

A pile of bright orange-brown kinako powder is centered on a dark, textured background. A wooden spoon is partially buried in the powder, with its handle pointing downwards. The powder has a clumpy, granular texture.

KINAKO

JAPAN'S UNDERSTATED SUPERFOOD

**Nutritious, versatile, and ideal for
modern food innovation.**

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SHOJIN MANIA

ABOUT SHOJIN MANIA

SHOJIN MANIA is a creative food project born in London, reimagining traditional Japanese ingredients like kinako for modern, wellness-conscious audiences.

Rooted in the spirit of shojin ryori, the plant-based cuisine developed by Buddhist monks, we introduce time-honoured flavours in fun, approachable forms that suit contemporary tastes and global kitchens.

From curious home cooks to chefs exploring new possibilities, SHOJIN MANIA invites people from all culinary backgrounds to discover the richness of Japanese ingredients — one delicious spoonful at a time.





Sesame Kinako

Flavour Profile: Delicately nutty with a hint of black sesame – ideal for modern takes on traditional sweets.

Ingredients: Soy-beans / Brown cane sugar / Ground Sesame

Storage & Shelf Life: Store in a cool, dry place.

Shelf life: Approx. 12 months from production date

Plain Kinako

Flavour Profile: Lightly sweet, toasty, and naturally nutty – a true pantry staple.

Ingredients: Soy-beans

Storage & Shelf Life: Store in a cool, dry place.

Shelf life: Approx. 9–12 months from production date



Matcha Kinako

Flavour Profile: Balanced blend of earthy matcha and mellow roasted soy – distinctly Japanese.

Ingredients: Soy-beans / Brown cane sugar / Matcha

Storage & Shelf Life: Store in a cool, dry place.

Shelf life: Approx. 12 months from production date

Cocoa Kinako

Flavour Profile: Subtly sweet with cocoa notes – perfect for healthy snacks and desserts.

Ingredients: Soy-beans / Brown cane sugar / Cocoa powder

Storage & Shelf Life: Store in a cool, dry place.

Shelf life: Approx. 9-12 months from production date



Kinako Honey Toast

Ingredients:

- 1 slice of white bread
- 1 tbsp butter (softened)
- 1 tsp brown sugar
- 1 tsp honey
- 1 tbsp kinako powder
- A pinch of salt

Instructions:

1. In a small bowl, mix the softened butter, brown sugar, honey, kinako powder, and a pinch of salt until smooth.
2. Spread the mixture evenly over the bread slice.
3. Toast in a toaster oven or grill until golden and bubbling.
4. Serve warm — optionally topped with extra kinako or a drizzle of honey.



KINAKO SCORN

Nutty, fluffy and just a little sweet — these kinako scones are perfect with tea or as a midday snack.

Makes: 6 small scones

Ingredients:

- 110g plain flour
- 25g kinako (roasted soybean powder)
- 4g baking powder
- 15g brown sugar
- 30g vegetable oil
- 50g milk

Instructions:

1. Preheat oven to 200°C (fan 180°C).
2. Mix flour, kinako, baking powder, and sugar.
3. Add oil and milk, and mix into a dough.
4. Divide into 6 rounds.
5. Bake on a lined tray for 15–20 mins.
6. Cool slightly and enjoy.



Kinako Bread

Soft, fluffy bread with a subtle kinako flavour — perfect for breakfast or teatime.

Makes: 7-8 rolls

Ingredients:

- 1.5g dried yeast
- 80ml warm water (approx. 40°C)
- 1g sugar (for activating yeast)
- 220g T65 flour (or strong white flour)
- 25g sugar
- 2g salt
- 75g soy milk
- 25g softened butter

For the kinako topping

Your choice of kinako-based spread or sugar + kinako mixture

Instructions (Simplified)

1. Dissolve yeast and 1g sugar in warm water. Let sit for 5-10 mins.
2. Combine flour, remaining sugar, salt, soy milk, yeast mixture, and butter. Knead into a smooth dough.
3. Cover and let rise until doubled in size (about 1 hour).
4. Divide into 7-8 pieces and shape into rolls. Let rest 15 mins.
5. Bake at 180°C for 15-20 mins until golden.
6. Once cooled slightly, top with kinako spread or kinako sugar mix.



KINAKO CREAM A

- Kinako 20g
- Milk 20g
- Mascarpone 60g

KINAKO CREAM B

- Kinako 30g
- Cornstarch Table Spoon 1
- Sugar T Spoon 3
- Egg 1
- Milk 100g



Kinako Ice Cream

A rich and creamy kinako ice cream made with Crème Anglaise – perfect served with brown sugar syrup.

Makes

Approx. 1.5–2 litres (for Pacojet use)

Ingredients:

- Crème Anglaise Base:
- 1200ml whole milk
- 600ml double cream
- 400g sugar
- 480g egg yolk
- 30g kinako powder (approx. 1 Pacojet beaker)

To serve (optional):

Brown sugar syrup

Instructions (Simplified):

1. Whisk egg yolks and sugar until pale.
2. Heat milk and cream in a saucepan until just simmering.
3. Slowly pour into the egg mixture, stirring constantly.
4. Return to low heat and stir until thickened (coats the back of a spoon).
5. Stir in kinako powder. Cool completely.
6. Pour into Pacojet beaker and freeze.
7. Churn with Pacojet before serving.
8. Serve with a drizzle of brown sugar syrup if desired.
9. 25g softened butter

Kinako Purin (Japanese-Style Custard)

A silky, Japanese-style baked custard infused with the nutty aroma of roasted kinako.

Makes: 6 small custard cups

Ingredients:

- 8 egg yolks
- 300ml double cream
- 300ml whole milk
- 60g sugar
- 30g kinako powder
- 25g vanilla extract or vanilla oil



Instructions:

1. Preheat steamer to 90°C.
2. In a bowl, whisk egg yolks with sugar until pale.
3. Warm the milk and cream in a saucepan until just steaming.
4. Gradually stir into the egg mixture.
5. Add kinako and vanilla, and mix well.
6. Strain the mixture and pour into 6 heatproof ramekins.
7. Steam gently at 90°C for 30 minutes.
8. Chill before serving. Optionally drizzle with brown sugar syrup or kinako topping.

MORE WAYS TO USE KINAKO

Kinako isn't just for traditional Japanese sweets.

Its toasty, nutty flavour pairs beautifully with both classic and modern creations — from brownies and tarts to waffles and even croissants.

Perfect for cafés, bakeries, and product developers looking for a unique twist.





Kinako Drinks – Café Style Ideas

“Kinako Latte”

A warm and comforting drink with roasted nutty flavour — perfect for café menus.

Ingredients (per serving):

- 10g kinako powder (Plain / Matcha / Cocoa / Sesame – all work beautifully)
- 100ml milk (Dairy / Soy / Almond / Coconut etc.)
- 5g brown sugar (Adjust to taste)

Recommended Ratio:

Kinako : Milk : Sugar = 10 : 100 : 5

A balanced blend that brings out the best of kinako's toasty notes.

Tip for Cafés

Serve with a dusting of kinako on top, or blend with ice for a summer “Kinako Frappe” variation.



Kinako Power Drinks

Give your drinks a wholesome boost with roasted kinako – full of plant-based protein, fibre, and flavour.

Energy Shot (Café/Bar Menu)

- Red Bull + Kinako (Cocoa or Sesame)
- 100ml Red Bull
- 10g kinako powder

Stir well and serve chilled for a toasty, energising twist.

Yoghurt & Fruit Bowl

Kinako as a Topping or Mix-in

- Add 10–20% kinako by weight to yoghurt and fruits

Great for smoothie bowls or breakfast pots.

Any Smoothie Boost

Add kinako (plain, cocoa, sesame or matcha) to your usual smoothie blend.

Suggested ratio: 10% of total volume

💡 Tip

Works well with banana, berries, oats, almond milk, or coffee-based drinks for a creamy and nourishing lift.

Kinako Drinks – Bar & Cocktail Ideas

Introduce a Japanese twist to your cocktail menu with kinako-infused flavours.

Kinako Espresso Martini

A twist on the classic — smooth, rich, and subtly nutty.

- 1 oz espresso or cold brew
- 2 oz vodka
- 1 oz coffee liqueur (e.g. Kahlúa)
- ½ oz kinako syrup

Shake with ice and strain into a chilled

Kinako Syrup (Basic Recipe)

A sweet, nutty syrup to use in cocktails, coffee, and mocktails.

Ratio: 1 : 1 : 1 Kinako/Brown/sugar/Water

Heat gently and stir until dissolved. Cool before use.

Kinako Moscow Mule

Warm spice meets roasted nut aroma.

- 40ml vodka
- Ginger beer
- 15–20ml kinako syrup
- Ice & fresh lime

Serve in a copper mug or glass with a wedge of lime.

💡 Serving Tip

Kinako adds body and complexity to both sweet and spicy drinks — great for seasonal menus and signature cocktails.



TRADE TERMS

Exporting Company: Pointblank Promotions Ltd

Shipping Terms: FOB Japan (e.g. Yokohama), or
DDU/DDP to buyer's destination – terms negotiable.

Payment: 100% advance by bank transfer. Partial terms
may apply for repeat clients.

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