfying, juicy fat.



Shoulder Bacon

Processed pork shoulder. A good amount of fat with a strong umami flavor.

Varieties of sausage also depend on their thickness!

When using artificial sausage casing as opposed to animal intestines, rules state that a sausage with a thickness of 20 mm or less should be called a "wiener," when more than 20 mm and less than 36 mm, it should be a "Frankfurter" and when 36 mm or more, it should be called a "Bologna!"

Varieties of Sausage



Sheep intestine

Wiener Sausage

Processed mincemeat packed into sheep intestines.



Pig intestine

Frankfurter Sausage

Processed mincemeat packed into pig intestines.



Cattle intestine

Bologna Sausage

Processed mincemeat packed into cattle intestines.



Riona Sausage

Processed mincemeat mixed with bell pepper and carrots etc., packed into sausage casing.



Dry Cured Sausage

Processed mincemeat etc. in casing, which is dried till it has a water content of less than 35%. Salami is one cured sausage variety.



Uncured Sausages

These sausages are processed without the use of a color developing agent when their ingredients are soaked in a curing agent.

(For details on the curing agent, see p. 23)
(For details on the color developing agent, see p. 19)

HamSauBa preserved foods have been loved for generations. Give it your best, Shinken!

*2 Casing is a bag-shaped skin into which meat chunks and mincemeat are packed. They come in natural sheep, pig and cattle varieties and artificial varieties.



HamSauBa Store Owner Frank

HamSauBa Quiz!

~ Varieties ~

I must remember the varieties of HamSauBa, and which parts of the pig are used!

Q-1 Which part of the pig is boneless ham from?

- ① Meat from the animal's back ② Meat from the belly ③ Meat from the rear ham

Q-2 Which animal guts is meat packed into to make wiener sausages?

- ① Cattle ② Pig ③ Sheep

Take a look at the table on page 6 and read the details of each variety on page 7 to help you.

power up!

Next, Food Labeling on page 10 !

Answers: Q-1 Rear ham Q-2 Sheep

Introducing world-famous dry-cured hams and casing varieties

The World's Big Three Dry-Cured Hams

Imported dry-cured ham you find in stores. Introducing the world's three leading dry-cured hams.



Prosciutto di Parma (Italy)

Made in the Parma region of northern Italy, this product represents the finest dry-cured ham. The product is recognized as being from a Protected Designation of Origin (PDO), meaning it has cleared strict quality conditions. The ham is dried and aged for more than 10 months, and branded with the Parma crown logo. It goes well with melon, fig and other sweet fruits.



Jamon Serrano (Spain)

In Spanish, "Jamon" means "ham" and "Serrano" means "of the mountain." The ham is made from an improved white pig breed, in contrast to Jamón Ibérico which is made from a black pig breed. It is matured over a nine-month period. A good serving suggestion is to enjoy it over melon or with tomatoes, olive oil and garlic over toast. It's also great chopped up in soup.



Jinhua Ham (China)

This ham is made from Jinhua pigs bred with special feed in the Jinhua region of Zhejiang Province, China. The pigs are characterized by their black heads and white bodies. The ham has a distinctive color aroma and is matured for over one year. Jinhua ham is valued as a top class ingredient and is used in soups, steamed dishes and to bring out flavor in ichiban dashi soup stock.

Casing Used for Ham and Sausage Meat

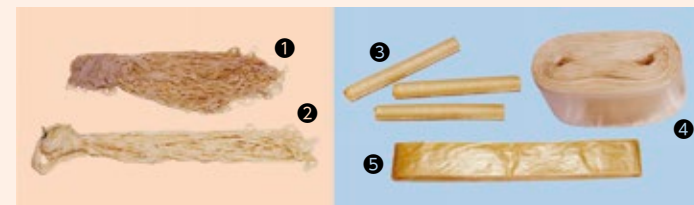
There are two varieties of casing used for ham and sausage meat: animal intestine casing (natural) and artificial casing.

Most Common Natural Intestines

- ① Sheep intestines
② Pig intestines

Most Common Artificial Casings

- ③ Collagen casing
④ ⑤ Cellulose casing



<Use and Characteristics>

Variety	Use	Characteristics
Sheep intestines	Wiener sausage	• The skin is edible
Pig intestines	Frankfurter sausage	• Very close to the mincemeat, has solid snap and crisp texture
Cattle intestines	Bologna sausage	
Collagen	Sausages	• The skin is edible
Cellulose	Ham, skinless sausage	• The skin is not edible • Plant-based, meaning it is breathable, and compared to natural intestines, strong with uniform thickness and length

Tell Me More about HamSauBa Food Labeling and Storage!

Example of Sausage Product Labeling

Package (back)

Reading the label tells us about ingredients, food additives, storage methods and so on!

There's a lot of stuff written on HamSauBa packages!

These are important labeling items! I need to learn them all.

① Product group	• Cooked meat product (packaged after preparation)												
② Name	• Name: Pork sausages (wieners)												
③ Ingredients	• Ingredients: Pork (made in Japan), pork fat, mizuame (starch syrup), binding agent (soy protein, egg protein) salt, reduced mizuame (starch syrup), protein hydrolysate, spices/sodium caseinate, seasoning (amino acids), phosphate (Na), preservative (K-sorbate), antioxidant (vitamin C), pH adjuster, color developing agent (nitrite) (Contains pork, soy, egg and milk)												
④ Quantity	• Net weight: 100 g												
⑤ Best-before date	• Best-before date: Displayed on the front bottom of package												
⑥ Storage method	• Storage method: Store below 10°C (50°F)												
⑦ Manufacturer	• Manufacturer: Ebisu HamSauBa Co., Ltd. 1-2-3 HamSauBa, Shibuya, Tokyo												
⑧ Nutritional content label	<table border="1"> <tr> <th colspan="2">Nutritional content label: per 100 g</th> </tr> <tr> <td>Calories</td> <td>390 kcal</td> </tr> <tr> <td>Protein</td> <td>10.0 g</td> </tr> <tr> <td>Fats</td> <td>35.4 g</td> </tr> <tr> <td>Carbohydrate</td> <td>3.6 g</td> </tr> <tr> <td>Salt equivalent</td> <td>2.4 g</td> </tr> </table>	Nutritional content label: per 100 g		Calories	390 kcal	Protein	10.0 g	Fats	35.4 g	Carbohydrate	3.6 g	Salt equivalent	2.4 g
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⑨ Allergy information (red box)	• Allergy information (red box)												
⑩ Approval stamp	• JAS stamp												
⑪ JAS stamp	• JAS stamp												

Example of Product Front Labeling

The expiry date and storage information is included in the label on the back of the packaging, but it can also be displayed on the front.



Best-Before Date
Quantity
Storage method

① Product group

Heated meat products, non-heated meat products (cured ham) and dried meat products (dry sausages). They are all meat products. In line with the Food Sanitation Act, these products are cooked or prepared to certain standards before or after packaging, and can be eaten as is.

② Name

Variety name

③ Ingredients

The ingredients, such as raw meat and food additives, are listed in descending order of weight.

④ Quantity

Content weight is displayed clearly in units of g (grams) or kg (kilograms).

⑤ Best-before date

For food which deteriorates comparatively slowly, this indicates the period in which the food product can be consumed while still delicious.

⑥ Storage method

This indicates the storage temperature for the product in line with its characteristics.

⑦ Manufacturer

This lists the manufacturer name (corporate name) and its location.

⑧ Nutritional content label

This lists five categories in order of calories, protein, fats, carbohydrates and salt equivalent.

⑨ Allergy information (red box)

In particular, labeling must list substances designated "specified ingredients" which are known to cause a number of symptoms or severe symptoms. Always pay attention to this labeling list if you have any food allergies.

Ingredients that must be listed on labeling (specified ingredients)



Shrimp



Crab



Wheat



Soba
(buckwheat noodles)



Egg



Milk



Peanuts

⑩ Approval stamp

This mark guarantees compliance with labeling rules.

⑪ JAS stamp

After undergoing a JAS (Japanese Agricultural Standards) inspection, this mark guarantees quality above a specified level.

Storage Method After Opening

For leftover HamSauBa, wrap tightly with plastic wrap so air does not touch the surface, refrigerate and consume as soon as possible. The texture and flavor can spoil when frozen, so it is not recommended.



HamSauBa Quiz!

~ Food Labeling ~

Food labeling is very important.

Q-1

If the HamSauBa packaging says "cooked meat product," can it be consumed as is?

- ① **The product is cooked to certain standards and can be eaten as is**
- ② **You must reheat the product before consuming**
- ③ **It depends on the item**

Q-2

In which order are ingredients listed?

- ① **In order of highest nutritional value**
- ② **In order of emphasis**
- ③ **In order of weight**

Find the answer on pages 10-11!

power up!

Next up: Nutrients on page 14!

Answers: Q-1 ① The product is cooked to certain standards and can be eaten as is; Q-2 ③ In order of weight!

The Following Rules Apply to HamSauBa Food Labeling

Use-By and Best-Before Dates

Use-By Date

This applies to before the opening of product packaging, whereby, in terms of safety issues, when using a recommended storage method the product will not spoil, lose quality or deteriorate etc. within the given period. As such, it is not advised to consume products that have passed their use-by date.

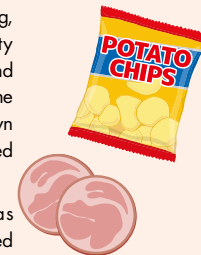
*Food products which spoil quickly, such as bento lunch boxes, cooked bread-based delicacies, uncooked sweets, raw meat and fish



Best-before Date

This applies to before the opening of product packaging, whereby there aren't any particular safety or quality issues when using a recommended storage method, and generally, the product can be tastily consumed within the given period. As such, the consumer must use their own judgment to determine whether a product that has passed its best-before date is safe to consume.

*Food products that don't spoil quickly, such as HamSauBa processed meats, chips and crackers, canned food and milk



Determining Best-before Date

Consumption period (a period during which "regular conditions" are maintained throughout storage testing) x 0.8 (safety factor)

Ex. A 50-day consumption period x safety factor 0.8 = a 40-day best-before period

Nutritional Content Label

Nutritional Content Label

Nutritional content label (per 100 g)	
Calories	321kcal
Protein	13.2g
Fats	28.5g
Carbohydrates	3.0g
Salt equivalent	1.8g

- Listed as per 100 g of food, or per package, etc.
- "Salt equivalent" was previously labeled as "sodium." Japanese people consume a lot of salt, and to help prevent lifestyle-related disease, the Ministry of Health, Labour and Welfare recommends an intake of 7.5 grams or less per day for males and 6.5 grams or less per day for females. Following that, in order to allow consumers to understand how much salt content products contain, manufacturers were obligated to convert sodium to "salt equivalent" on food labeling.

Allergens on Labeling

Allergens on labeling, in principle, are [Displayed Separately], however, it's more common to see [Unified Display].

[Displayed Separately] Ingredients (Merit: can understand which ingredients contain the allergens)

Ingredients	
	Pork loin (contains pork), sugars (sugar, mizuame starch syrup), salt, protein hydrolysate (contains soy and wheat), sodium caseinate (derived from milk), spices / seasonings (amino acids), phosphate (Na), antioxidant (vitamin C), color developing agent (nitrite)

[Unified Display] Ingredients (Benefit: easy to check in the final set of parenthesis)

Ingredients	
	Pork loin, sugars (sugar, mizuame), salt, protein hydrolysate, sodium caseinate, spices/seasonings (amino acids), phosphate (Na), antioxidant (vitamin C), color developing agent (nitrite), (contains pork, soy, wheat and milk)

What Kind of Nutrients Does HamSauBa Contain?

HamSauBa is full of nutrients that the body needs

The main nutritional components in pork are animal **proteins**, **fats** and **vitamin B₁**, but it also contains other vitamins and minerals.

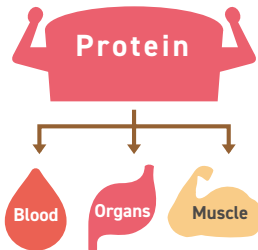
HamSauBa is split into three main nutritional categories!



Protein

Makes muscle and blood for the body

Protein is the most important nutritional component for the body, making parts such as muscle, blood and organs. Protein is made up of amino acids. There are 20 types of amino acids, and each of them work differently, but there are nine essential amino acids which cannot be made by the human body.



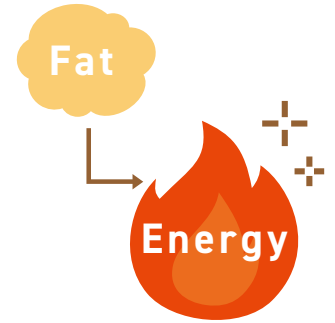
We must get our essential amino acids from food, however, if we have a deficiency in even one of them, then our bodies cannot sufficiently build our muscles, bones and blood. Pork contains a good balance of these essential amino acids.

*Essential amino acids: methionine, threonine, phenylalanine, tryptophan, valine, isoleucine, leucine, lysine, histidine

Fats

Convert into energy for moving the body

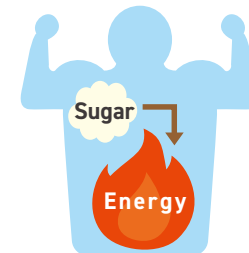
Fats are essential components for the human body. They are converted into energy which helps the body move efficiently, absorb vitamins, and control movement. Pork fat contains a lot of fatty acids, including oleic acid and stearic acid, it also contains some of the essential fatty acids*, including linoleic acid, α -linolenic acid and arachidonic acid. These fatty acids are known to reduce and suppress bad cholesterol.



Vitamin B₁

Replenishing energy for the brain and body

Glucose is the source of energy needed for the brain and it is found in rice, bread and other types of carbohydrates, and vitamin B₁ works to efficiently convert this glucose into energy. It is also necessary to keep you from getting tired and to generate the energy needed for organ and muscle function.



They are all important nutrients!

HamSauBa Quiz!

~ Nutrients ~

Let's double-check which nutrients HamSauBa contains.

Q-1

Which of the following is the main nutrient found in HamSauBa that becomes the foundation for the body, making muscles, blood and more?

- ① Catechin ② Protein ③ Calcium

Q-2

Which of the following vitamins is found in larger quantities in pork than beef and chicken and is effective for recovery from fatigue?

- ① Vitamin B₁ ② Vitamin D ③ Vitamin E

The various types of nutrients and vitamins perform different functions, see pages 14–15.



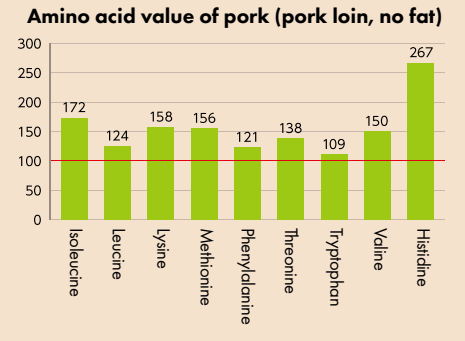
Next, Additives on page 18!

Answers: Q.1 ② Protein Q.2 ① Vitamin B₁

HamSauBa Contains High-quality Protein and Other Brain-boosting Substances

The High Quality Protein in Pork

Of the amino acids that form protein, nine essential amino acids cannot be produced by the body, so we need to get them from food. If we think of the necessary amount of amino acid required by the human body as “100,” then the amount of amino acid contained in each food stuff is its amino acid value. All of the amino acid values of pork exceed 100, making it an excellent food source.



Excerpt from "All About Processed Meat Products"

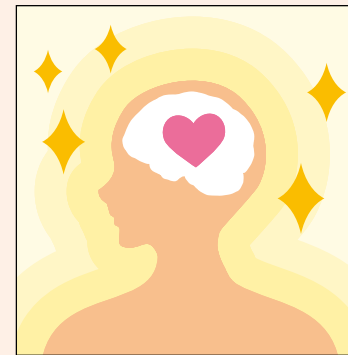
Protein is One Secret to Longevity

Animal protein helps you live longer!

Data shows a correlation between increased intake of animal protein and increase in average life expectancy. What's more, results show that the proportion of animal protein in the overall protein intake of those aged 100 and over is higher than that of the average Japanese male or female.



Eat Meat and Get a Brain Boost!



The “Happy Hormone” Serotonin

Serotonin is a neurotransmitter essential for controlling our moods and emotions. It helps us eliminate negative thoughts, stay relaxed and fall asleep easily. Thanks to these effects, serotonin is often referred to as the “happy hormone.” Serotonin is produced from the essential amino acid tryptophan and there are large amounts of it in pork and beef, as well as in HamSauBa, which is made from raw meat ingredients.

The “Bliss Molecule” Anandamide

Similar to serotonin, anandamide can bring a sense of happiness and elation. It also eases anxiety and pain, and is nicknamed the “bliss molecule.” Anandamide is derived from the essential fatty acid arachidonic acid, which is found in large quantities in beef and pork, and is converted into a neurotransmitter in the brain. It may be these substances at work to make us feel happier when we eat meat!



What Effects Do Food Additives Have?

Food and drink additives perform a variety of functions, not only do they keep food safe, they also help give it a better taste, aroma, texture and shape.

Professor of HamSauBa Institute Mr. Press



Additives make HamSauBa more delicious and safe!

Food and Drink Additive Types and Applications

① Additives required for manufacturing or processing food

Coagulants (bittern) Tofu, konjac, etc.	Thickeners (xanthan gum) Dressings, sauces, etc.
Rising Swelling agents: cakes, steamed buns, etc.	Gelling agents (carrageenan) Ketchup, jelly, etc.

② Additives that maintain the quality of food

Preservatives (potassium sorbate) Chikuwa fishcake, pickled vegetables, daifuku (Japanese sweets), etc.	Antioxidants (vitamin C) Soft drinks, etc.	PH adjuster Side dishes, wine, etc.
Sodium nitrite Salmon roe, mentaiko (spicy cod roe), etc.	Phosphate (K) Kamaboko, bread, etc.	Sodium caseinate Ice cream, canned coffee, etc.

③ Items that improve palatability

Color developing agent (nitrite) Salmon roe, mentaiko (spicy cod roe), etc.	Additives (amino acids, etc.) Instant noodles, etc.	Food coloring (annatto pigment) Dairy products, baked goods, etc.
Sweetener (sodium saccharin) Pickles, processed seafood products, jams, etc.		Aroma Soft drinks, etc.

④ Items related to supplementing and strengthening nutritional value

Vitamins Powdered milk, vegetable juice, etc.	Minerals Mineral water, etc.	Amino acids Supplements, etc.
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The Main Additives Used in HamSauBa

Example of Labeling	Function
Color developing agent (nitrite)	Brings out the original red color of the meat and improves flavor
	Suppresses the growth of clostridium botulinum
Phosphate (K)	Increases the binding and water retention of raw meat, and improves its texture
Antioxidant (vitamin C)	Prevents discoloration and flavor deterioration attributable to the oxidation of fat
pH adjuster	Suppresses bacteria growth by lowering the pH value
Sodium caseinate (from milk)	Helps with red meat and fat emulsion to stabilize quality
Seasoning (amino acids)	Adds umami for good flavor

Means a food additive that maintains quality Means a food additive that makes a product more flavorful

Color developing agent

We've been eating meat since ancient times, but when left to stand too long, it would rot. Luckily, one day we discovered that applying salt helps it last longer. Plus, applying rock salt gave the meat a reddish color, even after several days, as well as improving the flavor. This is believed to be the origin of color developing agents.

- Extending the shelf life of meat products**
Suppresses the growth of microorganisms, particularly clostridium botulinum, which can cause food poisoning.
- Maintaining an attractive color**
Brings out the redness of meat, and maintains it.
- Gives the meat a distinctive flavor**
Gives meat products a characteristic aroma.



Antioxidants

As well as preserving the quality of processed meat products, by preventing oxidation and deterioration, it also enhances the effect of the color developing agents. Vitamin C is used as an antioxidant (ascorbic acid) in most processed meat products.



Phosphate

Phosphate works to maintain a smooth texture that has elasticity. Phosphate is also moisture retaining, meaning it is effective at preventing splits.



HamSauBa Quiz!

~ Additives ~

Learning about additives is a little difficult, but important.

Q-1 Originally, color developing agents were based on something found in nature. Do you know what it is?

- ① Red peppers ② Nuts & berries ③ Rock salt

Q-2 What is the effect of adding phosphate to HamSauBa?

- ① Smooth texture ② Increased sweetness
③ Enhanced aroma

Read about additives and get the answers on pages 18–19.

Power up!

Next, The Manufacturing Process on page 22!

Answers: Q-1 ① Rock salt Q-2 ① A smooth texture

Strict Standards are Applied to Food Additives to Ensure Safety

Safety of Food Additives

Food additive safety tests include various toxicity testing on animals and so forth in laboratories. Usage standards are determined based on these tests.

① Harmless quantity in animal testing (nontoxic quantity)

A nontoxic quantity is defined as a quantity in which effects from toxicity are not observed in animal toxicity testing.

1/100

② Permissible daily intake quantity

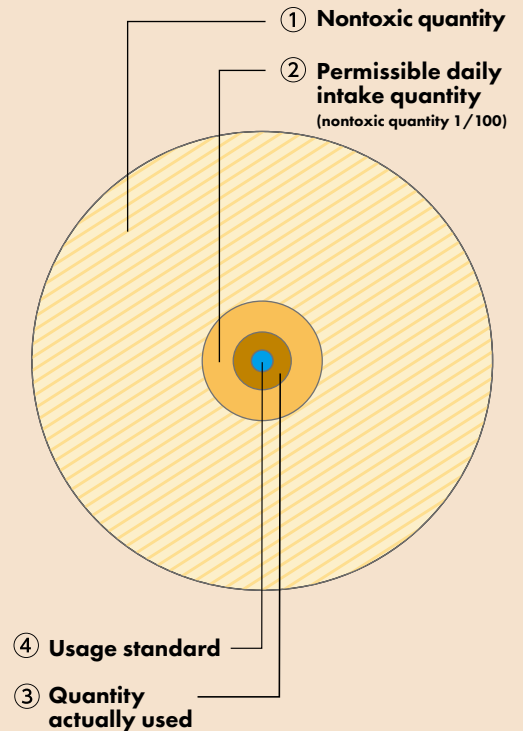
In light of the difference between humans and lab animals, the figure in ① is multiplied by 0.01 to reach a quantity which does not pose a threat to human health.

③ Usage standard

The quantity which is actually permissible to be used in food products is in fact much lower than the value in ②.

④ Quantity actually used

The quantity which is used in actual products is much lower than the quantity in ③.



What is the standard of sodium nitrite?

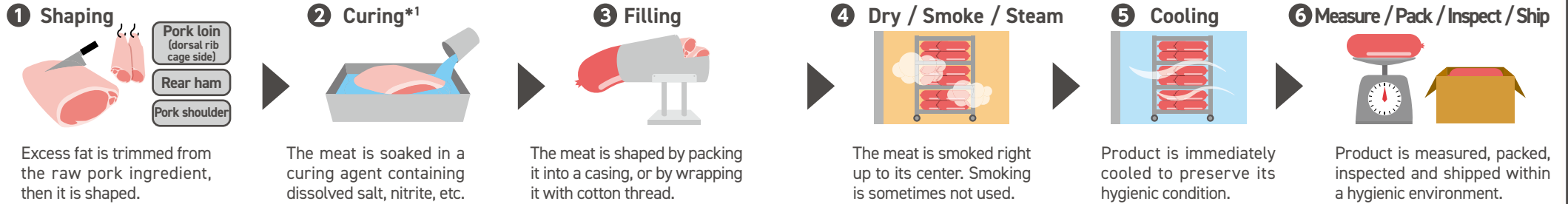
The Food Sanitation Act has a strict stipulation for the use of sodium nitrite in HamSauBa, stating that residual nitrite root should be 70 ppm (0.07 g per 1 kg of product) or less. The reason why importance is placed on residual rather than usage quantity is that in the case of HamSauBa, sodium nitrite reduces during the manufacturing process. The antioxidant vitamin C used in HamSauBa also works to suppress interaction between nitrite and amines which can convert into toxic substances. By the way, nitrite root is the amount of residual sodium nitrite in processed meat products.

How is HamSauBa Made?

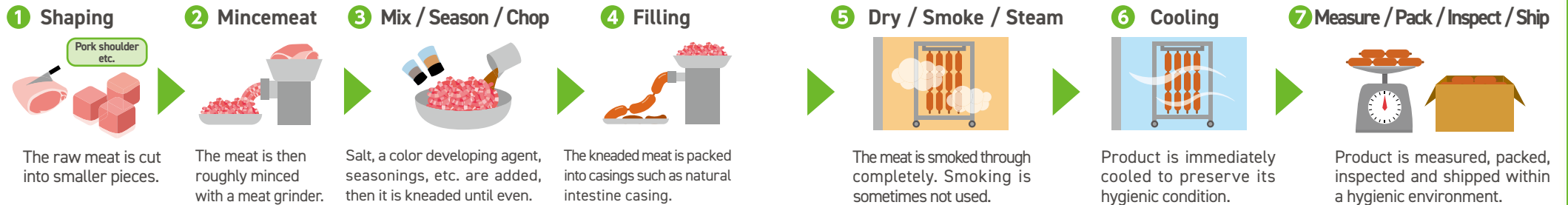
What is steaming?

Steaming is the process of heating and sterilizing with steam.

The Ham Manufacturing Process



The Sausage Manufacturing Process



The Bacon Manufacturing Process



Bacon is not packed into casing but dried and smoked as is.

*1 Curing is the process of soaking raw meat in a curing agent which contains salt and a color developing agent. This process also suppresses the growth of food poisoning bacteria. Uncured is the same process but without the use of a color developing agent.

HamSauBa Quiz!

Manufacturing Process

I see, so depending on the type, the way it's made is different!

Q-1 How is pork prepared for packing into casing for ham?

- ① **In chunks**
- ② **Minced**
- ③ **Kneaded**

Q-2 Which is the correct method for making sausage?

- ① **It must be smoked**
- ② **Season after packing into casing**
- ③ **Grind the raw meat and use it minced**

Take a look at pages 22-23 to find out how to make HamSauBa.



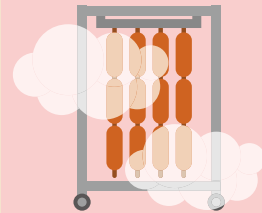



To the bandits' hideout, at last! (P. 26)

Answers: Q-1 ① In chunks Q-2 ③ Grind the raw meat and use it minced

During the HamSauBa manufacturing process, sterilization is carried out carefully by heating and drying

What is the process of sterilization during HamSauBa manufacturing?

HamSauBa, unlike raw pork, can be eaten as is, without risk of food poisoning.

Main products		Sterilization method	
Cooked meat products	Roast ham Sausage Boneless ham	Cooking prevents the causes of food poisoning; cooked at 63°C (145 °F) for 30 minutes or by an equivalent method. This is the case for most HamSauBa products.	 Steaming ham
	Bacon	*In some countries and regions, heating is required to 70°C (158 °F) for 30 minutes or by an equivalent method.	 Smoking bacon
Uncooked meat products	Lux Ham (dry-cured ham)	During manufacturing, the salt quantity and the degree to which HamSauBa is dried are adjusted to suppress the activity of microorganisms.	 Drying lux ham
Dried meat products	Dried sausage (salami etc.)		 Drying lux ham

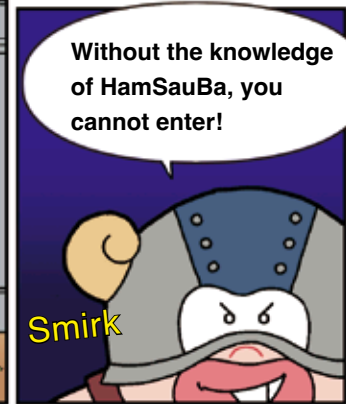
~To the Bandits' Hideout at Last~

Brave Shinken has learned the knowledge of HamSauBa and has arrived at the enemies hideout at last. A guard stands by the gate.



Without the knowledge of HamSauBa, you cannot enter!

Smirk



Show me what you've got!

HamSauBa Quiz!

~ What Have We Learned? ~

Q-1

Which animal intestines is meat packed into to make wiener sausages?

- ① Cow
- ② Pig
- ③ Sheep

Q-2

Which of the following vitamins is found in larger quantities in pork than beef and chicken and is effective for recovery from fatigue?

- ① Vitamin B₁
- ② Vitamin D
- ③ Vitamin E

Q-3

If the HamSauBa packaging says "cooked meat product," can it be consumed as is?

- ① The product is cooked to certain standards and can be eaten as is
- ② You must reheat the product before consuming
- ③ It depends on the variety

I got it!



That's... that's right...!



I'll take you to him...This way...

Where's your boss!?



Help!

So, you're the boss! Return the princess!!



Give me the knowledge of HamSauBa!

Answers: Q-1 ③ Sheep Q-2 ① Vitamin B₁ Q-3 ① The product is cooked to certain standards and can be eaten as is

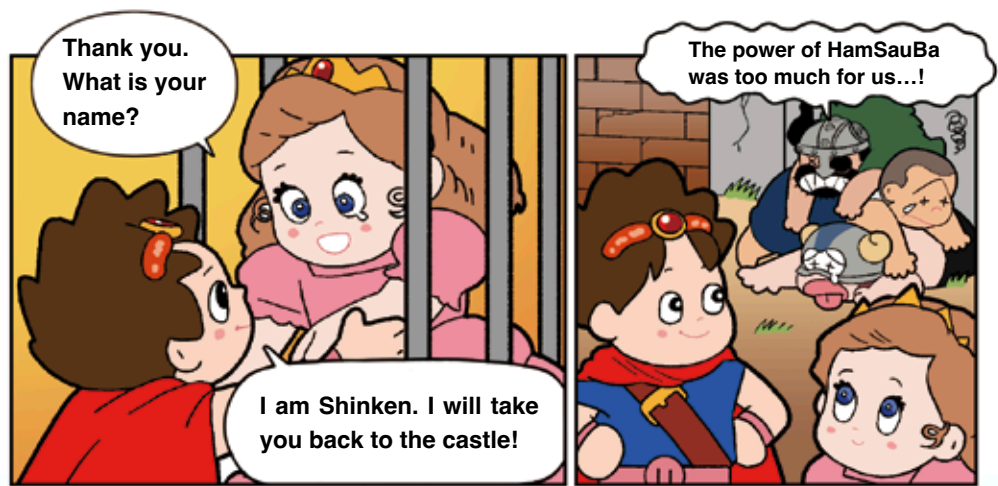


Whack!



What incredible power!

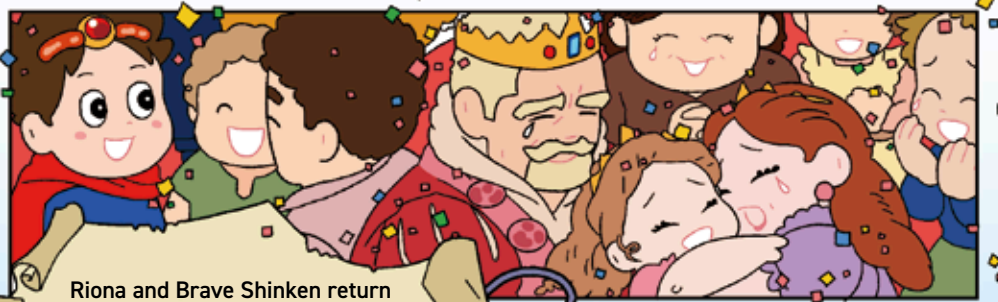
Powered up and awakened, thanks to the Forest of Knowledge, the brave hero takes down the bandit boss with a single blow.



Thank you. What is your name?

I am Shinken. I will take you back to the castle!

The power of HamSauBa was too much for us...!



Riona and Brave Shinken return safely to the Kingdom of HamSauBa. Princess Riona serves delicious HamSauBa delicacies for her people to enjoy.





Main ingredients (serves-2)

- Block of bacon ... 150 g
- Potatoes ... 9 small
- Garlic ... 1 clove
- A { Salt ... a pinch
- Curry powder ... 1 tsp
- Pizza cheese ... 50 g
- Powdered cheese ... 1 tsp
- Parsley (finely chopped) ... to preference

Preparation

- ① Chop bacon into 2 cm chunks. Finely chop the garlic.
- ② Wash potatoes well, cut into half pieces and place in a heat resistant dish with skins on. Cover with plastic wrap and heat for approximately 8 min (600 w) in a microwave, until a skewer can pierce them easily.
- ③ Heat 1 tsp of oil and garlic in a frying pan and fry the bacon. Add ② and stir fry, when the oil has circulated, sprinkle in the ingredients from A and stir fry together.
- ④ Thinly layer oil in a heat-resistant container, add ③ and sprinkle pizza cheese and grated cheese over the top. Place in a toaster oven, bake until the cheese melts and lightly browns, then sprinkle with parsley.

Grown-up Recipe
A delectable dish that goes well with alcoholic beverages!

1 serving 385 Kcal
Salt content: 2.3 g

Grilled Bacon and German Potatoes with Cheese Curry Flavor

Stir fried to imbue the potatoes with the rich fat of the bacon, then grilled to create a distinctive German potato.

Ham Steak and Pineapple Ginger Sauce

1 serving 385 Kcal
Salt content: 3.8 g

Ham steak, fragrant on the outside and juicy on the inside. The saltiness of the ham with the sweet sauce makes a great combination.

Main ingredients (serves-2)

- Thick ham (2 cm) ... 4 slices
- Pineapple ... 100 g
- Ginger ... 1 piece
- A (Honey...2 tbsp, Soy sauce, olive oil ...1 tbsp each)

Preparation

- ① Allow the meat to come up to room temperature.
- ② Make the sauce - cut the pineapple into 7-8 mm square chunks. Coarsely chop the ginger. Place into a small pan, add A and turn up the heat. Once boiling, simmer over a low medium heat, stirring occasionally until the juices reduce by about half.
- ③ Heat 2 tsp of olive oil in a frying pan, place ① in the pan and fry both sides until browned. Transfer to a dish and pour ② over top.
*Add fluffy potatoes and watercress to taste

Grown-up Recipe
A high-level, irresistible recipe for every palate!





Grown-up Recipe

An incredible recipe to create a bistro at home!

1 serving 518 Kcal
Salt content: 3.4 g

Sausage Goulash

Hungarian Stew

The sausage is cut along its surface to allow the umami to melt into the soup, making it even more flavorful.

Preparation

- 1 Cut into the sausage surface every 5 mm. Slice the onion lengthwise into thin pieces. Slice the celery into 1 cm pieces, cut the paprika in half and slice thinly. Slice the mushrooms thinly.
- 2 Heat 2 tsp of oil in a frying pan and fry the onion from ①. Once softened, add the remainder from ① and stir fry.
- 3 Add A and sprinkle in the paprika powder, once boiled remove the scum then simmer over medium-low heat for 5 minutes. Season with salt and black ground pepper. Place the butter rice in a dish and sprinkle with parsley.

Main ingredients (serves 2)

Frankfurt sausages ... 4
Onion ... 1/2
Celery ... 1/2 stick
Paprika (red) ... 1/2
Mushrooms ... 5
A
Boiled tomatoes ... 1/2 can
Water ... 1 cup
Soup stock ... 1 piece
Paprika powder ... 1 tbsp
Salt ... to taste
Coarsely ground black pepper ... to taste
Butter rice ... 2 servings
Parsley (finely chopped) ... as preferred



Mini Ham Cups

1 piece 111 Kcal
Salt content: 0.7 g

A bite-sized side dish shaped like cute flowers.

Kids Recipe

Great for a snack and bento boxes too!

Main ingredients (6 x 60 ml baking-cups)

Roast ham ... 7 slices Bread (sliced into 8) ... 1/2 slice
A (Eggs ... 2 Fresh cream .. 2 tbsp Powdered cheese ... 2 tsp)
Broccoli ... 2 florets Mixed vegetables ... 20g Pizza cheese ... 20g

Preparation

- 1 Roughly mix A, cut the bread into 1 cm squares, and soak in A. Chop a slice of ham into 5 mm squares. Boil the broccoli and slice into small pieces.
- 2 Oil the baking cups lightly and place the remaining ham inside. Divide the bread, broccoli and mixed vegetables from ① equally and place into pudding cups.
- 3 Pour in the leftover mixture from A, sprinkle pizza cheese over the top and bake in a toaster oven for 3-4 minutes until the egg is cooked (cover with aluminum foil if it looks like they may burn)
- 4 Remove from the pudding cups, taking care not to burn yourself.



Bacon and Cherry Tomato Quiche Toast

1 serving 385 Kcal
Salt content: 1.5 g

Soft bread soaked in egg, flavored with crispy bacon!

Kids Recipe

Fun for adults and
kids to cook together!
Scrumptious!

Main ingredients-(serves-1)

Thick bacon ... 1 slice (about 20 g) Bread (cut into 6 pieces) ... 1 slice

Cherry tomatoes ... 3 Eggs ... 1

A. (Milk ... 1/2 tbsp Salt ... a pinch, Pizza cheese ... 1 tbsp, Dry basil ... a pinch)

Preparation

- 1 Chop bacon to 1 cm chunks. Remove the cherry tomato stems and cut in half sideways
- 2 Crack the egg into a bowl, add A, whisk well and loosen.
- 3 From about 1 cm from the crust, press down the white part of the bread with your fingers to make it concave. Pour in ②, place ① on top and sprinkle cheese all over.
- 4 Place ③ on a baking tray, cover with aluminum foil, and bake in a toaster oven for 10-12 minutes, remove the foil and bake for a further 1-2 minutes. Sprinkle with dry basil.



Kids Recipe

An easy and
cute snack!

Curly Sausage Pie

1 piece 148 Kcal
Salt content: 0.7 g

Just wrap pie dough around sausages and you're done!
Make with different sausages for even more fun!

Main ingredients-(makes-10)

Sausages of your choice: 10 Frozen pie dough ... 1 sheet

Sprinkling cheese ... to taste Egg for brushing ... a little

Preparation

- 1 Defrost the pie sheet dough according to instructions, cut into 1 cm wide strips and wrap around the sausages.
- 2 Brush ① with egg, then sprinkle with grated hard cheese. Bake in an oven preheated to 220°C (428°F) for 10-15 minutes, until the pastry is golden brown.





**Japan Livestock Products Export Promotion Council
(Livestock Japan) (General Incorporated Association)
Processed Meat Products Export Council**

(Secretariat: Japan Ham and Sausage Processors Cooperative Association)

Ham and Sausage Hall, 1-5-6 Ebisu, Shibuya-ku, Tokyo

2020 Meat Information Promotion Project / Public Awareness Program

We're always adding new fun and useful
information about ham, sausage and bacon!



<http://jlec-pr.jp/en/meat/>

Processed Meat

