

A Tasty Unraveling!

Detective

HamSauBa

The Mystery of the Phantom Thief
HamSauBa Crew



HamSauBa

Taken from Ham-Sausage-Bacon

• Contents •

HamSauBa Maze Quiz

- Investigating Ham Varieties **p4 - p5**
- Investigating Bacon Varieties **p8 - p10**
- Investigating Sausage Varieties **p6 - p7**

HamSauBa Investigation Report

- Investigation Report: Varieties of HamSauBa **p10 - p11**

Detective Chip's Investigation Board #1

- Digging Deeper into HamSauBa **p12 - p13**

HamSauBa Picture Search Quiz

- The Ham Manufacturing Process **p14 - p15**
- The Bacon Manufacturing Process **p18 - p19**
- The Sausage Manufacturing Process **p16 - p17**

Detective Chip's Investigation Board #2

- Digging Deeper into HamSauBa **p20 - p21**

Simple and Delicious HamSauBa Recipes

- Ham Recipes **p24 - p25**
- Sausage Recipes **p26 - p27**
- Bacon Recipes **p28 - p29**

• Characters •

Chip



An apprentice detective attending detective college

Long Dog



Chip's faithful pup

The Phantom Thief HamSauBa Crew



Ms. Bacon



Mr. Ham Head



Sage Sau

One day, an invitation to a challenge arrives addressed to apprentice detective Chip from the Phantom Thief HamSauBa Crew.



Challenge Declaration

How's it going at detective college, apprentice detective Chip? Sorry, but we have some bad news.

The seven precious detective gadgets are now in our possession!

If you want them back, you must solve the HamSauBa (ham, sausage, bacon) quiz and catch us if you can. Good luck – you'll definitely need it!

Phantom Thief HamSauBa Crew

The seven detective gadgets



If we investigate HamSauBa, we might be able to find these crooks!

Apprentice detective Chip and faithful Long Dog get to work straight away on the search for the seven stolen detective gadgets.

Investigating Ham Varieties

Take the ham quiz and progress along the Ham Labyrinth. You might discover Mr. Ham Head's clue!?

I didn't know there were this many varieties of ham!

Dead end

A.1 Pork

Many different parts of the pig are used to make HamSauBa.



Answer all the questions to reveal my identity!

Q.1 What is the main ingredient in Ham-Sausage-Bacon?

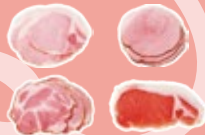
- 1** Pork
- 2** Beef
- 3** Chicken

Q.2 How many varieties of ham are made in Japan?

- 1** Two varieties
- 2** Three varieties
- 3** More than four varieties

A.2 More than four varieties

Split into: Roast Ham, Boneless Ham, Shoulder Ham, Lux Ham and more.



Q.3 What is the difference between roast ham and boneless ham?

- 1** How they are made
- 2** The part of the pig used
- 3** They are actually the same

A.3 The part of the pig used

Pork loin is used for roast ham and the rear ham is used for boneless ham. Roast ham is the most produced of all hams.

A.4 Whether it is cooked or not

Dry-cured ham is an uncooked meat product which is dried and aged at a low temperature, whereas general ham is a cooked meat product.

Q.4 What is the difference between dry-cured ham and roast ham?

- 1** Method of cutting the meat
- 2** The cut used
- 3** Whether it is cooked or not

Detective Notes

Why is dry-cured ham salty?

Answer and explanation

In order to suppress bacterial activity, an increased amount of salt is used compared to general ham.

Impressive, getting this far! Now, on to the next stage!

Investigating Sausage Varieties



Are sausages and wieners the same thing? Or different?

Next is the Sausage Labyrinth Museum. Take the quiz to chase down Sage Sau!

Q.1 What is the connection between wieners and sausages?

- 1** No connection
- 2** Wieners are a variety of sausage
- 3** They're the same thing

1

2

3

A.2 Yes

Sheep intestines, collagen and other edible materials are used, so wieners can be enjoyed as a natural product.

In some rare cases, you must remove the plastic wrapping before consuming.

Q.3 Which of the following sausages actually exists?

- 1** Repair sausage
- 2** List sausage
- 3** Riona sausage

1

3

2

Detective Notes

What is the percentage of wiener sausage production within the whole sausage production of Japan?

Answer and explanation

Close to 80%. Japanese people of all kinds love wiener sausage!

A.3 Riona sausage

Mince meat mixed with bell pepper and carrots. They are made by the same method as wieners.



What do you really know about sausage?

Q.4 Which processed meat group does salami belong to?

- 1** Ham
- 2** Sausage
- 3** Bacon

1

2

3

A.1 Wieners are a variety of sausage officially called "wiener sausage."

Varieties of sausage change depending on the casing used and their thickness.

A.4 Sausage

Salami is one variety of dried sausage.

Q.2 Are wiener casings also edible?

- 1** Yes
- 2** No

1

2

Very good! But the HamSauBa Maze continues!



Investigating Bacon Varieties

The final test, the Bacon Labyrinth Tunnel. Beware of the bacon trap and solve the puzzle!

Bacon is more than simply tasty!



Q.1 Aside part from pork belly, what other part of the pig is used to make Japanese bacon?

- 1** Cheek
- 2** Shank
- 3** Shoulder

1

2

3

A.3 It uses casing

Ham is wrapped in ham casing before cooking, but bacon is cooked as is uncovered.



Q.4 What are the positive effects of pork fat?

- 1** Good for the brain
- 2** Rich in high quality fatty acids
- 3** Improves eyesight

1

3

2

Q.3 What is the difference between shoulder ham and shoulder bacon?

- 1** Whether they can be eaten as is
- 2** Whether they use casing
- 3** The raw meat used

1

2

3

A.4 Rich in high quality fatty acids

The fat of pork used to make bacon contains fatty acids, including oleic acid and stearic acid. These fatty acids are known to suppress bad cholesterol.



You can't catch me that easily! See you at the manufacturing plant!

A.1 Shoulder

In Japan, bacon made from belly pork is called bacon, while bacon made from pork shoulder is called shoulder bacon.



You'll have to collect all the information possible if you want to catch me!

Q.2 Which of the following is a characteristic of bacon?

- 1** The umami of the fat
- 2** Firm texture
- 3** Spicy aroma

1

3

2

A.2 The umami of the fat

The umami of the fat is a characteristic of bacon. It is soft with a fine aroma, so it is often used in stewed dishes like soup, or pasta.



Detective Notes

Where was bacon invented?

Answer and explanation

Answer: Shanghai. Legend holds that at some point before the common era (BCE), the first type of bacon originated when pirates accidentally smoked salted pork.

Investigation Report – Varieties of HamSauBa

Parts of Pig Made into HamSauBa

Pork Shoulder (includes forearm)

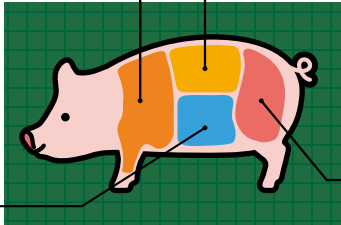
Firm flesh and a good amount of fat. Strong umami taste.

- Shoulder bacon
- Sausage
- Lux ham

Pork Belly

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

- Bacon



Pork Loin

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

- Roast ham
- Lux ham

Rear Ham

Not so fatty with a delicate flavor.

- Boneless ham
- Lux ham
- Sausage

Varieties of Ham

In Japan, ham is mainly made from pork loin and rear 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.

Lux Ham



Pork loin is aged at a low temperature. Known as "cured ham."

I've put together the basic facts on the varieties of HamSauBa.

Varieties of Sausage

Sheep Intestines



Wiener Sausage

Processed mincemeat packed into **sheep intestines**.

(For artificial casing, the diameter is 20 mm or less)

Pig Intestines



Frankfurter Sausage

Processed mincemeat packed into **pig intestines**.

(For artificial casing, the diameter is 20 mm or more and less than 36 mm.)

Cattle Intestines



Bologna Sausage

Processed mincemeat packed into **cattle intestines**.

(For artificial casing, the diameter is 36 mm or more.)

Riona Sausage



Processed mincemeat mixed with bell pepper and carrots etc.

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 the raw meat is soaked in a curing agent.

Sausages are made by packing mincemeat into casing! There are natural intestine casings and artificial casings. The varieties of sausages in artificial casings differ depending on their thickness.



Varieties of Bacon

Smoking is the process of using the fumes from heated wood chips, commonly tree wood, to smoke meat. This increases shelf life and gives a distinctive color and aroma that makes the product even more delectable.



Bacon



Smoked chunks of pork belly with satisfying, juicy fat.

Shoulder Bacon



Smoked pork shoulder with plenty of fat and strong umami.

There are still many more varieties to learn about, so let's investigate!

Processed Meat

Search

Detective Chip's

Investigation Board # 1

Digging Deeper into HamSauBa

Here's what else I picked up
in my investigation.

Q. What are the world's three leading dry-cured hams?

A. The world's top dry-cured hams are:

Prosciutto di
Parma (Italy)



Jamon Serrano
(Spain)



Jinhua Ham
(China)



Does HamSauBa
have lots of
nutrition?

Q. In Japan, which is produced the most, ham, sausage or bacon?

A. Sausage is the most produced HamSauBa product. The production volume of sausage in 2020 was approximately 318,000 tons (approx. 58%), approximately 133,000 tons (approx. 24%) for ham and approximately 98,000 tons (approx. 18%) of bacon.

Reference : <https://hamukumi.or.jp/data/O2shokunikukakou/>

Q. Which nutrients does HamSauBa contain?

A. Pork is rich in protein, fats and vitamin B₁, alongside many other vitamins and minerals.

Builds muscle
and blood

Protein

Converts into
energy for moving
the body

Fats

Replenishes brain
and body energy

Vitamin B₁

Q. Which raw pork is used the most in HamSauBa, domestic Japanese pork, or pork from overseas?

A. Raw pork from overseas is used the most, totaling eighty percent. It's imported from the USA, Canada, Spain, Denmark and other countries.

Q. What is hung ("tsurushi") bacon?

A. Bacon that has a richer flavor than regular bacon. The meat is cut into thin strips and hung with its surface area expanded to enhance its smoky flavor.

Q. What language do "ham," "sausage" and "bacon" come from?

A. English. The words are different in German, French and other languages.

The Ham Manufacturing Process



We'll track down Phantom Thief Mr. Ham Head by learning about the ham manufacturing process! Finding the seven hidden gadgets will make solving the mystery easier!

Hint: look for this gadget in the picture!



Hint: look for this gadget in the picture!



Hint: look for this gadget in the picture!



Q.1
The process of curing involves soaking pork in what?

Q.2
What are the main functions of a color developing agent?
(See the detective notes below)

Q.3
When making ham, during which process does sterilization take place?

Q.4
What should we make sure of during the ham cooling process?

① Shaping

Excess fat is trimmed from the raw pork, then it is shaped.

- Pork loin (meat from the animal's back)
- Rear ham
- Pork shoulder

④ Dry / Smoke Steam

The meat is smoked to its center. Smoking is not always performed.

⑥ Measure / Pack / Inspect / Ship

Product is measured, packed, inspected and shipped within a sanitary environment.

⑤ Cooling

The meat is immediately cooled to fully preserve its sanitary condition.

② Curing

The meat is soaked in a treatment liquid containing dissolved salt, a color developing agent and so on.

③ Filling

The meat is shaped by packing it into ham casing, or by wrapping it with cotton thread.

Detective Notes

So, the curing process started with rock salt?

Answer and explanation

When ham was invented, rock salt was used to preserve it. This salt also acts as a color developing agent. It suppresses the growth of clostridium botulinum, gives the meat a red color and reduces animal odors.

*The uniforms the characters are wearing are for example only. In an actual plant, to provide the safest products, a number of inspections are carried out within a sanitary environment and quality control is strictly managed.

A.1 The meat is soaked in a curing agent containing dissolved salt, a color developing agent and more. "Uncured" refers to soaking the meat with a curing agent, but without a color developing agent.

A.2 The three following major functions: ① To suppress the growth of clostridium botulinum, which can cause food poisoning. ② To bring out the redness of the meat and keep it firm. ③ To reduce animal odors and give the raw meat flavor.

A.3 Sterilization takes place during the steaming process, in which heat is generated through steam. Dry-cured ham (Lux ham) is dried rather than cooked to prevent bacteria growth.

A.4 The work should be carried out quickly with the cooling equipment. The time meat is kept at a temperature where bacteria can easily grow (10-50°C; 58-122°F) is minimized.

The Sausage Manufacturing Process



Now, we'll track down Sage Sau by learning all about the sausage manufacturing process! Where is he hiding?

Hint: look for this gadget in the picture!



Hint: look for this gadget in the picture!



Q.1
What happens after the raw meat used for sausage is cut into smaller pieces?

Q.2
Which of the following takes place first: "Mix / Season / Cut" or "Fill?"

Q.3
Is the sausage hung up during the drying and cooling processes? Or is it laid out?

Q.4
Is sausage always smoked?

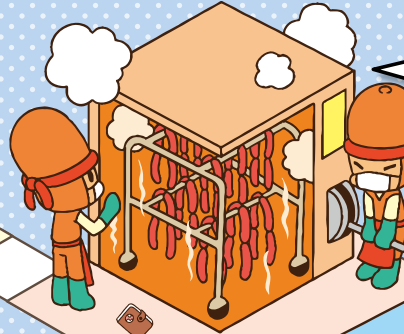
① Shaping
The raw meat is cut into smaller pieces
Pork shoulder, etc.



④ Filling
The kneaded meat is packed into casings such as natural intestine casing.



⑤ Dry / Smoke / Steam
The meat is smoked to its center. Smoking is not always performed.



⑦ Measure / Pack / Inspect / Ship
Product is measured, packed, inspected and shipped within a sanitary environment.

⑥ Cooling
The meat is immediately cooled to fully preserve its sanitary condition.



② Mincemeat
The meat is then roughly minced with a meat grinder.



③ Mix / Season / Cut
Salt, a color developing agent, seasonings and so forth are added, then it is kneaded until even.



Detective Notes

	Answer and explanation
○ What are the characteristics of natural and artificial casings?	○ When using animal intestines such as sheep or pork casing, the sausages always have a crisp texture, whether they are grilled or boiled. Artificial casing is useful for making sausages that are uniform in shape.

*The uniforms the characters are wearing are for example only. In an actual plant, to provide the safest products, a number of inspections are carried out within a sanitary environment and quality control is strictly managed.

A.1 The meat is minced in a meat grinder. In the case of ham and bacon, raw meat chunks are used as is.

A.2 "Mix / Season / Cut" takes place first. The meat is then seasoned, kneaded and packed into casing.

A.3 As in the illustration, the sausage is hung up for the drying and cooling processes.

A.4 Depending on the variety, the meat is not always smoked. However, bacon is always smoked.

The Bacon Manufacturing Process



Finally, we'll track down Ms. Bacon by learning about the bacon manufacturing process! We're nearly there, we'll soon have those gadgets back!

Hint: look for this gadget in the picture!



Hint: look for this gadget in the picture!



Q.1
During shaping, what is trimmed off the raw meat?

Q.2
Which process is not involved, only in the case of bacon?

Q.3
What are the effects of the essential smoking process in bacon manufacturing?

Q.4
Before shipping, as well as weighing and wrapping, what other process takes place?



*The uniforms the characters are wearing are for example only. In an actual plant, to provide the safest products, a number of inspections are carried out within a sanitary environment and quality control is strictly managed.

Detective Notes

When was bacon first made in Japan?

Answer and explanation

Legend holds that in 1874 (the 7th year of the Meiji era), in what was then called Kawakami Village, Kamakura District in Kanagawa Prefecture, a British man named William Curtis began to manufacture bacon.

A.1 Excess fat is trimmed off. The meat is shaped and then workers move onto the next process.

A.2 Filling. Bacon is dried and smoked as is right after curing, unlike ham and sausages.

A.3 Smoking infuses the meat with a distinctive color and aroma, as well as extending its shelf life. For more, see page 11.

A.4 Product inspection. The products are passed through special machines to ensure that they don't contain any trace of foreign substances.

Detective Chip's

Investigation Board #2

Digging Deeper into HamSauBa

Here's what we know now!

Q. Is pork the only meat used for HamSauBa?

A. Mainly, pork is used, but sausages sometimes also contain beef and chicken.

Q. Can HamSauBa be frozen?

A. Freezing ham is not recommended due to quality loss. Sausages infused with spices and fatty bacon are fine to freeze.

Q. Is it best not to heat dry-cured ham?

A. Dry-cured ham is high in salt to suppress bacterial activity, heating it further reduces the moisture content, making it even saltier.

Q. Why do some ham varieties have a pale red color?

A. For products that don't use a color developing agent, heating the meat brings out a similar color as boiling it.

Q. Why are food additives used in HamSauBa?

A. Food additives are used to not only improve quality and extend the shelf life of HamSauBa, but also to improve its taste, aroma and texture. It is reassuring to know that all of the food additives used have been certified as safe by the Japanese government.

Preserves color and suppresses the growth of bacteria
Color developing agent (nitrite)

Prevents discoloration and deterioration of flavor
Antioxidant (Vitamin C)

Preserves a smooth texture
Phosphate (K)

Q. Why do wiener sausage bags come slightly inflated?

A. The bags contain safe gasses such as nitrogen. By removing oxygen from the bags, the products are not susceptible to oxidation or bacteria growth.

Q. Can HamSauBa be eaten as is?

A. All HamSauBa products can be eaten as is. Raw sausages are meat products, so they need to be cooked. Always read all food product warning labels.

Q. If kept unopened in a refrigerator, can HamSauBa products still be consumed, even if the best-before date expires?

A. HamSauBa products don't need to be thrown out immediately when their best-before date has expired. However, to enjoy them at their best, the products should be consumed within the best-before period.



After taking back the seven detective gadgets, Chip finally tracks down the Phantom Thief HamSauBa Crew.

Surrender quietly!

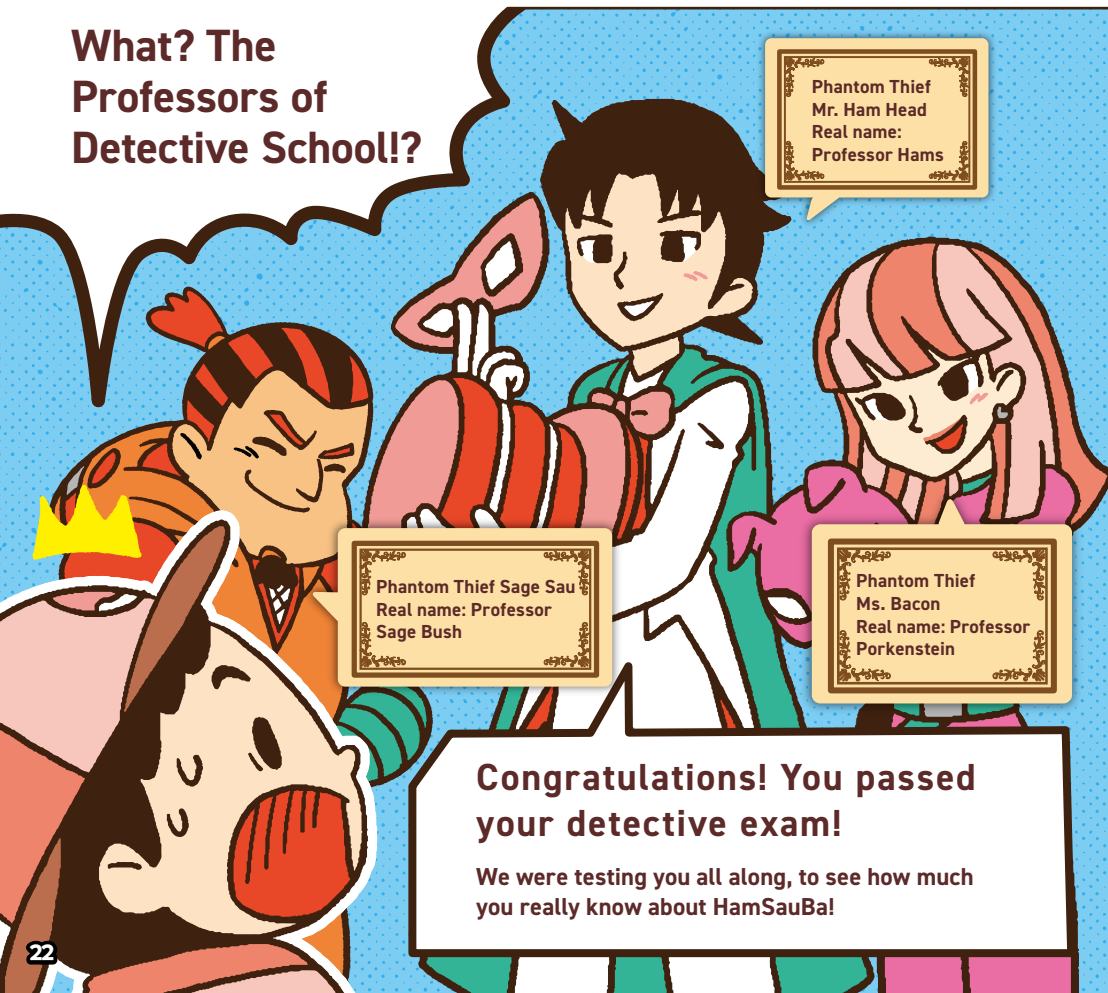
Ohh...

You!

Woof!

Hah! Well, you leave us no choice. We must reveal our true selves.

What? The Professors of Detective School!?



Phantom Thief
Mr. Ham Head
Real name:
Professor Hams

Phantom Thief Sage Sau
Real name: Professor
Sage Bush

Phantom Thief
Ms. Bacon
Real name: Professor
Porkenstein

Congratulations! You passed your detective exam!

We were testing you all along, to see how much you really know about HamSauBa!

We present you with this detective notebook as your prize of certification! It contains some legendary HamSauBa recipes.



Clap, clap

Wow, awesome!
Thank you!

Woof!

In the end, Chip became a full-fledged detective, and is still working hard to investigate HamSauBa across the globe today.

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

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



Ham Mochi Pouches

1 serving **215 kcal**
Salt content: **2.5 g**

Stretchy, chewy mochi!
Amazing alongside juicy ham.

Ham ahead!
What a great dish!



Dry-cured Ham Sandwich with Korean Spicy Sauce

1 serving **427 kcal**
Salt content: **2.3 g**

Something to bite into!
Dry-cured ham goes great with
the sweet and spicy sauce.

I could eat this with
one hand while
investigating!



Ingredients (serves 2)

- Roast ham ... 4 slices
- Deep-fried tofu ... 2 sheets
- Mochi ... 2 pieces (33 g pieces of round mochi)
- Green onion ... 30 g
- Shiitake mushrooms ... 2
- Water ... 1 cup (200 ml)

A

- White dashi stock ... 2 tbsp
- Soy sauce ... a dash
- Ground ginger ... 1/2 tsp

Preparation

- 1 Cut the deep-fried tofu sheets in half and make pouches. Cut the mochi in half, chop the green onion into small pieces and slice the shiitake thinly.
- 2 Insert ham into the fried tofu pouches, then insert the mochi, shiitake and green onion inside the ham and close the pouch with a toothpick.
- 3 Heat a small frying pan, add ② and brown on both sides.
- 4 Add the water and A.
- 5 Cover the pan with a lid and steam on a medium to low heat for 10 minutes. Enjoy!

Ingredients (serves 2)

- Dry-cured ham ... 8 slices
 - Cucumber ... 1/2
- A
- Gochujang ... 2 tsp
 - Vinegar ... 1/2 tsp
 - Sesame oil ... 1 tsp
 - Ground sesame ... 1 tsp
 - Bread (sliced into 8) ... 4 slices
 - Lettuce ... as preferred (about 100 g)
 - Daikon radish sprouts ... 1 pack
 - Boiled eggs ... 2

Preparation

- 1 Thinly slice the cucumber diagonally. Cut the dry-cured ham to half lengths and loosen.
- 2 Mix A and the dry-cured ham together.
- 3 Spread mayonnaise to taste on toasted bread. Prepare boiled eggs and toppings on a small dish.
- 4 On bread, place cucumber, lettuce, dry-cured ham, radish sprouts, sliced boiled eggs and then lettuce again (2nd time) in that order, sandwich with another slice of bread and cut. Enjoy!

Recipe video
here ▶▶▶▶



Recipe video
here ▶▶▶▶



Sausage and Pumpkin Curry Gratin

No need for white sauce!
An easy gratin.

Magical,
delectable
flavor!



1 serving **766 kcal**
Salt content: **2.8 g**

Sausage and Cheese Cake Salé

A savory cake with sausage,
great for a snack.

1 serving **480 kcal**
Salt content: **1.6 g**

This sausage
treat is
irresistible!



Ingredients (serves 2)

- Wiener sausages ... 6
- Pumpkin ... 1/4 (approx. 400 g)
- Onion ... 1/2
- Flour ... 1/2 tbsp

A

- Pizza cheese ... 70 g
- Milk ... 1/2 cup (100 ml)
- Mayonnaise ... 50 g
- Curry powder ... 2 tsp
- Consommé stock ... 1 tsp
- Honey ... 1 tsp
- Parsley ... to taste

Preparation

- ① Slice the onion thinly, cut the sausage diagonally into 3 equal parts. Deseed the pumpkin and cut into large bite-sized pieces (1.5 cm wide).
- ② Place the pumpkin pieces in a heat resistant dish with the skins face down, place the onion and sausage over the top and cover lightly with plastic wrap. Cook in a microwave for about 7 minutes.
- ③ Remove from the microwave and roughly mix in the flour.
- ④ Mix A together.
- ⑤ Transfer ③ to another heat resistant dish and pour ④ over the top. Bake in an oven preheated to 190 degrees for around 10-20 minutes, until golden brown. Garnish with parsley to taste.

Recipe video
here ▶▶▶▶



Ingredients (serves 4)

*Baking paper mold approx. 17 x 4 cm

- Wiener sausages ... 6
- Egg ... 1
- Milk ... 1/2 cup (100 ml)
- Vegetable cooking oil ... 4 tbsp
- Pancake mix ... 200 g
- Curry powder ... 1/2 tbsp
- Consommé stock ... 1/2 tsp
- Pizza cheese ... 40 g
- Mixed vegetables ... 50 g
- Parsley ... to taste

How to Make

- ① Crack the egg into a bowl, loosen and whisk with the milk and oil.
- ② Put the pancake mix, curry powder and consommé into the bowl and mix until no longer powdery, add the pizza cheese and mixed vegetables (still frozen is fine).
- ③ Half fill the paper cake mold with the batter and evenly arrange the sausages.
- ④ Pour in the remaining mixture to cover the sausages.
- ⑤ Bake in an oven preheated to 180°C (356°F) for 35-40 minutes. Once baked, let it cool a little before removing it from the cake mold and slicing. Garnish with parsley to taste.

Recipe video
here ▶▶▶▶



Bacon Carbonara Risotto

1 serving **593 kcal**
Salt content: **1.7 g**

A simple risotto that lets the bacon shine!

I might get lost in this risotto labyrinth...



Ingredients (serves 2)

- Thick-cut bacon ... 50 g
 - Shimeji mushrooms ... 100 g
- A
- Cooked rice ... 300 g
 - Milk ... 1 cup (200 ml)
 - Consommé stock ... 1 tsp
 - Pizza cheese ... 40 g
 - Japanese slow-cooked eggs ... 2
 - Powdered cheese ... to taste
 - Black pepper ... to taste

Preparation

- ① Chop the thick-cut bacon to 1 cm pieces. Trim off the bottom parts of the stems from the shimeji mushrooms, then cut into bite-sized pieces.
- ② Fry ① in a frying pan until browned.
- ③ Add A and bring to a boil.
- ④ Simmer for 1-2 minutes before adding the pizza cheese, mix and add salt to taste (not listed), serve.
- ⑤ Sprinkle with pepper and powdered cheese to taste, then top with the slow cooked eggs.

Recipe video here ▶▶▶▶



No-knead Bacon Pain d'Epi

1 serving **372 kcal**
Salt content: **0.7 g**

Crispy dough packed with juicy bacon!

Using spring roll wraps is a brilliant tip.



Ingredients (serves 2)

- Bacon ... 4 slices (cut in half to make 8)
- Spring roll skins ... 4 sheets
- Deep-fried tofu ... 2 sheets
- Olive oil ... 1.5 tbsp
- Black pepper ... 1/3 tsp

Preparation

- ① Use scissors to make a slit at the edge of the fried tofu sheets, cut along the edge and open them out into larger sheets.
- ② Lay deep-fried tofu and bacon on two spring roll sheets stuck together and top with black pepper. Next, wet the far edge of the spring roll sheets and roll them up. Place with the crease facing down and repeat.
- ③ Lay ② on aluminum foil lengthwise, roll in ample olive oil, then place with the crease of the rolls facing down.
- ④ Using scissors, cut the rolls in half diagonally to a 45 degree-angle and create the classic Pain d'Epi shape.
- ⑤ Bake in a toaster oven for around 5-10 minutes, until crispy and golden brown.

Recipe video here ▶▶▶▶



Cook with
the whole
family!

Simple and Delicious

Ham Sau Ba Recipes

PDF Edition



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
2021 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

