

Chef from the Hood Recipes



Chef:
Chef Phyu Kyaw

Restaurant:
Pacific Markets

Recipe:
Miso Soup



Miso Soup !

Japanese chefs love cooking with locally grown foods and fresh caught fish. Breakfast might include miso soup, rice and pickles; all staples in Japan. Miso soup frequently opens the heartier evening meal of fish, meat, vegetables and rice; it's easy to make, low in calories and loaded with nutrients. Miso is made of fermented rice, barley and/or soybeans in methods that are thousands of years old.

There are many kinds: mellow whites or reds; darker and more intense hacho and mugi. Though Chef Phyu Kyaw (Pacific Market Sushi Chef) grew up in Burma, she's an authority on Japanese ingredients and cooking methods. She says, "Miso is a good, healthy start to any meal. Try our instant miso soup for a fast bowl to enjoy before your sushi!" The word "Itadakimasu" expresses gratitude to the chef. "Gochiso-sama" is another way to say "thank you" at the end of a delicious meal. This recipe serves three.

– Marina Andriola

Ingredients:

- 1 liter (almost a quart) of spring water (Crystal Geysers)
- 1 or 2 sheets of nori (dried seaweed paper)
- cut to ribbons with scissors (Emerald Cove)
- 3 tablespoons miso paste (Miso Master)
- 1 teaspoon sesame oil (Dynasty)
- 3 green onions, very thinly sliced on diagonal (white & green parts in separate piles)
- 1 cake firm tofu, cut into 1/2 inch cubes (Soy Deli)
- 8 fresh mushrooms, thinly sliced
- low-salt soy sauce to taste (Kikkoman)

To prepare:

Dissolve miso in a cup of the water and set aside. Heat oil in small pot, add just the whites of the green onion and cook for about a minute. Add the remaining plain water and nori ribbons and bring to simmer. Lower heat (taste nori for tenderness, wait a bit if not yet tender). Add tofu, mushrooms and the miso/water mixture. When soup is hot again, add the green onion and serve at once in small deep bowls. Use chopsticks if you have them! Enjoy!