

Recitation B

Wasabi is Gaining Popularity

In the 1980s, due to increased health consciousness, sushi, one of the healthiest meals around, got much more attention in the United States, and consequently, the number of sushi bars increased there. With the introduction of a sushi-go-round, sushi has gained more popularity. As sushi consumption has spread around the world, so has the popularity of wasabi.

Wasabi, the plant that grows naturally along streambeds in mountain river valleys in Japan, is known as “Japanese horseradish,” and its root is used as a condiment. A little wasabi enhances the unique flavor of sushi, and interest in its use as a flavoring has been growing.

Some recent studies show that wasabi can support our health. In addition to other well-known detoxifying plants such as horseradish, broccoli, cauliflower, and kale, wasabi contains a set of chemicals that help to promote liver health. Wasabi helps the liver that affects the detoxification and cleansing of the entire body. Wasabi is amazing in its potential power to remove harmful substances from our bodies.

Recent research has shown that wasabi can be used as an effective antibacterial agent, preventing the spread of E-coli and other forms of bacteria as well as stopping the growth of mold and parasites. Researchers are developing products that utilize wasabi’s antibacterial properties, including wasabi sheets made by processing the plant into a thin film. Sheets like these could be used to line the inside of lunch box lids, for example, to prevent food from spoiling.

This is a main reason that wasabi is paired with raw fish. People have learned that the nutritional benefits of the wasabi plant, which is unique to Japan, also include detoxifying effects.

(276 words)