



NEED SOME MORE TIPS
FOR HEALTHY COOKING?

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vegetable
umami
Yondu[®]
Perfect for
plant-rich cooking



An all-natural seasoning sauce made with umami-rich vegetables.

Yondu Vegetable Umami is a cooking sauce that adds savory flavor to all your dishes and highlights the taste of ingredients without overpowering.

Add a few teaspoons to your broths, soups, stir-fries or any other recipe that needs a boost of flavor. It is also a great plant-based alternative for bouillon, concentrated stocks, fish sauce or dashi.

Thanks to its clear color and versatile liquid format, it can be added to unlimited recipes at any stage of the cooking process.

Use Yondu for veggies or any other healthy dishes that need an umami boost.

Fermentation is nature's way to develop rich flavors from simple ingredients.

Use Yondu as your shortcut to flavor!

**100%
PLANT-BASED**

- Organic soybean
- Sea-salt
- 8 vegetable broth
- Yeast extract

**CLEAN
LABEL**

- USDA Certified Organic
- Non-GMO
- Vegan
- Gluten-free

**NATURAL
PROCESS**

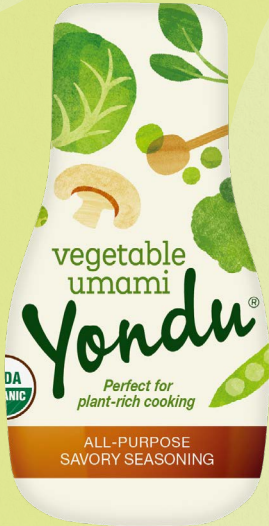
- Slow-fermented soybeans
- Simmered vegetables
- Blended in the right proportions



A healthy flavor booster.

Yondu is a versatile ingredient you can always count on. A perfect weeknight swap for a shelf-load of common ingredients!

Use Yondu as substitute for



✓ 1 tsp Yondu =
1 tsp fish sauce

✓ 1 Tbsp Yondu =
½ tsp salt

✓ 2 tsp Yondu +
1 cup water =
1 cup of dashi

✓ 2 Tbsp Yondu =
1 bouillon cube

✓ 1 tsp Yondu =
1 tsp soy sauce

Getting Started, some guidelines.

Yondu basic ratios

Broth



1 cup hot water

2 tsp Yondu

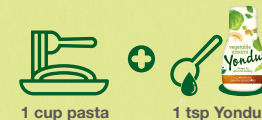
Sautéed Veg



1 cup raw vegetables

1 tsp Yondu

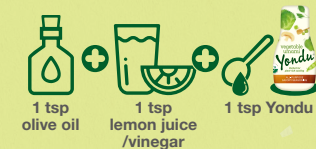
Pasta



1 cup pasta

1 tsp Yondu

Salad Dressing



1 tsp
olive oil

1 tsp
lemon juice
/vinegar

1 tsp Yondu

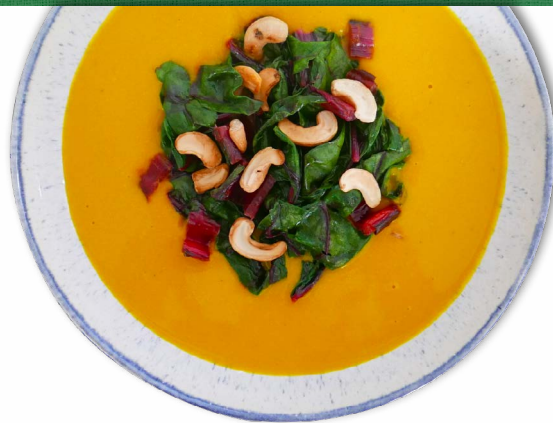
3-minute Veggie Soup

Rescue forgotten veggies from your fridge!

INGREDIENTS

- 1 cup water
- ½ cup chopped vegetables
- 2 tsp Yondu

- 1 In a pot over high heat, combine all the ingredients and let it boil for 3 minutes.



Creamy Butternut Squash Soup

Yondu's umami creates a flavorful and luxurious puréed soup with no added fat!

INGREDIENTS

- 4 cups cubed squash (butternut, acorn, kabocha, etc.)
- ¼ cup raw cashews
- 3 cups water
- 2 Tbsp Yondu

- 1 In a medium pot, bring squash, cashews and water to a boil; simmer for 15 mins or until squash is tender.
- 2 Puree mixture until smooth and stir in Yondu.





Sautéed Summer Veggies

Yondu's umami enhances the natural sweetness of veggies!



INGREDIENTS

- 2 cups zucchini, cubed
- 2 cups cherry tomatoes
- 1 Tbsp olive oil
- 1 Tbsp Yondu
- 1 Tbsp fresh basil, chopped

- 1 In a pan over high heat add oil, zucchini and tomatoes. Stir-fry for 5 mins.
- 2 Add Yondu and remove the pan from heat. Stir to combine and glaze vegetables with Yondu.
- 3 Serve with chopped basil on top.

Asparagus Shiitake Stir-fry



Yondu is the only seasoning you'll need to make a great stir-fry

INGREDIENTS

- 2 cups asparagus, 2-inch pieces
- 2 cups shiitake, sliced
- 1 Tbsp olive oil
- 1 Tbsp Yondu
- 2 tsp sesame oil
- 1 tsp cornstarch
- 1 garlic clove, minced

- 1 In a pan over high heat add oil, asparagus and shiitake. Stir and cook for 3 mins.
- 2 Meanwhile, whisk ½ cup of water, Yondu, sesame oil, cornstarch and garlic.
- 3 Once the asparagus is cooked, add the sauce mixture and turn heat to low. Cook for another 1 min.





Umami-charged Mushroom Pasta

Natural flavor of mushrooms boosted to the next level.

INGREDIENTS

- 8 oz spaghetti
- 2 Tbsp olive oil, divided
- 12 oz. assorted mushrooms
- 4 garlic cloves, sliced
- ¼ tsp red pepper, crushed
- 1 Tbsp Yondu
- 1 Tbsp chives, chopped

- 1 Cook pasta and drain, reserving the cooking water.
- 2 In a pan over medium heat, add 1 Tbsp olive oil and sauté the mushrooms until golden.
- 3 In the same pan, add remaining oil, garlic, red pepper flakes and stir-fry for 30 secs.
- 4 Add the cooked pasta and Yondu. Add some pasta water if it looks too dry.
- 5 Sprinkle some chives and serve.

Yondu Fried Rice

Yondu builds flavor without masking the natural taste of your veggies.

INGREDIENTS

- 1 Tbsp olive oil
- ½ cup asparagus, 2-inch pieces
- 1 cup shiitake mushroom, large chunks
- 1/3 cup carrot, sliced
- 1 cup kale, roughly torn
- ½ cup snow peas, halved
- 2 Tbsp of Yondu, divided
- 2 cups cooked rice

- 1 In a large pan over high heat combine oil, asparagus, mushrooms and carrot; sauté for 5 mins.
- 2 Add kale and snow peas; cook for 1 min, then add 1 Tbsp of Yondu and stir.
- 3 Add cooked rice and stir-fry for 1 min.
- 4 Add remaining 1 Tbsp Yondu, remove pan from heat, and mix well.



Mediterranean Fresh Herb Salad

Yondu subs all the spices usually needed to bring out the Mediterranean flavor.

INGREDIENTS

- 1 pita bread
- 1 cup cucumber, diced
- 1 cup tomatoes, diced
- ¼ cup red onion, diced
- 2 tsp Yondu
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- ¼ cup fresh parsley, chopped
- Fresh mint

- ❶ Coat pita with olive oil and toast until crunchy; crumble into large pieces.
- ❷ In a bowl, add cucumber, tomato and onion. Season with Yondu, olive oil, lemon juice and mix.
- ❸ Gently stir in parsley and reserved pita. Serve with mint.



Arugula & Bean Salad

Yondu's umami creates a balanced vinaigrette that reduces the peppery bite in arugula!

INGREDIENTS

- 2 tsp Yondu
- 1 tsp lemon juice
- 1 cup canned cannellini beans
- 1/2 cup red onion, thinly sliced
- 2 cups arugula
- ½ cup cherry tomatoes, halved

- ❶ Whisk Yondu, lemon juice and olive oil in a bowl for a quick vinaigrette.
- ❷ Add beans, onion, arugula and tomatoes and toss gently.
- ❸ Serve immediately, garnishing with lemon zest (optional).

Spring Pea Dip

Whip up this flavorful pea dip under 2-minutes and enjoy as a dip or spread.

INGREDIENTS

- 1 cup frozen sweet pea, thawed
- ¼ cup walnuts
- 1 clove garlic
- 2.5 tsp Yondu
- ½ Tbsp mint
- juice of ½ lemon
- ¼ cup olive oil
- Black pepper to taste

- 1 In the food processor, combine all the ingredients and blend until smooth but still rustic.
- 2 Drizzle olive oil and finish with black pepper.
- 3 Serve with toasted bread or crudités.



Zucchini Noodles

Always al-dente, never soggy
Yondu zoodles.

INGREDIENTS

- 1 Tbsp olive oil
 - 1 garlic clove
 - 2 ea zucchini, spiralized
 - 2 ea yellow squash, spiralized
 - ½ cup cherry tomatoes
 - 3 tsp Yondu
 - ½ Tbsp chopped basil
- 1 In a large skillet over high heat, drizzle olive oil, add garlic and cook until golden, about 10 seconds.
 - 2 Add zoodles; cook and stir until fork tender, about 3 minutes.
 - 3 Add tomatoes and Yondu; cook and stir another 30 seconds.
 - 4 To serve, divide evenly and garnish with basil.

The secret of Yondu's delicious savory flavor.

Umami is one of the five basic tastes together with sweetness, sourness, bitterness and saltiness. It is what we commonly know as “savory” and is mainly associated with animal-based products like meat and cheese. We taste umami when proteins are broken down through the fermentation (or cooking) process. Our unique 3-month slow fermentation of protein-rich soybeans creates a base that we blend with simmered vegetable broth. This combination of flavorful plant ingredients is what creates Yondu's unique flavor profile.



Fermented soybeans



Concentrated broth from 8 vegetables



Delicious, Simple and Easy.



Our Yondu Culinary Studio is where we develop culinary solutions and ideas for those who appreciate and value good food. Our team of chefs create healthy recipes that are easy to prepare and delicious to eat.



The team is led by Jaume Biarnes who was previously the culinary director at Alicia Food & Science Lab founded by Ferran Adrià, a pioneer of molecular gastronomy. Alicia Food & Science Lab strives to find solutions for healthy eating for everyone.

Discover cooking ideas at our Yondu Culinary Studio.

Find our recipes. Experiment with Yondu and experience the Yondu way of cooking.

For more information, visit our website www.yondu.us

Yondu Belief

A happy life starts with good food.

We believe that plant-rich diets are at the center of good food that is good for the planet, for your health, and for your taste buds (delicious!).

We are convinced the journey to good food starts at home—where cooking and eating nourishes more than just your body : **it feeds relationships, builds bonds and recharges your spirit. Yondu believes a healthy food lifestyle can be enjoyable and delicious.**



About Sempio

Yondu's philosophy of healthy living stems from its creator company, Sempio.

From the humble beginnings of Korean soy sauce (also known as Ganjang), Sempio was the first company in Korea to start developing plant-based fermented specialties when working families no longer had time to prepare their own at home.

As a family-run company for three generations, Sempio has stayed true to its founder's philosophy of only creating food products that he himself would want his children eating every day.

For over 70 years, Sempio has spearheaded the study and innovation of Korea's plant-rich cuisine. Today, Sempio is committed to expanding the world's culinary horizons through the art of fermentation, showing how a healthy vegetable-centric diet can be deliciously inspiring.