

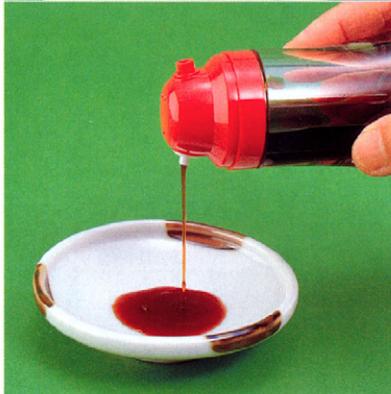
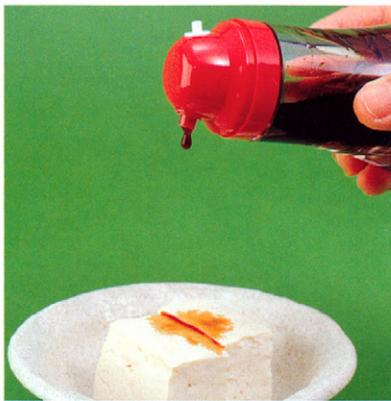
# 3分クッキング

Three Minute Cooking is the title of a famous magazine that introduces Japanese cooking. All Japanese people are familiar with it.

3分  
シリーズ



Kitchen  
utensil



傾けるだけで、  
極少量を注げる。  
ピタッと止まる！



In daily cooking we tend to measure seasoning by eye. Yet, we cannot get the taste we want, or use too much seasoning, and we often regret it later. Now, we would like to introduce a cruet that measures how much seasoning we use.

## Drop by drop……This is just enough

Pottan *a*, the healthy cruet for reducing salt intake, has two openings for pouring soy sauce. One pours soy sauce in a narrow flow like a thread, and the other drop by drop in amounts of about 0.07 ml. This small quantity of soy sauce may seem insufficient. When we use this cruet though, we can discover that a few drops are enough to enjoy chilled tofu and boiled vegetables. This cruet is just the thing for those of us who need to control our salt intake because we can accurately see how much soy sauce we are using. Also, the cruet is easy to use when cooking because the pouring mouth brings the thread-like liquid to a complete stop.

## Easy to reduce salt, and can be used with vinegar too

This cruet was born from necessity. Yoshimasa Kobayashi had high blood pressure and his doctor told him he had to reduce his salt intake. Kobayashi then invented this cruet that enabled him to pour soy sauce little by little while seeing how much he was pouring.

Pottan *a* is designed for everyone, people who are restricting salt intake and people who are not. We can choose the pouring option that meets our needs.

We can also use Pottan *a* for pouring vinegar too, freeing us from the worry that we may carelessly use too much vinegar and sour our cooking. Those of us who want to use vinegar for our health, but don't like sour tastes, will find that Pottan *a* is just the thing for us. We can pour vinegar little by little.

# 調味料入れ C r u e t

保存のためだけではなく、使うときに計量もできる。そんな調味料入れなら、味つけが決まる！健康管理にも最適！と二挙両得です。  
取材・文 ● 小島直子 撮影 ● 相沢千冬

We can easily see the amount used  
and avoid using too much

### 減塩 健康醤油さしポットタンα

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E-Mail: [pottan@k-jushi.co.jp](mailto:pottan@k-jushi.co.jp)

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