



Sake Basics

The history of sake can be traced back to 4800 BC, along the Yangtze River Basin of China. In the 3rd Century BC wet rice cultivation in Japan led to the fermentation of rice into a beverage that became an integral part of the Shinto religion.

Sake is produced from rice, water, yeast and koji mold. Rice is polished to remove the fats and proteins in the outer layer of the kernel, thus exposing the starches in the center. Koji mold is added to the steamed rice to break down the starch molecules into sugar. Water and yeast are combined with the steamed rice, and koji rice to produce sake.

Generally, the quality level of sake depends on the amount of polishing: the higher the percentage milled away, the better the sake. Some sake has a very small amount of grain alcohol added to achieve a different style.

Types of Sake

Junmai – Pure sake. Rice (polished to remove at least 30%), water, koji mold, yeast.

Honjozo – Pure sake and grain alcohol. Rice polished at least 30%.

Ginjo – Either Junmai or Honjozo. Rice polished at least 40%.

Dai-Ginjo – Either Junmai or Honjozo. Rice polished at least 50%.

Nigori – Unfiltered. Rice polished at least 30%.

Genshu – Undiluted sake. Before bottling, pure water is added to most sake to adjust the alcohol content from the naturally occurring 20% down to about 16%. Genshu is sake to which water has not been added.

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