

SPOTLIGHT ON TAMARI

WHAT IS IT?

Tamari is a Japanese form of soy sauce, traditionally made as a by-product of fermented soy beans. Unlike soy sauce, tamari has a more rounded, less salty flavour. Its dark colour and rich flavour makes it a really useful ingredient to have in your whole food pantry.

Tamari, unlike soy sauce, is usually made without wheat and is a great accompaniment for gluten free cooking (some brands are not 100% gluten free though so always check the label).

It's a good idea to make sure your tamari is made using soybeans that are GMO free.

WHAT CAN I USE IT FOR?

Tamari is wonderful for seasoning dishes and deepening their flavour. Add to dipping sauces, soups, stir fries and salad dressings for extra deliciousness.

WHERE CAN I BUY IT?

Tamari is easy to find in health food or whole food stores or in the health food aisle of the supermarket.

TRY TAMARI IN THESE RECIPES:

- [Delicious easy whole food meatballs](#)
- [Simple Wholefoods Stirfry](#)
- [Salty, nutty salad dressing](#)