

# Sushi-Perfect Rice Fresher for Longer

Professional sushi chefs know that  
a pinch of Miola will keep takeaway sushi rice  
fluffy and fresh for longer



**MIOLA GOLD**  
for sushi rice



**MIOLA**  
for steamed rice

Guaranteed results with every use:

Easier to  
mix sushi vinegar  
into cooked rice

Prevents  
uneven cooking  
in rice cookers

Cooked rice  
stays clump-free  
for longer

**How to mix:** Wash the rice, add water  
and Miola (2g Miola/8g Miola Gold per  
1.4kg), mix well, cook in rice cooker.

Recommended by Japan's leading sushi professionals, including  
Tadashi Yamagata, President, All Japan Sushi Association (AJSA)



“ The taste of delicious, authentic sushi  
rice, evenly cooked throughout, can be  
enjoyed anywhere in the world, just by  
adding a little Miola. It also helps to  
keep the rice tasting good for longer. ”

**Masayoshi Kazato, Executive Director, All Japan  
Sushi Association (AJSA)**



All Japan Sushi  
Association (AJSA)



Sushi  
Skills Institute



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