



# The Book of Miso

*William Shurtleff, Akiko Aoyagi*

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## **The Book of Miso** William Shurtleff, Akiko Aoyagi

From the authors of THE BOOK OF TOFU comes this updated tribute to miso. One of Japan's most beloved foods for over a thousand years, miso is a cultured, high-protein seasoning perfectly at home in recipes within and beyond the boundaries of Asian cuisine. Available in a range of flavors, colors, textures, and aromas as varied as that of the world's fine cheeses and wines, miso makes a delicious addition to stocks, stews, dressings, casseroles, and desserts. With traditional Japanese recipes like Miso Soup with Potato, Wakame, & Tofu; Eggplant with Sesame & Miso Sauce; as well as those more familiar to the Western palate-Tostadas, Quiche Niçoise with Miso, and Boston Baked Soybeans with Brown Rice and Miso-THE BOOK OF MISO offers a bounty of ways to enjoy this wonderfully healthful seasoning. Over 400 tempting recipes accompanied by more than 300 illustrations.

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