

Video: Natto, the stinky, slimy soybean snack

September 28 2018



Credit: The American Chemical Society

Natto, a food made from fermented soybeans, often turns off newcomers to Japanese food due to its strong smell and stringy slime.

But many people love its earthy, cheesy flavor or eat it for its supposed [health benefits](#).

In this video, Reactions explains the chemistry of natto—and we try

some for ourselves.

Provided by American Chemical Society

Citation: Video: Natto, the stinky, slimy soybean snack (2018, September 28) retrieved 13 May 2024 from <https://phys.org/news/2018-09-video-natto-stinky-slimy-soybean.html>

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