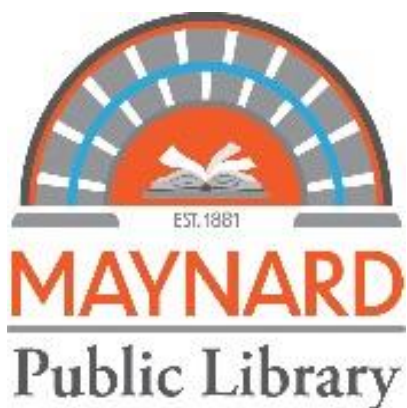




Spice Up Your Fall!

Maynard Library

Spice Club

MISO PASTE

SPICE INFORMATION

Miso, fermented soybean paste, is made by combining just three simple ingredients—soybeans, salt, and koji (rice or other grains inoculated with *Aspergillus oryzae* fungus)—and allowing the mixture to age for months or even years, developing a deep umami and salty flavor. Koji is also the “starter” used to ferment soy sauce, sake and rice vinegar.

Factors like the type of koji used and the length of fermentation can result in infinite varieties of miso, including some that contain no soybeans at all. In fact, over 1,300 variations are in use today. It’s a vital ingredient in Japanese cooking, often used to bring a wallop of savory flavor to soups, noodles, and yakitori dishes.

Though miso has become emblematic of Japanese cuisine, the ingredient is believed to have originated in China or Korea. According to the Japan Miso Promotion Board, miso was first introduced in Japan in the 7th century. At first, miso was considered a delicacy, only available to Japanese nobility and monks. In the 12th century, miso soup became a dietary staple of Kamakura samurai. Around this time, farmers began making their own miso, fueling its spike in popularity across Japan’s countryside. These farmers created some of the signature regional types of miso that we are produced today. The onset of the 17th century brought about the industrial production of miso, propelling it to widespread popularity.

The two most popular types of commercially produced miso are shiro (white) miso and aka (red) miso. The longer miso ferments, the deeper in umami flavor and darker in color. But other factors play a role too, such as the type of grain used and the ratio of soybeans to koji (the higher the percentage of koji, the sweeter the miso will be).

Shiro (white) miso is a sweet, mild miso with a white or yellow color. It gains its light, delicate flavor from a high proportion of rice koji to soybeans and a short fermentation (three months to one year). Pair white miso with chicken, roasted vegetables, or a white fish like cod; you can also use it in marinades, salad dressing, or miso butter.

Aka (red) miso is a dark, rich miso made with a higher proportion of soybeans to rice koji. Aka miso ferments for a longer amount of time—typically six months to a year, but potentially up to five or 10 years—and ranges from reddish brown to nearly black in color. Its deep flavors can stand up to dark meat, hearty vegetables and oily fish like mackerel or salmon.

Some companies include additives in their miso paste, such as sweeteners or alcohols, to speed up production, but these also may impact the miso's shelf life. Generally, seek out brands that contain nothing more than soybeans, some type of grain, and water. These brands may also list koji, salt, or seaweed among their ingredients, all great additions.

Miso is regarded as a superfood because it transforms complex protein, carbohydrate, oil and fat molecules into readily digestible amino acids, simple sugars, and fatty acids. It is rich in high quality protein, good for gut health and is good source of the vitamin B12 for a plant-based diet.

The most common use of miso is in Japanese-style miso soup, a traditional dish eaten for breakfast and as a part of other meals. Miso also adds umami flavor to marinades, gravy, other soups like udon or ramen, or vegetable and tofu dishes.

While miso is typically associated with savory dishes, it can also be useful in baking. Miso's flavor can be assertive on its own, but when it's incorporated into desserts it plays a mellower note. Instead of a prominent flavor, think of miso as a modifier — it complements earthy flavors or cuts through sweetness with its distinct savory presence, especially when compared to a sprinkle of salt. When baking with miso use the more delicate white miso, use just a little at a time, mix thoroughly, and be careful not to overpower delicate flavors like vanilla. If you want to adapt an existing recipe, add 2 tablespoons (30 grams) of miso per cup of flour and mix into the wet ingredients. Be sure to balance out the salt in your recipe as miso is quite salty.

<https://www.thespruceeats.com/what-is-miso-p2-3376832>

<https://www.thespruceeats.com/types-of-miso-4776799>

<https://www.epicurious.com/ingredients/how-to-buy-store-and-cook-with-miso-paste-recipes-article>

<https://www.tastingtable.com/1947695/bake-with-miso-expert-tips/>

<https://www.kingarthurbaking.com/blog/2021/12/13/a-beginners-guide-to-baking-with-miso>

<https://www.chopstickchronicles.com/miso-recipes/>

A Note about Ingredients

The miso pastes in your kit are made by the Miso Master brand (Mellow White and Traditional Red), found at the Co-op. They were made in America, are organic and contain no preservatives. You should store your miso in the refrigerator. (The Co-op also carries a miso made with chickpeas.

If you'd like to make your own miso, see <https://food52.com/recipes/37277-miso>. Makes 7.5 lbs.

RECIPES

Ginger Miso Dressing

<https://www.loveandlemons.com/miso-dressing/>

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 2 teaspoons freshly grated ginger
- ¼ cup fresh lemon juice
- ¼ cup fresh clementine juice (or fresh orange juice)
- 1 tablespoon white miso paste

STEPS

1. Whisk all ingredients together. Taste and adjust seasonings, adding more miso (or a pinch of salt) if you would like your dressing more salty. I find this dressing to taste a bit punchy, but it mellows once poured over vegetables.
2. Store any remaining dressing in the fridge.



15-Minute Miso Soup with Greens & Tofu

<https://minimalistbaker.com/15-minute-miso-soup-with-greens-and-tofu/>

Servings: 2 (bowls)

INGREDIENTS

- 4 cups vegetable broth (use dashi for more traditional miso soup)
- 1 sheet nori, cut into large rectangles (optional)
- 3-4 Tbsp white or yellow miso paste
- 1/2 cup chopped green chard or other sturdy green
- 1/2 cup chopped green onion
- 1/4 cup firm tofu, cubed (use silken tofu for more traditional miso soup)

STEPS

1. Place vegetable broth in a medium sauce pan and bring to a low simmer.
2. In the meantime, place miso (starting with lesser end of range) into a small bowl, add a little hot water and whisk until smooth. This will ensure it doesn't clump when added to the soup later. Set aside.
3. To the broth add chard (or other greens of choice), green onion, and tofu (if using silken, add at the end of cooking) and cook for 5 minutes. Then add nori and stir. Remove from heat, add miso mixture, and stir to combine.
4. Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

Roasted Cauliflower & Leek Soup

<https://www.loveandlemons.com/creamy-cauliflower-leek-soup/>

Servings: 3 as a main, 4-5 as a starter or side



INGREDIENTS

- About 2 cups chopped cauliflower
- 2-3 leeks, white and very light green parts, chopped (about 1 to 1½ cups)
- 2 garlic cloves
- Extra-virgin olive oil, for drizzling
- ½ cup raw, unsalted, un-roasted cashews, soaked overnight* (see note)
- 1½ teaspoons miso paste
- Leaves from a few sprigs of marjoram or thyme
- 3 cups water
- 2 tablespoons more olive oil
- ⅛ teaspoon smoked paprika (or more to taste)
- Squeeze of lemon
- Sea salt and fresh black pepper
- Red pepper flakes (optional)
- Splash of white wine vinegar or champagne vinegar

STEPS

1. Preheat the oven to 400 degrees. Spread the cauliflower, leeks, and garlic on a baking sheet. Drizzle with olive oil and sprinkle with a few pinches of salt & pepper. Roast for 20-30 minutes, rotating halfway through. Remove when everything is starting to turn golden, but before the leeks are burning (if a few get too charred, it's ok, just pick them out later).
2. Add to your blender the veggies you just roasted, drained cashews, marjoram leaves, miso paste, a squeeze of lemon and 1½ cups water. Blend until pureed. Add the 2 tablespoons olive oil, paprika, and the remaining 1½ cups water. Blend again. Taste and adjust seasonings. Add vinegar if needed.
3. Pour into a medium saucepan and heat just until the soup is warm. Stir in a little more water if it's too thick. Serve with bread on the side.

NOTES

Be sure to use plain raw cashews or your soup will taste too much like cashews.

Miso Ramen with Soft Boiled Egg

<https://www.acouplecooks.com/easy-miso-ramen/>

Servings: 4

INGREDIENTS

- 4 eggs, soft boiled
- 1 cup sweet yellow onion, sliced
- 8 ounces baby bella (cremini) mushrooms
- 1 cup Napa cabbage, thinly sliced
- 3 green onions
- 4 garlic cloves
- 2 large carrots
- 1 tablespoon toasted sesame oil
- 1 tablespoon olive oil
- 8 ounces dry ramen noodles
- 4 cups vegetable broth
- 4 tablespoons miso paste, divided
- 1 tablespoon mirin
- 1 tablespoon soy sauce
- ¼ cup coconut milk (optional, for creamy broth)
- 2 cups spinach leaves
- Sesame seeds, for garnish



STEPS

1. Slice the onion. Slice the mushrooms. Thinly slice the cabbage. Thinly slice the green onions. Thinly slice the garlic. Slice carrots into matchsticks.
2. Heat large pot of water to a boil and cook noodles to al dente. Drain and set aside. If necessary, refresh the noodles under some hot tap water before serving.
3. In the meantime, in a large pot or Dutch oven, heat the sesame oil and the olive oil over medium high heat. Add the onion and cook for 4 minutes until lightly browned on the edges. Add the garlic and cook for 30 seconds until just browned, stirring constantly. Add the vegetable broth and bring to a simmer.
4. Add the mushrooms, carrots, 3 tablespoons miso paste and mirin and cook for about 10 minutes until the mushrooms are tender. Add the soy sauce, coconut milk (for creamy broth), green onions, cabbage, spinach and cook until the spinach is just wilted, about 1 minute. Taste and add about 1 tablespoon more miso paste to taste.
5. To serve, place the noodles into four bowls. Top with broth, soft boiled eggs, and vegetables. Store leftovers with the broth and noodles in separate containers (to avoid the noodles soaking up all of the broth).

White Bean Chili with Miso

<https://www.foodbymaria.com/white-bean-chili/>

Servings: 4

INGREDIENTS

- | | |
|---|--|
| 1 tbsp olive oil | 1 400 ml can of white kidney beans |
| 1 medium-sized white onion finely chopped | 1 400 ml can of roma beans or any white bean |
| 2 garlic cloves pressed | 6 cups boiling water |
| 1 tbsp. oregano | 2 cups frozen or fresh corn |
| 1 tbsp. smoked paprika | 1 heaped tbsp. white miso |
| 1 tbsp. cumin | Toppings: |
| 1/2 tsp sea salt | 1 jalapeno finely chopped |
| 1/2 tsp pepper | handful of nacho chips |
| 1/8 tsp cayenne pepper | 1 avocado cubed or sliced |
| dash of red chili flakes | 1 cup vegan mozzarella cheese |
| 1 tsp. vegetable stock paste | 1/2 vegan sour cream |
| 1 tbsp. nutritional yeast | 1/2 cup fresh cilantro roughly chopped |
| 1 tbsp. coconut aminos | |

STEPS

1. Into a large pot add the olive oil and heat on medium heat for 30 seconds before adding the onion. Cook it down for 8-10 minutes, stirring often to avoid burning.
2. To the pot, add the garlic, oregano, paprika, cumin, salt and pepper, cayenne and red chili flakes. Stir till the onions are fully coated with spices and reduce heat to low.
3. To the pot, add the vegetable stock paste, nutritional yeast, coconut aminos and beans. Stir till well combine, increase heat to high and add the water. Bring the mixture to a boil and simmer for 10 minutes or until the beans are extremely buttery. Once the beans are perfect, finish the soup by adding the corn and miso. Cook for 5 minutes or until the temperature of the soup is back to an even simmer.
4. Serve hot with all the gorgeous toppings listed above.



Miso Butter Grilled Cheese

<https://www.halfbakedharvest.com/miso-butter-grilled-cheese/>

Servings: 3 sandwiches



INGREDIENTS

- 4 tablespoons unsalted butter
- 1 tablespoon white miso
- 1 clove garlic, grated
- 1/4 cup chopped fresh herbs, basil, and cilantro
- 1 jalapeño, seeded and chopped (optional)
- black pepper
- 6 slices sourdough bread
- 1 cup shredded gouda cheese
- 1 cup Monterey jack cheese, shredded
- hot honey, for drizzling

STEPS

1. In a bowl, combine the butter, miso, garlic, herbs, jalapeño, and black pepper
2. Spread the inside of each piece of bread with miso butter. Sandwich evenly with cheese. Then add the top piece of bread.
3. Heat 1-2 tablespoons olive oil or butter in a large skillet over medium heat. Place the sandwiches in the skillet and cook until golden on each side, about 3-5 minutes per side. Drizzle with honey.

Sesame Clementine & Cabbage Salad

<https://www.loveandlemons.com/asian-clementine-cabbage-salad/>

Servings: 2-3 as a meal, 4 as a side dish

INGREDIENTS

For the salad:

- 1 small napa cabbage, chopped thin (about 2 cups)
- 1 cup thinly sliced red cabbage
- 3-4 scallions, chopped
- 3-4 clementines, segmented
- a few sprigs of mint
- sesame seeds, for garnish

Miso-Citrus Dressing:

- 3 tablespoons freshly squeezed clementine juice
- 2 tablespoons white miso paste
- 2 tablespoons rice vinegar

- 1 tablespoons honey
- 1 tablespoon sesame oil
- splash of sriracha

Marinated Tofu:

- 1 block of tofu, sliced into 8 slices
- splash of soy sauce
- splash of rice vinegar
- splash of toasted sesame oil
- sesame seeds & panko bread crumbs to coat

Fried Shallots:

- 2-3 medium shallots, thinly sliced
- vegetable oil
- flour, for coating

STEPS

1. To make the dressing, whisk together, taste and adjust seasonings.
2. Slice the tofu and gently pat it with a clean towel to dab up some of the excess water.
3. In an 8x8 square baking pan (with edges), mix together the soy sauce, rice vinegar, and sesame oil. Place the tofu slabs into the pan and flip them so you coat both sides. Set

aside and let it marinate while you finish everything else (15-20 minutes or so). After it's marinated, sprinkle both sides of each with some sesame seeds and some panko bread crumbs. Heat a large skillet with some olive oil. When the oil is hot, cook tofu for 2-3 minutes per side. Let cool to room temp and chop into small cubes for the salad.

4. Slice your shallots and pat them dry with a clean towel. Toss shallots in a bit of flour. Heat a medium skillet with about ½ inch of oil. When the oil is hot, drop one slice in. If it bubbles, toss in the rest. If it burns, turn the heat down on your oil and test another. Fry the shallots for about 7-8 seconds each, remove and place on a plate with a paper towel to dry.
5. To assemble the salad, toss everything (except the fried shallots and tofu) together with most of the dressing. Let it sit in the fridge for 10 minutes or so before serving. Taste and adjust, adding more dressing and adjusting seasonings to your liking. Top with the chopped tofu and crispy fried shallots.



Roasted Miso Carrots

<https://www.delish.com/cooking/recipe-ideas/a36973856/miso-roasted-carrots-recipe/>



INGREDIENTS

- 1/3 cup pure maple syrup
- 2 Tbsp. white miso paste
- 2 extra-virgin olive oil
- 2 Tbsp. packed dark brown sugar
- Large pinch crushed red pepper flakes
- 2 lb. whole carrots, scrubbed and halved crosswise, halved lengthwise as well if large
- Kosher salt
- 1 Tbsp. fresh lemon juice
- 1/3 cup roasted pistachios, chopped
- 1 tsp. black sesame seeds
- 1 tsp. white sesame seeds
- 1 tsp. coriander seeds, crushed
- 1/4 tsp. smoked paprika
- Flaky sea salt

STEPS

1. Preheat oven to 425°F. In a small bowl, whisk together maple syrup, miso, oil, brown sugar, and red pepper flakes.
2. Line a large, rimmed baking sheet with foil. Arrange carrots on baking sheet and drizzle maple syrup mixture over top. Season with salt, toss to coat, and arrange in an even layer.
3. Bake, tossing halfway through, until carrots are tender and glaze is thickened and caramelized in places, 35 to 40 minutes.
4. Remove baking sheet from oven and carefully sprinkle carrots with lemon juice; toss to coat.
5. In another small bowl, combine pistachios, sesame seeds, coriander, and paprika.
6. Transfer roasted carrots to a platter, scraping any glaze from the sheet tray over top. Let cool slightly. Sprinkle with pistachio mixture, more red pepper flakes, if desired, and flaky salt. Serve warm or at room temperature.

One-Pot Creamy Vegan Greens

<https://www.delish.com/cooking/recipe-ideas/a60142083/one-pot-creamy-vegan-greens-recipe/>

INGREDIENTS

- 2 Tbsp. extra-virgin olive oil
- 1 small sweet onion (such as Vidalia), thinly sliced
- 3 cloves garlic, thinly sliced
- 1 Tbsp. umeboshi or white miso paste
- 3 to 3 1/2 lb. leafy greens (such as spinach, kale, and/or Swiss chard), tough stems removed, leaves washed, dried, coarsely chopped
- Kosher salt
- Freshly ground black pepper
- 3/4 cup canned reduced-fat coconut milk
- 1 Tbsp. (or more) nutritional yeast
- 1/8 tsp. cayenne pepper



STEPS

1. In a large skillet over medium heat, heat oil. Add onion and garlic and cook, stirring occasionally, until onion is translucent, 3 to 4 minutes. Add umeboshi paste and cook, stirring, until combined, about 1 minute. Stir in greens; season with salt and black pepper. Cook, stirring, until greens are just wilted, 3 to 4 minutes.
2. Add milk, nutritional yeast, and cayenne to skillet and bring to a simmer. Cook, stirring occasionally, until greens are tender and liquid is thickened slightly, about 8 minutes; season with salt and black pepper. Sprinkle with more nutritional yeast, if desired.
3. Make Ahead: Greens can be made 2 days ahead. Let cool, then transfer to an airtight container and refrigerate.

Pan-Fried Eggplant with Miso (Nasu-miso)

<https://www.thespruceeats.com/pan-fried-eggplant-with-miso-recipe-2031660>

Servings: 4

INGREDIENTS

- 1 (12-ounce) eggplant
- 1 (4-ounce) green bell pepper, cored and thinly sliced
- 3 tablespoons miso
- 1 1/2 tablespoons mirin
- 1 1/2 tablespoons sugar
- 2 tablespoons vegetable oil

STEPS

1. Slice eggplant in half lengthwise, then into 1/4-inch-thick cubes and half-rounds.
2. Optional: Place cut eggplant pieces into a large colander and sprinkle with salt. Leave standing for 30 minutes for the bitter juices to drain away.
3. Mix miso, mirin, and sugar in a small bowl and set aside. (If the miso glaze has been prepared and frozen ahead of time, warm up the miso glaze in the microwave for just 30 seconds so that it's nice and warm.)
4. Heat oil in a medium skillet and fry eggplants on medium heat until softened.
8. Add green bell pepper and stir-fry until softened. Turn heat to low. Add miso mixture and stir quickly with the ingredients. (If the sauce begins to burn, lower the heat some more and add 1 to 2 tablespoons of water to the pan). Remove from heat, stir in toppings and serve hot.



NOTES

Consider adding shiso, a Japanese mint-like herb, Thai basil, ginger, or 1 to 2 dried chiles, soaked and drained.

Miso & Butternut Squash Pasta

<https://food52.com/recipes/88857-miso-butternut-squash-pasta-recipe>

Servings: 4 to 6

INGREDIENTS

- 3 pound butternut squash
- 1 tablespoon honey
- 1 teaspoon apple cider vinegar
- 2 tablespoon neutral oil, divided
- 1 head garlic
- kosher salt, to taste
- 1 pound pasta of choice
- 1 tablespoon red miso paste
- parmesan cheese or nutritional yeast, for topping (optional)

STEPS

1. Heat oven to 425°F and prepare a parchment-lined sheet pan. Cut the ends off the squash and then cut it in half lengthwise to maximize the surface area that is placed on the sheet pan. Scrape out the seeds.
2. In a small bowl add the honey and then the vinegar. Let the vinegar sit on top of the honey until it is dissolved and a homogeneous liquid has formed. Whisk in one tablespoon of the oil. Using a pastry brush, or a spoon, coat the cut side of the squash and place it cut side down on the sheet pan.
3. Cut the top off the garlic head and place it on a square of aluminum foil large enough to wrap the entire head. Pour one tablespoon of the oil into the cracks of the head and seal it with tin foil. Place the tinfoil-wrapped garlic on the sheet pan with the squash. Roast for 50 minutes to an hour, flipping the squash halfway through until the squash flesh can be pierced effortlessly with a fork.
4. In the last 10 minutes of cook time, bring a large pot of lightly salted water to a boil. When the water is boiling, add pasta and cook to al dente, about 8 minutes. Reserve 1 cup pasta water, then drain.
5. Remove the squash and garlic from the oven and add 3 cups worth of the roasted squash flesh to the base of a food processor along with the peeled roasted garlic. Add the red miso to the food processor and run it for about 2 minutes until the mixture looks smooth and without stringy pieces of squash. While the food processor is running, stream in half of the reserved pasta water to emulsify the sauce. Taste the sauce and season with salt as necessary, (I usually end up adding about two teaspoons).
6. Add the cooked pasta back to the pot along with the miso squash sauce and toss vigorously with the remaining pasta water until the noodles are glossy and fully coated. Divide amongst bowls and serve as is, or with grated parmesan cheese.



Miso-Maple Sweet Potato Tacos

<https://www.loveandlemons.com/miso-sweet-potato-tacos/>

INGREDIENTS

For the sweet potatoes:

- 2 tablespoons miso paste
- 2 tablespoons maple syrup
- 2 tablespoons rice wine vinegar
- 2 medium sweet potatoes, unpeeled and chopped into small cubes
- 1 small red onion, chopped
- Olive oil

Cilantro-coconut sauce:

- ½ cup light coconut milk
- ¼ cup cilantro leaves
- ¼ cup basil leaves
- 1 scallion, green and white parts, chopped
- ¼ cup toasted pepitas (pumpkin seeds)
- 1 lime, zested and juiced
- 1 small garlic clove
- Splash of Sriracha hot sauce (optional)
- Pinch of sugar (optional)
- Salt and freshly-ground black pepper, to taste



Taco fixing options:

Corn tortillas, 2 to 3 per person

Sliced avocado, sprouts, cilantro, chopped scallions, toasted pepitas

STEPS

1. Heat oven to 400°F. Whisk the miso paste, maple syrup, and vinegar together in a small bowl. Spread sweet potatoes and onions in a single layer on a baking sheet (you might need 2 baking sheets). Drizzle with a little olive oil, and then liberally brush the glaze over the vegetables.
2. Bake for 20 to 30 minutes. The time will vary depending on the heat of your oven and the size of your sweet potato cubes. The onions will likely be done first so be sure to watch and take them out when they're nicely browned but not burnt. When the sweet potatoes are finished, remove from the oven, taste and add another brushing of glaze if you wish.
3. Make the cilantro sauce by pulsing all ingredients together in a food processor until just combined.
4. Serve on warm corn tortillas with cilantro-coconut sauce and whatever fixings you like.

Sweet Corn Shrimp & Rice Skillet

<https://www.delish.com/cooking/a36518403/sweet-corn-shrimp-rice-skillet-recipe/>

INGREDIENTS

1/2 cup basmati rice
1 bunch scallions, divided
1 medium red bell pepper, chopped
6 garlic cloves, 5 roughly chopped, 1 minced
4 Tbsp. white miso
1" piece ginger, thinly sliced
1 1/4 tsp. turmeric powder, divided
1 tsp. kosher salt, plus more for seasoning
1 tsp. granulated sugar (optional)

1/4 tsp. ground cayenne pepper (optional)
4 Tbsp. extra-virgin olive oil, divided
1/2 lb. medium shrimp, peeled
Freshly ground black pepper
3/4 cup water
1 cup frozen corn, rinsed in warm water and drained
Lime wedges, for serving

STEPS

1. Rinse rice well, until water runs clear, then transfer to a medium bowl and cover with water. Preheat oven to 375°.
2. Cook 5 roughly chopped garlic cloves and ginger in pan for around 1 minute.
3. Remove roots and ends from 4 green onions and roughly chop into pieces. Add chopped scallions to blender or food processor, along with the bell pepper, garlic cloves, miso, ginger, 1 teaspoon turmeric, salt, and sugar and cayenne if using. Blend until all ingredients are finely chopped and thoroughly mixed, then slowly drizzle in 3 tablespoons olive oil while running food processor or blender. Blend until smooth.
4. Pat shrimp dry and transfer to a medium bowl. Add remaining turmeric and minced garlic clove, and season with salt and pepper. Heat remaining tablespoon of oil in a 12" oven safe skillet over medium heat. Add shrimp and cook until opaque, 2 to 3 minutes per side. Remove cooked shrimp into a bowl big enough to fit and cover with a plate.
5. Return skillet to heat and add prepared puree. Cook on medium-high heat, stirring frequently, until the liquid has cooked out and paste has darkened, 8 to 10 minutes. (You'll know it's done when the oil starts to separate from the paste!)
6. Reduce heat to medium and whisk in water until smooth. Strain rice, and add rice and corn. Drain any cooking juices from the shrimp into the skillet, using the plate to keep the shrimp from falling in. (Be sure to keep shrimp covered.)
7. Stir to incorporate everything, then bring mixture up to a simmer. Place in preheated oven and cover tightly with a lid or sheet pan. Bake until all liquid is absorbed and rice is tender, 23 to 25 minutes. Meanwhile, thinly slice remaining green onions for garnish.
8. Fluff rice with a fork, then scoop into serving dishes. Top with cooked shrimp and green onions and serve with lime wedges on the side.



Miso Glazed Salmon

<https://www.delish.com/cooking/recipe-ideas/a33538181/miso-glazed-salmon-recipe/>

INGREDIENTS

- 1 Tbsp. Dijon mustard
- 1 Tbsp. plus 1 teaspoon low-sodium soy sauce, divided
- 3 limes, 2 for juice, 1 cut into wedges, for serving
- 3 Tbsp. extra-virgin olive oil
- 1 head broccoli, stalks trimmed and florets cut into bite-sized pieces (4-5 cups)
- 2 Tbsp. white miso
- 1 tsp. superfine or cane sugar
- Kosher salt
- 4 skin-on salmon fillets, 6 to 8 ounces each
- 2 green onions, light green and white parts only, thinly sliced

STEPS

1. Preheat oven to 400° with one rack in the lower third of the oven and one 6 inches from the broiler heat source.
2. In a mixing bowl, combine mustard, 1 tablespoon soy sauce, juice of 1 lime (1 tablespoon) and 2 tablespoons olive oil, whisking until homogeneous. Add broccoli, coating it with the marinade. Set aside at room temperature.
3. In another mixing bowl, combine miso, sugar, 1 teaspoon soy sauce, juice of 1 lime, and 1 tablespoon olive oil until the sugar is dissolved (you might need to mash the miso with a fork to start, and it's okay if it's not perfectly combined). Pat salmon dry with paper towels, season it all over with salt, then coat all over with the glaze.
4. Place the salmon fillets skin-side down in the middle of a roasting or sheet pan and surround it with broccoli. Reserve any remaining glaze. Cook until the salmon is opaque outside with a light golden color to it, 14 to 16 minutes.
5. Remove and turn on the broiler. Pour remaining glaze over salmon, turn over broccoli, then broil until the top is charred in spots, a light pink inside and flakes easily when touched with a fork, 2 to 4 minutes more, depending on the strength of your broiler.
6. Top with green onions and serve with extra lime wedges.



Roasted Cream Cheese Chicken & Mushrooms

<https://food52.com/recipes/87000-best-cream-cheese-chicken-recipe>

Servings: 4

INGREDIENTS

- 1/4 cup plus 1 tablespoon (2¾ ounces) plain, full-fat cream cheese
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more for drizzling
- 1 1/2 tablespoon miso (any variety)
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
- 2 teaspoon soy sauce
- 1/2 teaspoon kosher salt, plus more
- 1/2 teaspoon freshly ground black pepper, plus more
- 1 pound mushrooms (any variety), coarsely chopped into equal-sized chunks
- 1 3/4 to 2 pound skinless, boneless chicken thighs
- 1/4 cup finely chopped herbs, such as chives, parsley, or dill
- Buttered noodles, rice, or crusty bread, for serving
- Flaky sea salt, for serving (optional)

STEPS

1. Heat the oven to 425°F. In a small bowl, stir the cream cheese, oil, miso, thyme, soy sauce, ½ teaspoon salt, and ½ teaspoon pepper until smooth and well combined. (Tip: If the cream cheese and miso are cold and hard to integrate, set the bowl in warm water, just high enough to come up the sides, until gently warmed.)
2. Place the mushrooms in a 13-by-9-inch pan (or a similar sized baking dish). Toss with a few teaspoons of oil and 1 to 2 pinches of salt and pepper. Arrange in an even layer.
3. Using your hands, rub the cream cheese mixture evenly over both sides of the chicken thighs, then arrange on top of the mushrooms in an even layer, without letting them overlap (they'll roast better this way).
4. Roast for 20 to 25 minutes, until the chicken is cooked through (an instant-read thermometer inserted into the thickest part should register 165°F) and lightly browned around the edges and the mushrooms are tender. (Note that you'll be left with a lightly creamy, golden pan sauce, which is good! Don't spoon this off!) If you want extra browning, feel free to run the pan under the broiler for a minute or two.
5. Garnish the chicken and mushrooms with the herbs, and season with flaky sea salt, to taste. Serve warm with the noodles, rice, or bread on the side to sop up the sauce.

Spicy Miso Ginger Pork Skewers

<https://food52.com/recipes/77099-spicy-miso-ginger-pork-skewers>

Servings: 4 to 6

INGREDIENTS

Marinade:

- 2 pound pork shoulder
- 1 garlic clove, peeled and crushed
- 1 tablespoon grated ginger
- 3 tablespoons soy sauce
- 2 tablespoons sake
- 2 tablespoons mirin
- 3 tablespoons miso paste
- 1 tablespoon brown sugar
- 2 tablespoons gochujang or sriracha sauce
- 2 green onions, sliced finely

Dipping Sauce:

- 1 1/2 tablespoon gochujang or sriracha sauce
- 1 teaspoon rice vinegar
- 2 teaspoon sugar
- 1 teaspoon soy sauce
- 1 green onion, sliced



STEPS

1. Cut the pork shoulder into 2-inch cubes and thread onto skewers.
2. Mix all the ingredients together and make sure they're well combined. There should be no lumps of miso, and the sugar should be dissolved. Marinate the pork for at least 1 hour or overnight in the fridge.
3. Grill the skewers over indirect heat until internal temperature reaches 145° F, approximately 45 minutes. They need to be watched carefully and turned 2 to 3 times because they can burn easily. Do not overcook or the pork gets tough. (These could be made in the oven/broiler but are best on the BBQ.)
4. Make the dipping sauce: Combine all ingredients and refrigerate before serving. Use more or less gochujang depending on your taste.

Miso Caramel Sauce

<https://www.chopstickchronicles.com/miso-caramel/>

INGREDIENTS

- 3/4 cup sugar (150g sugar)
- 1/4 cup water (60ml)
- 1 cup cream (240ml)
- 2 tbsp miso paste

STEPS

1. Loosen miso with 2 tbs of water and strain using a sieve. Set aside.
2. Heat the cream till just before reaching boiling point. Turn the heat off.
3. Place sugar and water in a large and deep saucepan and stir together to dissolve the sugar. Heat the mixture over medium heat and bring it to boil without further stirring. When the sugar mixture becomes golden brown, remove the pan from the heat.
4. Pour the pre heated cream in carefully and a little amount at a time, as the caramel will bubble. Stir to combine and whisk the loosened miso mixture in. Put the saucepan back on low heat and simmer for a minute.
5. Allow it to cool down and pour into a storage container. Store in the fridge.

Pineapple Tarts with Ginger-Miso Filling

<https://www.kingarthurbaking.com/recipes/pineapple-tarts-with-ginger-miso-filling-recipe>

Servings: 9 small tarts

INGREDIENTS

- | | |
|---|--|
| 1/2 batch puff pastry | 1 tablespoon pineapple or orange juice |
| 6 ounces cream cheese, softened | 20-ounce can pineapple rings in juice, drained |
| 1/4 cup sweet white miso | 3 tablespoons (35g) granulated sugar |
| 1/4 cup crystallized ginger, chopped | |
| 1/3 cup (71g) light brown sugar, packed | |



STEPS

1. Roll the pastry dough into a 12" x 12" square. Cover and refrigerate while you make the filling.
2. Whisk together the cream cheese and miso until smooth. Stir in the crystallized ginger, brown sugar, and juice.
3. Preheat the oven to 425°F.
4. Place the square of rolled pastry on a lightly floured surface. Cut it into nine 4" squares. To make the border, fold 1/4" of the dough's edges up, pinching at the corners. Place the shaped squares of pastry on a parchment-lined baking sheet.
5. Place a generous tablespoon of the filling on the dough. Place a slice of pineapple over the filling.
6. Bake for 22 to 24 minutes, until the edges of the pastry are deep golden brown.
7. Sprinkle the granulated sugar evenly over the tarts. Use a torch to caramelize it, or place the pan under the broiler until the sugar melts and becomes golden brown. Remove from the oven and serve slightly warm.

Miso Apple Crumble

<https://neweltastingtable.com/miso-apple-crumble/>

Servings: 8

INGREDIENTS

Apple Filling:

- 5-6 apples Granny Smiths, Braeburns, or Honeycrisps -- peeled and chopped in ½ inch cubes
- 1 tablespoon white miso
- ½ teaspoon cinnamon
- 2 tablespoon lemon juice
- 1 ½ tablespoon sugar
- 2 tablespoon butter

Crumble:

- 1 cup flour
- ½ cup dark brown sugar
- 6 tablespoon unsalted butter
- ½ cup pecans chopped
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 tablespoon white miso



STEPS

1. Preheat oven at 350°F (175°C)
2. In a large pan, melt 2 tablespoons of butter over medium heat. Stir in 1 tablespoon of miso and mix until combined. Add the ½ inch cubed apples, ½ teaspoon of cinnamon, lemon juice, and 1 ½ tablespoons of brown sugar. Cook for about 5-7 minutes, stirring occasionally, until the apples are just softened. Transfer the apples to a baking dish and set aside.
3. Melt 6 tablespoons of butter in a small bowl, then whisk in 1 tablespoon of miso until mostly combined. Don't worry if there are a few lumps.
4. In a separate bowl, mix together the flour, dark brown sugar, chopped pecans, cinnamon, and nutmeg. Pour in the melted miso butter and stir until clumps form.
5. Scatter the crumble topping evenly over the apple mixture. Bake for 35-40 minutes, or until the topping is golden brown and the apple filling is bubbling. Let it cool before serving. The longer you wait, the more the filling will set so if you can make it a few hours ahead. Pair with some vanilla ice cream or whipped cream and enjoy!

Brown Butter Miso Chocolate Chip Cookies

<https://butternutbakeryblog.com/miso-chocolate-chip-cookies/>

Servings: 8 large cookies

INGREDIENTS

- 1/2 cup (110g) unsalted butter
- 1 1/2 tbsp white miso paste
- 1/2 cup (100g) granulated sugar
- 1/2 cup (100g) dark brown sugar, packed
- 1 tsp vanilla extract
- 1 large egg
- 1 1/4 cup (165g) all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 6 oz 70-80% cocoa dark chocolate, chopped
- 3 tbsp white sesame seeds



STEPS

1. Add the butter to a saucepan over medium heat. Melt down and heat until browned.
2. Pour the brown butter into a measuring glass and add the miso paste. Whisk to combine and set aside.
3. Preheat the oven to 350F and line a large baking sheet with parchment paper.
4. In a medium mixing bowl, whisk together the flour, baking powder, baking soda, and salt and set aside.
5. In a large mixing bowl, add the sugar, dark brown sugar, and cooled miso brown butter. Whisk to combine. Add in the egg and vanilla and whisk vigorously until the mixture turns pale and creamy.

6. Pour in the dry ingredients and use a rubber spatula to fold the two together. Right before the dry ingredients are fully mixed in, add in the chopped chocolate and fold to fully combine.
7. Use a large 2 oz scoop or 1/4 measuring cup and scoop out the cookies.
8. Add the sesame seeds to a small dish. Then press the tops of the cookie dough balls into the sesame seeds so they cover the very tops of each cookie.
9. Place 4 cookies on the baking sheet spaced a few inches apart. Bake for 11-13 minutes, or until the edges are a light golden brown and the centers look barely underdone.
10. Allow the cookies to rest on the baking sheet for about 5 minutes, then transfer to a cooling rack and bake the remaining cookies.
11. Let the cookies cool for about 20-30 minutes, then dig in! Enjoy!

NOTES

For a stronger and more well-rounded miso flavor, chill the cookies for about an hour or up to 2 days before baking. This is optional, but it does help bring out the miso flavor. The longer they chill, the stronger the flavor. To chill, scoop out the cookies and top with sesame seeds. Store uncovered in the refrigerator. Then bake at 350F for 12-14 minutes.

Miso Caramel Cookies

<https://www.okonomikitchen.com/miso-caramel-cookies/>

Servings: 11



INGREDIENTS

Cookie Base:

- 1 egg
- 1 stick (114 g) butter
- 1 cup + 2 tbsp (228 g) granulated cane sugar
- 1/8 tsp cardamom, optional
- 1/2 tbsp vanilla extract
- 1/8 tsp salt
- 2/3 tsp baking soda
- 2 1/2 tbsp almond flour
- 1 1/2 cup + 1 tbsp (194 g) all purpose flour

Miso Caramel:

- 1 tbsp softened butter
- 1 1/2 – 2 tbsp miso paste
- 3 tbsp dark brown sugar

STEPS

1. In a medium bowl, use a spatula to mix together softened butter, sugar, egg, cardamom, vanilla and salt. Mix in the almond flour and baking soda. Add the flour and mix gently, using a scoop and folding motion until dough comes together.
2. Cover and refrigerate for 12-30 minutes.

3. In the meantime, pre-heat the oven to 350 F (180 C) and stir the softened butter, miso paste and dark brown sugar in a small bowl until well combined and then place into the fridge.
4. Remove dough from the fridge and spoon the miso caramel over the dough (about 3-4 blobs). Use a paring knife or chopsticks to swirl the miso caramel into the cookie dough (about 4-5 times). For an aesthetic caramel-marble look, be careful not to over-mix.
5. Using a 3 or 4 tbsp cookie scoop (about 60 g each), portion the dough onto a lined baking tray about 3 inches apart. Try to keep the caramel on top of the dough. Miso burns quite easily, so by keeping most of it on top of the dough, it will burn less since it's not in contact with the pan when baking.
6. Bake for 8 minutes, remove from oven and tap on counter. Bake for another 2 minutes and tap on counter. Bake for another 1-2 minutes or until it puffs up, and tap on counter. Bake for a total of 12-14 minutes.

Pear and Toasted Miso Upside-Down Cake

<https://www.washingtonpost.com/recipes/pear-and-toasted-miso-upside-down-cake/>

Servings: 8 -10 (one 9-inch cake)

INGREDIENTS

- 2/3 cup (130 grams) granulated sugar, divided
- 2 medium unpeeled pears (about 1 pound/455 grams total), such as Anjou or Bosc, cored and sliced 1/3- to 1/2-inch thick
- 3 tablespoons (60 grams) shiro miso (white miso)
- 1/3 cup (85 grams/80 milliliters) whole milk
- 1 cup (200 grams) lightly packed light brown sugar
- 3 large eggs, at room temperature
- 1/2 cup (110 grams/120 milliliters) sunflower oil or extra-virgin olive oil
- 2 teaspoons vanilla extract
- 1 cup (140 grams) light buckwheat flour or sorghum flour
- 1/2 cup (50 grams) almond flour
- 1/2 teaspoon baking soda
- 1/8 teaspoon fine salt
- Finely chopped almonds, for serving (optional)
- Heavy cream, whipped, for serving (optional)

STEPS

1. Position a rack in the middle of the oven and preheat to 350 degrees.
2. Set a medium stainless steel skillet over medium heat. Sprinkle half of the sugar evenly in the pan. As the sugar melts, sprinkle in the remainder and cook until all the sugar turns the color of a penny, 3 to 5 minutes. If the sugar isn't melting evenly, stir it with a wooden spoon or flexible spatula. Transfer the caramel to a 9-inch cake pan, scraping the skillet to get every bit out. Carefully swirl the pan around so the bottom is covered with the caramel.
3. Carefully arrange the pears in a circular pattern over the caramel; set aside.

4. Using the same skillet, spread the miso in a thin layer on the bottom. Set the skillet over medium-high heat and cook the miso until it begins to stick to the skillet, stirring it around with a wooden spoon to toast it, 1 to 2 minutes. It will turn dark and smoky. Pour in the milk and whisk it with the miso, as if making a roux. The mixture will thicken into a dark paste. Transfer to a large bowl and let cool for about 5 minutes.



5. Whisk the brown sugar, eggs, oil and vanilla into the miso paste until smooth. Then whisk in the buckwheat or sorghum flour, almond flour, baking soda and salt until you have a smooth batter. Pour it over the pears and transfer to the oven.
6. Bake for 50 to 55 minutes, or until a cake tester or toothpick inserted in the center comes out clean. Let the cake cool in the pan set over a wire rack for about 15 minutes, then run a butter knife close to the edge of the pan to release the cake and invert it onto a serving plate. If bits of caramel get stuck on the bottom of the pan, don't worry — this is a rustic cake and need not look perfect.
7. Serve warm or at room temperature with a sprinkle of chopped almonds and/or a dollop of whipped cream, if using.

Easy Miso Banana Cake with Brown Butter Frosting

<https://wildwildwhisk.com/miso-banana-cake/>

Servings: 12 slices



INGREDIENTS

Miso banana cake:

- 1 ½ cup mashed banana, 320 g
- 3 tablespoon white miso paste
- 3 oz vegetable or canola oil, 89 ml
- 2 large eggs, room temperature
- 1 teaspoon pure vanilla extract
- ¾ cup brown sugar, packed, 150 g
- 1 ¾ cup all-purpose flour, 230 g
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- Melted butter or baking spray for pan

Brown butter cream cheese frosting:

- 4 oz unsalted butter, 113 g
- 8 oz cream cheese, 227 g, room temperature
- ¾ cup powdered sugar, 85 g
- 1 teaspoon pure vanilla extract

STEPS

1. Place the butter in a light-colored saucepan over medium heat. Once the butter melts, it will become foamy. When the foam subsides, you will see clear bubbles, start whisking continuously at this point to keep the milk solids from burning. When the butter is caramel in color and smells nutty, remove from heat.
2. Line a fine mesh sieve with a piece of cheesecloth and strain the brown butter through it into your stand mixer bowl, pressing and squeezing with a spatula to get every drop of brown butter from the cheesecloth without getting the milk solids into the liquid. Set aside to cool until it re-solidifies (a few hours).
3. Set the oven rack in the middle of the oven and preheat to 350°F.
4. Brush the baking pan with melted butter or nonstick baking spray. Line with parchment and set aside.
5. Mash the bananas with a potato masher in a large mixing bowl. Add miso paste, oil, eggs and vanilla, and beat with a whisk until thoroughly combined.
6. Add brown sugar and beat again until completely incorporated. Sift flour, baking soda and baking powder directly into the bowl with the wet ingredients. Mix gently with a whisk or a spatula until combined and no trace of flour remains.
7. Transfer the cake batter to the prepared baking pan and bake in the preheated oven for approximately 37 minutes, until a toothpick inserted into the center of the cake comes out clean with just a few crumbs attached.
8. Remove the cake from the oven and let cool completely on a wire rack before adding frosting.
9. Add softened cream cheese, powdered sugar and vanilla to your stand mixer bowl with the solidified brown butter. Fit it with the wire whisk. Stir to incorporate the powdered sugar. Gradually increase the mixer speed to combine all the ingredients to prevent anything from flying out of the bowl.
10. Continue beating on medium high speed until the brown butter cream cheese frosting is fluffy and creamy. Taste and add more powdered sugar if a sweeter frosting is desired.
11. Spread frosting evenly on top of the cooled cake with an offset spatula to cover the entire surface of the cake. Serve and enjoy!

NOTES

- Choose low sodium miso paste: the white miso paste I used in this recipe has 290 mg of sodium per tablespoon. Check the nutrition label when you pick out your miso paste. If your miso paste has a higher sodium level, you may need to adjust the amount to prevent the cake from being overly salty. Keep the total sodium from miso paste to around 900 – 1000 mg.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>
<https://food52.com/recipes/78036-burnt-miso-pound-cake>
<https://food52.com/recipes/84162-miso-butter-onions-recipe>
<https://food52.com/recipes/87051-best-char-siu-chinese-bbq-pork-recipe>
<https://food52.com/recipes/88998-miso-banana-upside-down-cake>

<https://food52.com/recipes/miso-apple-butter-roast-chicken>
<https://justinesnacks.com/creamy-miso-soup/>
<https://neweltastingtable.com/maple-miso-pear-tarts/>
<https://www.chopstickchronicles.com/miso-katsudon/>
<https://www.chopstickchronicles.com/onigirazu/>
<https://www.delish.com/cooking/a36692726/grilled-swordfish-recipe/>
<https://www.delish.com/cooking/recipe-ideas/a62376703/best-melting-sweet-potatoes-recipe/>
<https://www.delish.com/cooking/recipe-ideas/a62720848/creamy-garlicky-alfredo-ditalini-recipe/>
<https://www.delish.com/cooking/recipe-ideas/a62770460/sheet-pan-miso-chicken-and-sweet-potatoes-recipe/>
<https://www.delish.com/cooking/recipe-ideas/a63835870/miso-mushroom-crispy-rice-recipe/>
<https://www.foodandwine.com/recipes/miso-chocolate-tart-black-sesamechocolate-graham-cracker-crust>
<https://www.loveandlemons.com/miso-sweet-potato-tacos/>
<https://www.loveandlemons.com/roasted-delicata-squash-ginger-miso-gravy/>
<https://www.loveandlemons.com/shiitake-napa-cabbage-gyoza/>
<https://www.loveandlemons.com/walnut-mushroom-veggie-burgers/>

New York Times (subscription)

<https://cooking.nytimes.com/recipes/1025236-miso-broiled-tofu>
<https://cooking.nytimes.com/recipes/1023628-skillet-pork-chops-and-apples-with-miso-caramel>
<https://cooking.nytimes.com/recipes/1027005-creamy-lemon-miso-dressing>
<https://cooking.nytimes.com/recipes/1026745-skillet-gnocchi-with-miso-butter-and-asparagus>

SHARING RESULTS

We'll have a potluck buffet and discussion on Saturday, November 22 @ 12 pm. Everyone is welcome!

This document can be found at <https://www.maynardpubliclibrary.org/spice>.