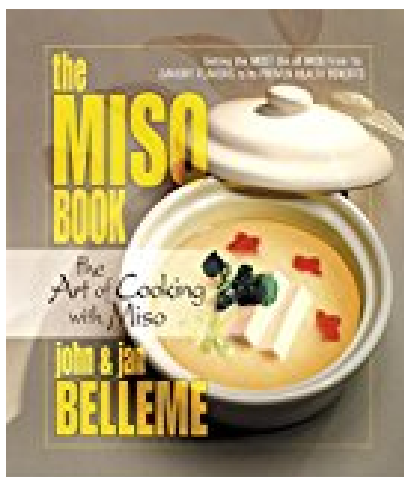


# The Miso Book The Art of Cooking with Miso

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## BOOK DETAILS

- Author : John Belleme
- Pages : 192 Pages
- Publisher : Square One
- Language : English
- ISBN : 0757000282

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## BOOK SYNOPSIS

In Japan, the preparation of miso has been considered an art form for centuries. Through a unique double-fermentation process, soybeans and grains are transformed into this wondrous food. As a food, miso can be used in a wide variety of savory and satisfying dishes. As a folk remedy, it has been used to treat poor digestion, cancer, radiation sickness, tobacco poisoning, and even low libido--and its healing properties have been confirmed by modern science. The Miso Book begins with miso basics--the different types, the various manufacturing methods, and miso's role in maintaining good health. Also presented are directions for making miso at home. The recipe section provides information on the cooking and blending qualities of different types of miso, on which types of miso work best with various foods, and on how to use different misos as dairy and meat substitutes, plus over 100 recipes.-From publisher description.

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