

Veggies with Miso Dipping Sauce

serves 4

Ingredients

1 cup green beans
1 broccoli, cut into florets
1 cauliflower, cut into florets

For the Dipping Sauce:

1 teaspoon sesame oil
2 tablespoons rice vinegar
2 tablespoon water
2 tablespoons white or yellow miso
1 tablespoon sugar

Directions

1. Blanch veggies in boiling water for about 2 minutes. Drain and rinse with cold water
2. In a small sauce pan, whisk together rice vinegar and water. Bring to a boil. Add sugar.
3. Remove from heat and whisk in miso paste and oil.
4. Dip veggies into miso sauce, or pour on top

Miso Soup with Potato and Onion

Adapted from Every Day Harumi Cookbook
serves 4

Ingredients

1 medium-sized Potato
1 small onion, peeled and thinly sliced
½ cup vegetable stock
4-5 tablespoons miso

Directions

1. Peel potato and chop into quarters. slice into ¼ inch thick slices. Soak in cold water for 2-3 minutes.
2. Heat the vegetable stock in a saucepan, add the potato and simmer.
3. When the potatoes are almost cooked, add the onion and continue to simmer until the onion is soft
4. In a small bowl, mix together the miso paste and a small ladle of the stock. Turn off the heat and stir in the miso mixture. Do not bring back up to a boil

Miso Brownies

From Christopher Testani for The Wall Street Journal By Elizabeth Gunnison Dunn

Total Time: 1 hour Makes: one 8-by-8-inch pan

Ingredients

14 tablespoons unsalted butter, or coconut oil

7 ounces dark chocolate

3 tablespoons plus 1 teaspoon shiro miso

1 cup plus 2 tablespoons confectioners' sugar

5 tablespoons all-purpose flour

8 teaspoons cocoa powder

4 large eggs

1. Preheat oven to 350 degrees. Lightly grease an 8-by-8-inch baking pan with butter and set aside.
2. Set a metal bowl over a pot to create a double boiler. Add enough water to pot to reach just below bottom of bowl. Bring water in pot to a steady simmer over medium heat. Melt chocolate, butter and miso together. In a medium bowl, whisk together sugar, flour and cocoa powder. Gradually whisk dry ingredients into melted chocolate mixture. Remove batter from heat and whisk in eggs one at a time.
3. Pour batter into pan and bake until a cake tester comes out clean, 35-40 minutes.