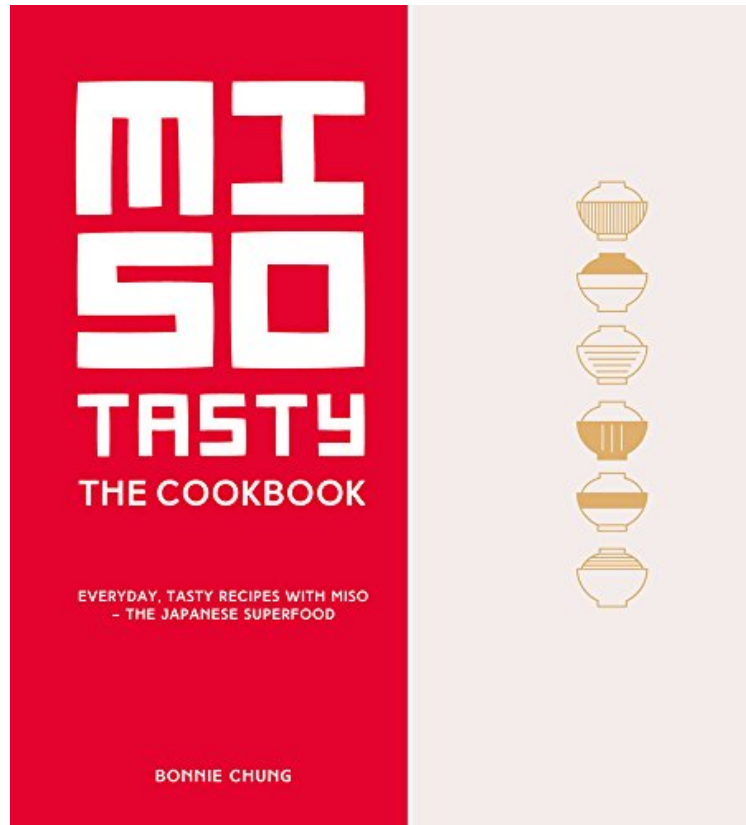


Miso Tasty: Everyday, Tasty Recipes with Miso - The Japanese Superfood

Bonnie Chung

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Bonnie Chung : Miso Tasty: Everyday, Tasty Recipes with Miso - The Japanese Superfood before purchasing it in order to gage whether or not it would be worth my time, and all praised Miso Tasty: Everyday, Tasty Recipes with Miso - The Japanese Superfood:

0 of 0 people found the following review helpful. Five StarsBy Gregg Blasdelgreat book but it took weeks to arrive

Miso is fast becoming a vital ingredient for the health-conscious foodie. The fermented soybean paste, which originates from Japan, is prized for its rich, complex umami flavor alongside its health-giving properties. Despite being used by the Japanese for hundreds of years, miso has been experiencing a newfound popularity as top chefs, cooks, and food writers champion miso as an essential yet exciting everyday ingredient. This book shares 60 recipes on how to enjoy this ingredient in both Japanese and non-Japanese dishes. The recipes are a mix of well-loved classics and new discoveries: swirl it into a hot stock for miso soup, mix it with a drop of olive oil and a spoon of mustard for a deeply satisfying salad dressing, or baste it on to steaks for a quick but deeply flavored barbecue marinade. The book also includes simple cooking tips on how to make the most of miso, an in-depth exploration of the many different types of miso, and even how to make your own miso at home. Miso is full of possibilities—as diets become more

focused on being wholesome and nutritious, this ancient soybean paste is fast becoming a vital ingredient in every cook's kitchen. Includes dual measures.

"This cookbook pays testament to the ancient, umami-packed soybean paste's versatility and kaleidoscopic flavours."
—Independent