

Rice, Herbs & Flavor

Ingredients shape the microbes. Microbes shape the flavor.

SATO &
LOOG PANG
THAI RICE FERMENTATION

RICE VARIETIES

Different rice. Different character.

White glutinous rice (Khao Niew)
Most common for Sato.
Soft, sticky, high starch.

Black glutinous rice (Khao Niew Dam)
Deeper color, more antioxidants, earthy notes.

Red glutinous rice (Khao Niew Daeng)
Slightly firmer, more tannins.

Japonica rice (Khao Chao)
Common table rice.
Cleaner, lighter profile.

Indica rice (Khao Hom Mali etc.)
More aromatic, lighter texture.

FLAVOR PROFILE

Sweet

Soft

Clean

Floral

Nutty

Earthy

Fruity

Complex

Nutty

Malty

Spicy

Robust

Mild

Clean

Neutral

Elegant

Fragrant

Light

Floral

Fresh

HERBS & SPICES IN LOOG PANG

Traditional ingredients and their possible effects.

Galangal (ข่า)
Aromatic, slightly spicy.
Antimicrobial properties.
Supports desirable microbes.

Garlic (กระเทียม)
Aromatic, sulfur compounds.
Helps inhibit unwanted bacteria.

Long pepper (ดีปลี)
Warm, spicy, complex aroma.
May influence microbial balance.

Black pepper (พริกไทย)
Pungent, spicy.
Antimicrobial, adds complexity.

Licorice root (ชะเอมเทศ)
Sweet, earthy.
May support mild acidity and microbial stability.

Turmeric (ขมิ้น)
Earthy, slightly bitter.
Antioxidant and antimicrobial.

Ginger (ขิง)
Warm, fresh, spicy.
Supports circulation of flavors.

Thai herbs (e.g. kaffir lime leaves, lemongrass, etc.)
Regional variations.
Add aroma and may influence microbial communities.

HOW INGREDIENTS INFLUENCE FLAVOR

A simple guide.

RICE

- Starch content
- Grain structure
- Aroma compounds
- Color & antioxidants

↓

Influences body, sweetness, texture and base aroma

HERBS & SPICES

- Add aroma compounds
- Antimicrobial effects
- Support specific microbes
- Regional character

↓

Influences aroma, complexity, balance and microbial community

MICROBES

- Break down starch
- Produce sugars, alcohol, acids and esters
- Create unique flavor compounds

↓

Influences sweetness, acidity, funkiness and overall flavor profile

FLAVOR SPECTRUM

Sato can range from...

SWEET

FLORAL

FRUITY

NUTTY

EARTHY

SPICY

SOUR

FUNKY

— honey, rice, caramel

— jasmine, fruity, tropical

— apple, banana, tropical fruit

— cereal, roasted, umami

— mushroom, grain, herbal

— pepper, ginger, warming

— lactic, refreshing

— complex, wild, savory

My Sato Experiment

RECIPE · OBSERVATION · FLAVOR · NOTES

SATO &
LOOG PANG
THAI RICE FERMENTATION

DATE

BATCH NAME

RICE WINE STYLE
☐ Sato (Thai)
☐ Inspired by Sato
☐ Other: _____

1. RICE

Which rice did you use? (tick all that apply)

☐ White glutinous ☐ Black glutinous ☐ Red glutinous

☐ Japonica ☐ Indica ☐ Other: _____

2. STARTER

What did you use?

☐ Loog Pang (homemade)
☐ Loog Pang (purchased)
☐ Other starter: _____
☐ No starter (spontaneous)

3. HERBS & SPICES

Which ingredients did you add? (tick and/or write amounts)

☐ Galangal
☐ Garlic
☐ Long pepper
☐ Black pepper
☐ Licorice root
☐ Turmeric
☐ Ginger
☐ Kaffir lime leaves
☐ Lemongrass
☐ Other: _____

AMOUNT

4. WATER

Water type:

☐ Tap ☐ Filtered ☐ Spring
☐ Other: _____

Ratio (rice : water): _____

5. PROCESS

Record your steps and timing.

DATE / DAY	WHAT HAPPENED?	TEMP. (°C)
Day 0		
Day 1		
Day 2		
Day 3		
Day 5		
Day 7		
Day 10		
Day 14		
Day 20		
Other		

6. OBSERVATIONS

What do you see, smell, taste?

APPEARANCE (color, bubbles, texture)

AROMA

TASTE (sweet, sour, fruity, floral, earthy, spicy, umami, etc.)

7. FINAL NOTES

What would you do the same or differently next time?

Different ingredients. Infinite possibilities.

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Fermenting the future.

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