



The LITTLE BOOK *of*

Miso

Recipes

from South River

Take it all with a grain of salt...

Please improvise and experiment with these recipes and create many new ones of your own. Recipes are like road maps; they are not the living terrain: the rich color, flavor, and aroma of hand-crafted miso in your own kitchen. Begin where you are. Add miso to scrambled eggs, mix it with your favorite mayonnaise or mustard as part of a quick sandwich; combine different varieties in your soup or casseroles; play!

Miso is just as versatile in summer cooking as it is for winter meals. Although we recommend particular types and quantities of miso in our recipes, feel free to substitute other varieties. One teaspoon of a dark miso is roughly equivalent in salt content to 1½ to 2 teaspoons of a light variety. Above all, enjoy this wonderful healing food!



Miso-making time at South River Farm.

What is Miso?

Miso (pronounced mee-so) is a delicious **all purpose, high-protein seasoning** which has played a major role in Japanese culture and cuisine for centuries. It is most often made from a combination of soybeans, cultured grain, and sea salt by a unique fermentation process, which was elevated to a state of **fine craftsmanship** in traditional Japan. Today miso is emerging as a food of universal significance in the dietary reformation of modern America.

The word *miso* first appeared in written form around 800 AD. According to Japanese mythology, miso is a gift to mankind from the gods to assure lasting health, longevity, and happiness.

Modern day science confirms ancient wisdom, finding miso to be a nutritious balance of natural carbohydrates, essential oils, minerals, vitamins, and protein of the highest quality, containing all of the essential amino acids.

Unpasteurized miso is a “living food” containing natural digestive enzymes, *Lactobacillus*, and other microorganisms which aid in the digestion of all foods, and which have been shown to ward off and destroy harmful microorganisms, thereby creating a healthy digestive system.

In traditional Japan, miso gained a special place in the minds and hearts of generations who came to rely on miso soup as an essential part of their daily life. In *Physical Constitution and Food*, Dr. Shinichiro Akizuki, director of St. Francis Hospital, Nagasaki, writes:

I have found that, with very few exceptions, families, which make a practice of serving miso soup daily, are almost never sick.... I believe that miso belongs to the highest class of medicines, those which help prevent disease and strengthen the body through continued usage.... Some people speak of miso as a condiment, but miso brings out the flavor and nutritional value in all foods and helps the body to digest and assimilate whatever we eat.... —The Book of Miso, page 25. See references, page 23.

The Art of Making Miso Soup

“Served in a beautiful bowl and eaten with gratitude, miso soup helps fill your life with warmth and vitality.”

—Herman Aihara

When cooking with **South River Miso** it is important to remember that it is a *living food*. Each teaspoonful contains millions of active microorganisms which are beneficial to the dynamic digestion and assimilation of all foods.

To gain the full benefits of miso as a preventive medicine as well as a nourishing food, it should not be boiled or subject to prolonged cooking which diminishes its flavor and healthful benefits.

Aveline Kushi writes: “Miso may be enjoyed the year-round, although the varieties, ingredients, and cooking methods may change with the seasons. Because miso is so sweet and delicious, it is easy to overuse it. This produces a craving for liquid, fruits, or sweets to balance the miso’s strong salty content.”*

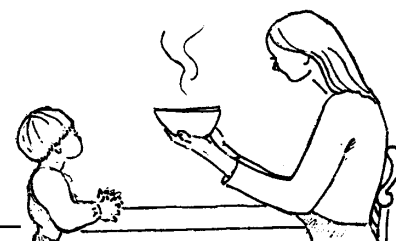
When seasoning with miso, cook the main ingredients of the soup first. Then reduce the flame to simmer. In a separate bowl mix the desired amount of miso with a soup ladle full of the cooking liquid. This will help to evenly season the soup. Return this diluted miso to the soup.

The taste of miso soup should be neither too salty nor too bland. The amount to use is determined by individual taste, but usually 1-2 teaspoons per cup of soup is a good measure. You can start by adding a small amount, then more if needed, but not so much that the soup tastes too salty. Miso should enhance the flavors of the soup but not overpower them.

Once miso has been added do not allow the soup to boil, but let it simmer for 3-4 minutes as the flavors mingle. Now your miso soup is warm and ready to serve with its life-giving forces intact.

* The Complete Guide to Macrobiotic Cooking, page 130. See references, page 23.

Soups and Stews



Miso Soup 101

Serves 4

- 1 medium onion, sliced in half moons
- 1 cup chopped kale, collards, watercress, or other seasonal greens
- 1 carrot cut into thin rounds
- 1 three-inch piece wakame sea vegetable for additional flavor and trace minerals (optional)
- 1 quart water
- 3-4 tablespoons of light or dark miso
- Chopped scallion or parsley for garnish

Place water, carrot, onion, and wakame in 2-quart saucepan and bring to boil over high flame. Reduce flame to medium and simmer for 10 minutes with lid on. Add greens and simmer with lid off until tender. In a small bowl blend miso with 3-4 tablespoons of liquid from pot. Reduce flame to low, add diluted miso, and simmer briefly. Garnish and serve.

Miso soup is quick and easy to prepare; it is often ready to serve within 5 minutes. Almost any ingredient goes well in it. The hearty aroma of miso soup is as appetizing as that of coffee while its mellow, subtly pungent flavor and low calorie warmth help to start the day off right. By alkalizing the blood, miso soup is said to wake up the nervous system and offer abundant nourishment, stamina, and energy that last all morning. An aid to digestion and assimilation, it is also said to relieve acid indigestion and settle an upset stomach.

—Adapted from *The Book of Miso*, pg. 97.

Sweet Onion Soup

Serves 4

- 2 teaspoons sesame oil
- 4 large onions, thinly sliced
- Pinch of sea salt
- 1 quart water
- 2 tablespoons *Sweet White Miso* and
2 tablespoons *Three Year Barley Miso*
- Chopped parsley or scallion

Heat oil in heavy soup pot and add onions with pinch of sea salt. Sauté on high flame for 1 minute, then reduce flame. Cover and simmer for 30 minutes stirring occasionally. Add water and bring to boil over high heat.

In small bowl blend both misos with ½ cup liquid from pot.

Reduce flame and add diluted miso. Simmer 4-5 minutes.

Serve garnished with fresh parsley or scallions

Note: To make a richer onion soup, do not cover pot; simmer until onions are well browned but not burnt. Finish by seasoning with 1-2 tablespoons *South River Miso Tamari* to taste.

Garlicky croutons add a nice touch to this soup.



Chickpea Leek Soup

Serves 4

- 1 medium leek sliced
- 2 carrots sliced
- 1 cup cooked chickpeas
- 1 three-inch piece wakame (optional)
- 4 cups water
- 1½ tablespoons *Chick Pea Miso*
- Chopped parsley for garnish

Wash and cut vegetables. (Leeks need special attention when washing; slice lengthwise and rinse under cold running water.) With kitchen shears cut wakame and add to 4 cups water in 2-quart saucepan. Add carrots and bring to boil. After 10 minutes add leeks and chickpeas continue to boil for 3-4 minutes. In small bowl blend miso with small amount of liquid from pot. Reduce flame to low and add diluted miso; simmer 3-4 minutes. Garnish and serve.



Autumn Sunset Soup

Serves 4

- 1 medium sized winter squash (*Buttercup, Butternut, or similar type*)
peeled, seeds removed, and cubed
- 1 large onion sliced half moons
- Pinch of salt
- 5 cups water
- 2 tablespoons *Sweet White Miso*
- Chopped parsley for garnish

Place onions in heavy soup pot, then layer squash on top. Add salt and one cup water. Cover and simmer for 30-35 minutes, adding more water if necessary. Remove to blender or food processor and blend until smooth. Add miso and the remaining water as needed. Return to pot and simmer for 2-3 minutes. Garnish and serve.

Anytime...Anywhere...Instant Miso Broth

- 1 cup hot water
- 2 teaspoons *Dandelion Leek* or other dark miso
or 2-3 teaspoons light miso.

For a satisfying and healing broth on any occasion, simply mix miso into a cup of boiled water and savor the deep flavor. A great coffee substitute. Also a life saver when travelling.



Orient Express Soup Serves 4

- 6 scallions sliced
- 1 carrot grated or small dice
- 1 cake of tofu cubed
- 2-3 pieces of dulse (optional)
- 1 quart water
- 4 tablespoons light miso
- Fresh parsley chopped

Place scallions, carrot, and water in saucepan on high flame and bring to boil. Reduce flame and simmer for 5 minutes. In small bowl blend miso with 3-4 tablespoons liquid from pot. Reduce flame to low. Add diluted miso, tofu, and dulse. Simmer for 4-5 minutes. Serve garnished with fresh parsley.

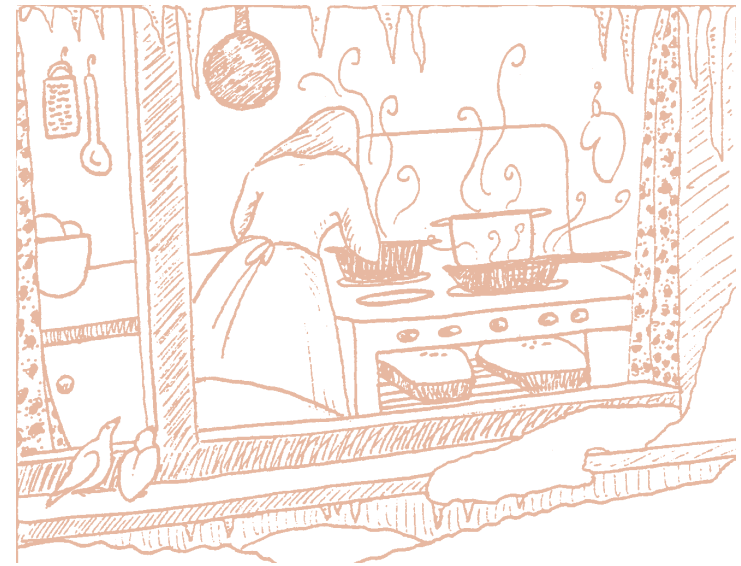
Snowy Day Winter Soup Serves 4

- 2 medium onions, sliced
- 2 carrots sliced
- 2 parsnips sliced
- 1 cup cabbage sliced
- 1 cup chopped kale
- 1 tablespoon *Three Year Barley Miso* or *Hearty Brown Rice Miso*
- ¼ teaspoon oregano (optional)
- 1 quart water
- Fresh parsley chopped

Place root vegetables in order listed into heavy soup pot. Add 2 cups water and cover. On high flame, bring to a boil. Reduce flame and simmer for 15-20 minutes. Add cabbage, kale and remaining water.

Return to high flame and bring just to boil. Reduce to medium flame and simmer 10-15 minutes.

In small bowl blend miso with 3-4 tablespoons liquid from pot. Reduce flame to low; add diluted miso and oregano. Simmer for 4-5 minutes and serve garnished with fresh parsley. (A cup of cooked rice or other whole grain can be added for heartier soup).



Robust Barley Stew Serves 4

- 2 cups barley
- 1 cup carrot, large dice
- 1 cup onion, large dice
- 1 cup potato, large dice
- 1 cup diced celery
- 2 tablespoons sesame oil
- 2 teaspoon dried basil
- 3 tablespoons *Three Year Barley Miso*

Heat heavy soup pot over medium flame. Add barley and stir while roasting. (Takes about 5 minutes if pan is hot. Roasted grain will turn brown and have a nutty aroma.) Be careful not to burn the grain! Remove barley from pot and set aside.

In same pot sauté onion in sesame oil until golden brown. Add basil, carrot, and roasted barley; stir to coat all ingredients with oil. Add water, and bring to boil. Reduce flame and simmer for 45 minutes. In small bowl blend miso with 3-4 tablespoons liquid from pot. Reduce flame to low, add diluted miso, and simmer 3-4 minutes. Serve garnished with fresh parsley.

Pasta and Grain Dishes

SOUTH RIVER MISO contains active enzymes that may partially “digest” grains, pastas, potatoes, and other starchy foods. For example, a hot pasta salad made with miso and kept at room temperature for several hours may become softer and more watery. To maintain a firm texture, either mix miso with these foods when they are cold, or, serve hot immediately after cooking.

Udon Noodles with Sweet Basil Sauce

- 8 oz. udon noodles, cooked and cooled
- ¼ cup tahini*
- 2-3 tablespoons **Sweet White Miso**
- 2 tablespoons lemon juice or cider vinegar
- ½ cup fresh basil, sliced thin or ½ teaspoon dried basil
- ½ cup water
- 1 tomato, diced (in season)

In small saucepan blend tahini, miso, water, and lemon juice. Heat over low flame for 7-10 minutes. Add basil. Toss with pasta just before serving.

Garnish with additional basil and diced tomato.

*See back page for mail-order information.

Miso has been a key source of protein in the Japanese diet. It presently accounts for up to 25% of the protein consumed in some inland rural areas and more than 8% for the population as a whole. The average Japanese enjoys 16 pounds of miso each year, about 3½ teaspoonfuls per day. —*The Book of Miso*, 1983 ed., pg. 21.

Miso Happy Fried Rice

A great way to use leftover rice.

- 3 cups cooked brown rice
- 4 scallions sliced
- 1 small onion diced
- 1 carrot diced
- 1 stalk celery diced
- ½ cup parsley chopped
- 2-3 pieces dulse chopped (optional)
- 2 tablespoons sesame oil (toasted sesame oil is nice)
- 2 tablespoons **Three Year Barley Miso** mixed with ¼ cup water
- 1 inch piece ginger peeled and grated

Heat oil in large skillet or wok. Add onion, carrot, and celery; stir fry 3-4 minutes. Celery and onion should begin to turn translucent. Add rice, stirring until heated. Mix in dulse, parsley, miso, scallions, and ginger; reserve some scallions for garnish. Serve immediately.

Sunny Baked Millet

- 2 cups millet
- 5 cups water with pinch of salt
- ½ cup roasted sunflower seeds
- ¼ teaspoon marjoram
- 1 small onion diced
- 2 carrots diced
- 1 cup sweet corn
- ½ teaspoon dried parsley
- 2 tablespoons **Sweet Tasting Brown Rice Miso**

Pressure cook millet with water and salt for 20 minutes, or, boil for 30-40 min. Remove and place in mixing bowl. Add remaining ingredients and mix well. Place in oven-safe dish and bake at 350° for 30-35 minutes. Garnish with fresh parsley and additional sunflower seeds.



Gaella's Gingery Chicken & Pasta

Serves 4-6

1 pound boneless, skinless chicken breasts (cut into small pieces)

MARINADE:

4-5 cloves garlic chopped fine

1 4-inch piece of ginger, peeled and grated

½ cup **Sweet Tasting Brown Rice Miso**
mixed with ½ cup water

2 tablespoons olive or sesame oil

3-4 cups fresh spinach (or other leafy greens), chopped

1 pound of your favorite pasta, cooked and cooled

1 tablespoon **South River Miso Tamari**

1 teaspoon Red Pepper Paste* or pinch of black pepper

Blend all marinade ingredients and pour over chicken. Allow chicken to marinate for 1-2 hours in refrigerator.

Cook pasta, and rinse in cool water. Clean spinach well, as it tends to be very sandy. Heat oil in large pan. Add chicken and cook for 4-5 minutes on medium flame. Add spinach and pasta, then tamari and pepper paste. Serve immediately.

*See back page for mail-order information.

The Ultimate Digestive Aid

To observe the digestive power of miso in action, stir a teaspoon of any South River light miso thoroughly into a bowl of oatmeal cooled down to body temperature. Within minutes, and before your very eyes, the oatmeal will progressively become more liquid and milky. Left longer it will develop sweetness as the starches are transformed into simple sugars. See porridge recipe next page for further details.

Miso Porridge & Grain Milk

"Porridge is the mother of us all" —Russian proverb



South River Porridge

1 cup rolled oats

2 cups water

¼ cup dried mulberries* (optional)

2 teaspoons light miso (see note below)

Cook oatmeal with mulberries in the evening 5-10 min., or until water is absorbed. (Do not use salt in the cooking.) Let oatmeal cool down to body temperature and then stir miso thoroughly into the warm cereal. Cover and let sit overnight at room temperature (about 70°). Reheat in the morning (without boiling) and serve.

Without imparting a noticeable taste of its own, the enzymatic power of the miso will liquefy the cereal, *unlocking its essential nutrition*, creating a wholesome sweet taste as it ferments overnight.

Other whole, rolled, cracked, or ground, cereal grains may be used, although cooking times will vary as necessary. Many pre-industrialized peoples fermented their grains to gain the most energy and nutritional strength from them.

Note: For this recipe it is necessary to use an unpasteurized light miso, rich in amylase enzymes. Choose South River Chick Pea, Sweet Tasting Brown Rice, Azuki Bean, or Sweet White Miso.

Creamy Oat Milk

Follow the same recipe above using 3 cups of water to 1 cup rolled oats. In the morning use a blender to transform the liquid porridge into a smooth milk. Strain if desired, heat and serve. Delicious with a touch of ginger!

* See back page for mail-order information.

Dressings, Dips and Spreads

Miso Happy Salad Dressing

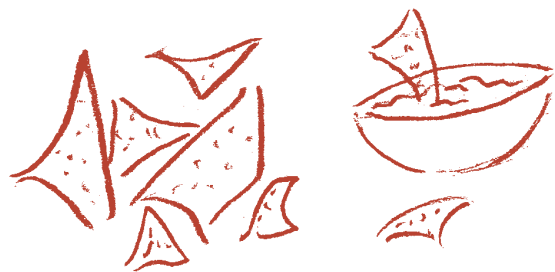
- ½ cup sesame or light vegetable oil
- 2-3 tablespoons cider or rice vinegar
 - 2 tablespoons *Sweet White Miso*
 - 2 cloves garlic, chopped
 - 2 teaspoons honey or rice syrup (optional)
- 2-3 tablespoons water

In blender, mix on high speed all ingredients except oil. With blender on medium speed, slowly add oil. More water can be added if a thinner consistency is desired.

Miso Tabini Spread

- ¼ cup tabini*
- 2 tablespoons light miso
- 2 tablespoons water

Blend and enjoy! Spread on whole grain breads or crackers. Thin with water for a sauce to use over rice or other whole grains.



Creamy Tofu Dip

- 8 oz soft or silken tofu
- 2 tablespoons olive oil (or other light oil)
- 2 tablespoons *Sweet White Miso*
- 2 cloves garlic, minced
- Juice from ½ lemon
- Pinch sea salt
- 2 tablespoons chives finely chopped (parsley or scallions may also be used)

In blender or food processor mix all ingredients, except chives, until smooth. Blend in chives by hand. Refrigerate 2-3 hours before serving for best flavor. Try adding various seasonings below or create your own. **Avocado:** 1 well-ripened avocado, peeled, seeded, and mashed. **Herb:** ½-1 teaspoon fresh or dried herbs. **Curry:** ½ teaspoon curry powder.

Let food be thy medicine...

One of the world's original health foods, miso has proven its worth through many generations for over 1000 years. It is revered in Japanese folk wisdom for promoting vigorous health, stamina, and longevity.

In 1981, The National Cancer Institute of Japan published results of a 13-year study involving a quarter million people. They found regular use of miso lowered the death rate from cancer, heart, and liver disease. People in the study who ate no miso had a 50% higher risk of stomach cancer than those who ate miso every day.

Some of the benefits associated with regular use of miso include: promoting strong digestion, anti-aging, detoxifying, reducing undesirable cholesterol, normalizing blood pressure, preventing stroke, and neutralizing the harmful effects of tobacco smoke, atmospheric pollution, and radiation poisoning. See Chapter 2 in *The Book of Miso*.

Dressing for Health

- 1 teaspoon Dijon type mustard
- 2½ tablespoons rice or cider vinegar
- ½ cup extra virgin olive oil
- 1 tablespoon unrefined flaxseed oil
- 1 tablespoon *Sweet White Miso* or other light variety

With fork, mix miso, mustard, and vinegar in small bowl. Slowly add olive oil while stirring with fork until oil is well mixed or emulsified. Add flax oil. Pour into jar with lid and shake vigorously. Use immediately.

Sweet Vinaigrette

- 4 tablespoons *Sweet White, Sweet Tasting Brown Rice, or Chick Pea Miso*
- ⅓ cup rice or cider vinegar
- ⅓ cup water
- ¼ cup chopped parsley
- ¼ cup chopped chives
- ½ cup olive oil
- 1-2 teaspoons honey or rice syrup (optional)

Blend miso, vinegar, sweetener, and half the water on high speed. With blender on medium, slowly add olive oil. Remaining water can be added on low speed or by hand to reach desired consistency. Hand mix parsley and chives.

Natural miso, universally regarded as having the finest flavor, is prepared in the traditional way and has three basic characteristics: it is fermented slowly and leisurely (usually for six months to three years) at the natural temperature of its environment; it is made from only natural ingredients and contains no defatted soybean meal . . . or chemical additives; and it is never pasteurized. *The Book of Miso*, pg. 30.



Miso Yang

- 1 tin of your favorite sardines
- 1 teaspoon *Azuki Miso* or other light variety
- ¼ teaspoon Red Pepper Paste*

Mix all ingredients into a paste with fork. Serve on crackers or use on whole grain bread as one ingredient of a simple sandwich.

Happy Hummus

- 1 cup cooked chickpeas
- 4 tablespoons tabini*
- 2 tablespoons *Chick Pea Miso*
- 2 cloves garlic minced
- Juice of one lemon
- Olive oil (optional)
- Fresh parsley

Drain chickpeas and reserve cooking liquid. In blender or food processor, blend all ingredients except olive oil and parsley (use pulse setting on blender). Add cooking liquid as needed to reach desired consistency.

Put in serving dish and, if desired, drizzle olive oil on top. Garnish with fresh parsley.

*See back page for mail-order information.

Reclaiming the original form of natural miso, South River has the distinctive, flavor-enhancing, chunky texture common to virtually all miso made before 1945.

Glazes and Marinades

MARINADES HAVE a dual purpose in cooking: first, to add flavor; second, to tenderize. Our fine quality, unpasteurized miso — used by itself or in these recipes — has both of these qualities. So start with your favorite South River Miso, a piece of tofu, fish, chicken, or beef and you can't go wrong!

Easy Miso Marinade

- ¼ cup *Sweet Tasting Brown Rice Miso*
- 2-4 tablespoons mirin, lemon juice, or cider vinegar
- 1-2 teaspoons *South River Miso Tamari* (optional)
- 2-3 cloves garlic minced
- 1-2 teaspoons fresh grated ginger (optional)

Mix all ingredients together well. Pour over tofu, fish, or chicken and let marinate in refrigerator for at least 2 hours.

Then bake, broil, sauté, fry or poach.

Try:

Three Year Barley Miso for beef or tempeh.

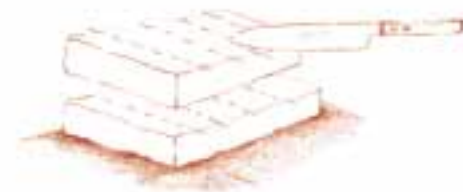
Hearty Brown Rice Miso for tofu and vegetables.

Azuki Miso for salmon and tofu.



Roasted Leeks with Marinated Tofu

- 1 large leek cut on a 1-inch bias
- 3-4 cloves garlic minced
- 1 16-oz package firm tofu
- 3-4 tablespoons *Hearty Brown Rice Miso* mixed with 3-4 tablespoons water
- 2 tablespoons olive oil
- ¼ teaspoon sea salt
- Black pepper to taste
- ¼-½ cup water



Turn tofu on its side and cut in half lengthwise. Then cut each half into 5 pieces. Cover these with miso and arrange in oven-safe dish. Set aside to marinate one hour or more. Put leeks, garlic, olive oil, salt, and pepper into bowl and mix well. Arrange leeks around tofu. Add enough water to cover bottom of dish ½ inch. Bake at 400° for 25-30 minutes. Serve.

Miso Honey Glaze

- 4 tablespoons *Sweet Tasting Brown Rice Miso*
- 2 tablespoons honey
- ½ cup vegetable oil
- 2 tablespoons apple cider vinegar
- 2 cloves garlic minced



Blend all ingredients except olive oil on high speed. With blender on medium speed, slowly add olive oil. You should have a thick creamy glaze perfect for brushing on roasted squash or other root vegetables 10 - 15 minutes before they come out of the oven. Try also brushing on broiled or grilled fish or chicken near end of cooking.

Miso with Vegetable & Bean Dishes

Glorious Greens

Serves 2-4

- 1 quart chopped kale, bok choy, mustard or other leafy greens
- 1 tablespoon sesame oil
- 1 tablespoon light miso and 2 tablespoons water
or 2 teaspoons *South River Miso Tamari*
- 1-2 teaspoons cider vinegar (optional)
- 1 tablespoon roasted and ground sesame seeds (optional)

Heat oil in heavy skillet or wok. Add greens. Stir occasionally on medium heat 3-5 min. Add miso mixed with water or miso tamari. Add vinegar, stir well and serve. Sprinkle sesame seeds over greens to add calcium and contrasting color.

Note: Cook strong tasting greens without a lid for milder flavor and bright green color.

Sauteed Mushrooms

- ½ lb. assorted fresh mushrooms
- 2 cloves garlic, chopped fine
- 1 tablespoon olive oil
- 1 tablespoon *Hearty Brown Rice Miso*
- ½ cup chopped parsley



Put mushrooms, garlic, and olive oil in large skillet over medium flame. Sauté until mushrooms begin to turn soft. Add miso and sauté 4-5 minutes longer. Stir in parsley and remove from heat. Serve hot or cold.

Delicata Squash with Azuki Beans

- 1 cup Azuki beans (soaked 6-8 hours)
- 1 inch piece kombu sea vegetable (optional)
- 4 tablespoons *Azuki Miso*
- 2 tablespoons *South River Miso Tamari*
- 1 Delicata squash cut into rings (seeds removed)
- 1 tablespoon olive oil
- Salt and pepper to taste



On medium flame cook beans with kombu and 2 cups of water for 1-1½ hours adding more water as needed. Coat squash with oil, salt and pepper and bake at 350° for 35 minutes. When beans are soft add miso and onion.

Continue cooking until any extra liquid is absorbed. Stuff squash with beans. Bake for 15-20 minutes and serve.

Baked White Beans with Garlic and Thyme

- 1 cup dried white beans (soaked 6-8 hours)
- 4-5 cloves garlic sliced
- 3-4 sprigs fresh thyme, or ¼ teaspoon dried thyme
- 4 tablespoons *Sweet Tasting Brown Rice Miso*
- 1 inch piece kombu sea vegetable (optional)

On medium flame cook beans with kombu and 2 cups water for 45 minutes to one hour, adding more water as needed. When beans are soft stir in miso, garlic and thyme; there should still be some liquid in pot. Transfer to oven-safe casserole dish. Bake for 30 minutes at 350°.

Miso Snacks and Desserts

Candied Pecans

- 1 lb. raw pecans
- ½ cup rice syrup, barley malt, or ¼ cup maple syrup
- 2 tablespoons *Sweet White Miso* with 2 tablespoons water

Place pecans evenly on a cookie sheet. Bake at 275° 15-20 minutes.

Blend miso, water, and sweetener. In large bowl mix hot pecans with syrup mixture until well coated. Spread on cookie sheet and return to oven for 5 minutes. Makes a great snack. Use also as a garnish for pumpkin pie, cheesecake, or for topping a pecan pie!

Mulberry Walnut Chutney

- 1 cup raw walnuts
- 1 cup dried mulberries* or raisins
- 1 tablespoon *Sweet White Miso*
- 2 cups spring water
- Pinch of salt

Spread walnuts evenly on cookie sheet and bake at 250° for 25-30 min. When nut are cool, crumble with hands. Put mulberries, water, and salt in small saucepan and simmer until almost all water is gone.

Mix in miso and nuts.

Great served with fresh apple and cheese, or roasted chicken.

*See back page for mail-order information.

*In this world we cannot do great things.
We can do only small things with great love.*

—Mother Theresa

Baked Apple Delight

- 5 apples slightly hollowed for stuffing
- 2 tablespoons *Sweet Tasting Brown Rice Miso*
- ¼ cup rice syrup or 1-2 tablespoons maple syrup
- ¼ cup raisins
- ¼ cup chopped walnuts
- ¼ teaspoon cinnamon
- ½ cup water

Mix syrup, raisins, walnuts, and miso for stuffing. Pack apples with mixture and arrange in oven-safe dish with ½ inch water in bottom of dish. Bake at 350° 35-45 minutes. Apples should be soft, but still hold their form. Pour any remaining liquid over apples before serving. Serve hot or chilled. Top with homemade whipped cream if desired!



Embrace the Way:

*Know the strength of man,
But keep a woman's care;
Be the stream of the universe!
Being the stream of the universe,
Ever true and unswerving,
Become as a little child once more.*

—Lao Tsu

South River Miso Varieties

All varieties of South River Miso, with the exception of Sweet White, have a traditional chunky texture.

Light Miso (One Year, Amakuchi Miso)

Aged for one year or less, with a salt content of 7%. These varieties of miso add a creamy, mellow taste to soups and other dishes. They are light in color: blonde, golden yellow, and, in the case of Azuki, ruby red.

Light Varieties include:

Sweet Tasting Brown Rice, Chick Pea, Azuki, and Golden Millet.

Sweet White Miso is lowest in salt content (4%), with a fermentation time of three weeks and a smooth, pureed texture.

Dark Miso (Three Year, Karakuchi Miso)

Aged for a minimum of three full summer seasons, these varieties impart a rich salty, meat-like flavor to soups and other dishes. With higher salt content (10-12%), dark miso can be used in lesser amounts than the light varieties.

Dark Varieties include:

Three Year Barley, Hearty Brown Rice, and Dandelion Leek.

Storing Miso

South River Miso is an unpasteurized, living food. Because of its relatively high salt content, it will keep indefinitely under refrigeration. If left at room temperature or exposed to the air for too long, a harmless white or beige mold may appear on the surface, similar to fine aged cheese. Simply scrape off the mold and discard. The miso underneath will be fine.

Suggested Reading

The Book of Miso, by William Shurtleff and Akiko Aoyagi (Ten Speed Press, 1983). **The outstanding classic**; a *must* for miso lovers, with over 400 recipes. A small paperback edition by Ballantine Books is available through bookstores (\$5.99). The beautiful, out-of-print, large format, 2nd Ed., is still available for \$36.95. Call the author at 925-283-2991 to obtain a copy.

The Complete Guide to Macrobiotic Cooking, by Aveline Kushi (New York: Warner Books: 1989). One of the best books on the subject with a good section on miso. Aveline Kushi also wrote *How to Cook with Miso* (Japan Pub., 1984), which is currently out of print.

Nourishing Traditions, by Sally Fallon (New Trends Pub., 1999, Tel. 877-707-1776.) A comprehensive (668 pages) look at the importance of returning to traditional foods of the highest organic quality from meats and dairy, to grains and vegetables, with a good section on the value and necessity of fermented foods.

Nutrition and Physical Degeneration, by Dr. Weston Price (Price-Pottenger Nutrition Foundation, Tel. 619 574-7763). During the 1920s and '30s, Weston Price, a truth-seeking dentist from Cleveland, investigated the relationship of food quality to dentition and general health in many cultures throughout the world. Documented with remarkable photographs, this book is a most important study for our time.

The Quick and Easy Organic Gourmet, by Leslie Cerier. Contact the author at 58 School House Road, Amherst, MA 01002. Tel. 413-259-1695. Lively, full of vegetarian improvisations to ignite your creativity in the kitchen.

South River Products



To order or to receive a complete listing of miso, tamari, koji, and other traditional food products including Tohum Tahini, Red Pepper Paste, Mulberries, and wood-fired New England Maple Syrup, contact:

SOUTH RIVER  MISO COMPANY

888 Shelburne Falls Road, Conway, MA 01341

Tel: 413 369-4057 ♦ Fax: 413 369-4299

MISSION STATEMENT

Life is sacred. Food is sacred.



South River Miso Company is dedicated to the health and well being of all those it serves.

We strive to produce and distribute the highest quality organic, unpasteurized miso and other traditional foods with the conviction that wholesome food can be our best medicine.

We honor miso for its strengthening and rejuvenating qualities and promote its use as part of a healthy diet.

Our aim is to create a fair-minded, open-hearted learning environment within our organization and to serve each customer honestly, warmly, and effectively.

Our hope is that South River Miso Company and those it serves may evolve together towards greater fulfillment, wholeness and peace.

June 1998

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Cover photograph by Sarah Chester: Anni Elwell in miso shop with barley.

Inside front cover photograph by Will Elwell

*I believe that miso belongs to the
highest class of medicines, those which
help prevent disease and strengthen the
body through continued usage. . . . Some
people speak of miso as a condiment,
but miso brings out the flavor and
nutritional value in all foods and helps
the body to digest and assimilate
whatever we eat. . . .*

—Dr. Shinichiro Akizuki,
director, St. Francis Hospital, Nagasaki

SOUTH RIVER  MISO COMPANY

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\$3.00