

MISO



Miso is a traditional Japanese seasoning (thick paste), produced by fermenting soybeans with salt and *kōji*, at its most basic.

It is used for sauces and spreads, pickling vegetables, fish, or meats, and mixing with dashi soup stock to serve as miso soup, a Japanese culinary staple.

Miso is still widely used in Japan. However, nowadays, it has been also gathering attention by western chefs in modern cooking

Typically, miso is salty, but it has varieties of flavors in it such as saltiness, sweetness, earthy & fruity savory.

NON-SOY BASED MISO

Thus fermented paste is both magically salty-earthy & fleury, lending a punch of umami to all that it touches.

Traditionally, soybeans are the most popular ingredients, but as long as it's protein-rich legume, miso ingredient can be substituted by chickpeas, farro, sweet potatoes, squash and more.

TYPES AND FLAVOR

The taste, aroma, texture, and color of miso vary by region, season, duration of fermentation, variety of *kōji*, and portion of koji.

A more nuanced breakdown of the flavors is:

- Kome miso (米味噌) or "rice miso"
Typically yellow-red brown. Most common.
- Mugi miso (麦味噌) or "barley miso"
Has a peculiar taste.
- Akamiso (赤味噌) or red miso
Aged miso, usually for more than one year.
- Shiromiso (白味噌) or white miso
Has a very short fermentation time. The taste is sweet, and the umami is soft or light.

NUTRITION AND HEALTH

Fermented food has a plenty of health benefits. Needless to say, miso is a fermented condiment which is incredibly nutritious and linked to a variety of health benefits, including better digestion and a stronger immune system.

- **Rich in nutrients:** Miso contains many healthy vitamins and minerals like vitamin K, manganese, protein and calcium.
- **Improves digestion:** Miso is high in probiotics, it helps improving the intestinal flora. This microbiome contributes to digestive health etc.
- **Strengthens immune system:** The probiotics in miso reduce the production of bad bacteria, improve blood circulation and ultimately boost your immune system.
- **Lowers cholesterol:** Miso comprises lecithin-rich soybeans. This plant-based substance helps strengthen blood vessels and reduce cholesterol.



MAKE YOUR OWN MISO

Miso is a traditional Japanese seasoning made from fermented rice and soy beans. It is a nutrition & umami-rich paste which has lots of health benefits. Let's make your own miso!



INGREDIENTS

- Koji rice 500g
- Soy beans or chick peas 500g
- Sea salt 250g
- Water
- Ziplock (large)


INSTRUCTION


1. Wash the beans and soak them in the 1L of water over night.
2. Put the beans in the pot, then pour 2.5L of clean water. Boil them with low heat until the beans can be crushed by your fingers. (apx. 3-4 hours)
3. While boiling the beans, mix koji rice and salt. Blend them well with you palms.
4. After boiling the beans, drain the water. ***DO NOT THROW THIS WATER!!** instead, cool them out. It might be needed in step 6.
5. Put koji rice and salt (step 3) & beans (step 4) in the ziplock and close it lightly. Crash the beans with the rolling pins until it gets like paste.
6. *If the paste is hard, add the drained water in step 4.
7. Once the beans, koji rice and salt are mixed well and becomes like paste, push out the air inside the ziplock as much as possible.
8. Close the ziplock tightly, make sure no air inside.
9. Ferment miso in the ziplock for 3-6 months in a cool, dark place to avoid direct sun light. (During the fermentation, keep the temperature around 17°C.)

MISO RECIPES

Miso Yakitori (Chicken brochette)



 4 servings

 20 minutes
except preparation

INGREDIENTS

- 240 g Chicken (cut into cubes)
- 1 tbsp white wine
- A pinch of salt
- 3 tbsp miso or white miso
- 1 tbsp peanuts butter
- 1 tbsp chili oil

INSTRUCTIONS

- Marinate the chicken with white wine and salt. Skewer the chicken.
- Place the miso, peanuts butter and chili oil with 1 tbsp of water in a bowl and mix well.
- Grill the chicken over medium heat until browned (about 10 to 12 minutes).
- Place the chicken on a serving plate and brush with the miso sauce.

Ragout pasta with miso





When you make pasta sauce, add 1-2 tbsp of miso or white miso.

It will boost the depth of flavour!

Miso Ganache



 4 servings

 60 minutes
except preparation

INGREDIENTS

- 100 g Black chocolate, chopped
- 1/4 cup whipping cream
- 1 tbsp miso
- 2 tbsp cocoa powder
- Yuzu garnish (if applicable)

INSTRUCTIONS

1. Put the cream in a heatproof bowl, cover with plastic wrap and microwave at 600W for 30 seconds. Add miso stir them to melt.
2. Add chocolate to cream, cover with plastic wrap and microwave at 600W for 30 seconds again. Mix well to melt the chocolate completely.
3. Place the parchment paper on a baking pan, pour the mixture into the baking pan then leave the pan in the freezer for 1 hour.
4. Cut into bite-sized pieces, sprinkle with cocoa powder. Garnish yuzu powder if applicable.

Miso Is The Secret Weapon In Your Dish

Basically, miso can be used to add umami & depth of flavor to not only Japanese cuisine but also many dishes. it helps balance and unify sweet and sour taste in everything from chicken to pasta, even sweets.

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