



Wacky Wok "Umami" Miso Noodles + Zucchini Zing Slaw + Sweet Miso Sour Swirl Shakes

By Dylan Sabuco

Prep Time 25 / Cook Time 15 / Serves 4 - 6

Shopping List

FRESH OR FROZEN

1/4 C white miso paste ****(see allergy subs below)****

1 zucchini

1 carrot

1 bell pepper

2 fresh or frozen bananas

1 lemon

DAIRY

2 C yogurt ****(see allergy subs below)****

1/4 C grated or shredded Parmesan cheese ****(see allergy subs below)****

2 T butter ****(see allergy subs below)****

PANTRY

1 8-oz pkg linguine or spaghetti ****(see allergy subs below)****

1/4 tsp salt

1/4 tsp ground black pepper

1 T vegetable oil

1/3 C brown sugar

HAVE ON HAND

5 C water (to boil noodles and for shake)

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

pour: to cause liquid, granules, or powder to stream from one container into another.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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Equipment

Blender (or pitcher + immersion blender)

Cutting board + kid-safe knife

Citrus squeezer or juicer (optional)

Grater

Medium bowl

Paper towel

Small bowl

Measuring spoons

- Wooden spoon
- Large pot
- Wok or large sauté pan
- Liquid measuring cup
- Whisk
- Colander or sieve

Ingredients

Wacky Wok "Umami" Miso Noodles

- 1 8-oz pkg linguine or spaghetti **** (for GLUTEN ALLERGY sub rice noodles)****
- 1/4 C grated or shredded Parmesan cheese **** (Omit for DAIRY ALLERGY or sub dairy-free/nut-free Parmesan cheese shreds, like Daiya brand)****
- 2 T white miso paste **** (for GLUTEN/SOY ALLERGY sub coconut milk-based yogurt or other dairy-free/nut free yogurt + 1/2 tsp of coconut aminos)****
- 2 T butter **** (for DAIRY ALLERGY sub dairy-free/nut-free butter spread, like Earth Balance) brand****
- 1 pinch salt
- 1 pinch ground black pepper

Zucchini Zing Slaw

- 1 zucchini
- 1 carrot
- 1 bell pepper
- 1 T white miso paste **** (for GLUTEN/SESAME/SOY ALLERGY sub coconut milk-based yogurt or other dairy-free/nut free yogurt)****
- 1/2 lemon, juiced
- 1 T vegetable oil
- 1 pinch salt
- 1 pinch ground black pepper

Sweet Miso Sour Swirl Shakes

- 2 fresh or frozen bananas

- 1 T white miso paste ******(for GLUTEN/SOY ALLERGY sub 1 or 2 dashes coconut aminos)******
- 1/3 C brown sugar
- 2 C yogurt (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)******
- 1 C water
- 1/2 lemon, juiced

Food Allergen Substitutions

Wacky Wok "Umami" Miso Noodles

Dairy: Omit Parmesan cheese, or substitute dairy-free/nut-free Parmesan cheese shreds, like Daiya brand.

Gluten/Wheat: Substitute rice noodles for linguine or spaghetti. For 2 T white miso paste, substitute 2 T coconut milk-based yogurt or other dairy-free/nut free yogurt + 1/2 tsp of coconut aminos.

Soy: For 2 T white miso paste, substitute 2 T coconut milk-based yogurt or other dairy-free/nut free yogurt + 1/2 tsp of coconut aminos.

Zucchini Zing Slaw

Gluten/Wheat: Substitute coconut milk-based yogurt or other dairy-free/nut free yogurt for white miso paste.

Soy: Substitute coconut milk-based yogurt or other dairy-free/nut free yogurt for white miso paste.

Sweet Miso Sour Swirl Shakes

Gluten/Wheat: For 1 T white miso paste, substitute 1 or 2 dashes coconut aminos.

Soy: For 1 T white miso paste, substitute 1 or 2 dashes coconut aminos.

Dairy: Substitute dairy-free/nut free yogurt for yogurt.

Instructions

Wacky Wok "Umami" Miso Noodles

intro

"Konnichiwa! (KONE-nee-ee-wah) or "Hello" in Japanese! Miso (MEE-soh) originated in ancient Japan and has been a main staple in all sorts of Asian cooking ever since. This paste is made by fermenting soybeans and processing them into a paste. The result is the richest umami flavor you can imagine. Our recipe will combine creamy miso paste with delicate rice noodles for a flavor-packed stir-fry.

boil + measure

Start by bringing **4 cups of water** to a boil in a large pot over high heat. When the water is boiling, add **1 package of linguine or spaghetti**. Cook for 5 minutes. Meanwhile, measure **2 tablespoon white miso paste**, **1/4 C Parmesan cheese**, **2 tablespoon butter**, **1 pinch of salt**, and **1 pinch of black pepper** in a small bowl and whisk.

strain + stir fry

Strain the noodles using a colander or sieve, then pour them into a wok over medium high heat. Pour in the contents of the small bowl. Stir the noodles and miso sauce until well combined.

stir + serve

After about 5 minutes of continuous stirring, remove from the heat and serve. "Tanoshimu!" (Tan-NO-shee-moo) or "Enjoy!" in Japanese.

Zucchini Zing Slaw

grate + slice

Start off by grating **1 zucchini** and **1 carrot** into a medium bowl. Cover with a paper towel and then squeeze gently to remove a bit of the liquid in the bowl. Then, slice **1 bell pepper** into long sticks (julienne) and add that to the bowl as well.

measure + whisk

Next, measure **1 tablespoon white miso paste**, **1/2 lemon, juiced**, **1 tablespoon vegetable oil**, **1 pinch of salt**, and **1 pinch of black pepper** into a separate bowl. Whisk the ingredients until smooth.

toss + serve

Toss the zucchini mixture with the miso dressing until all the veggies are well coated. Serve immediately or chill overnight. The slaw goes well with Wacky Wok Miso Noodles (see recipe).

Sweet Miso Sour Swirl Shakes

juice

Juice **1/2 lemon** into a blender.

measure + blend

Measure and add **1 cup water**, **2 cups yogurt**, **1/3 cup brown sugar**, **1 tablespoon white miso paste**, and **2 peeled bananas** to the blender. Blend all the ingredients until smooth. Taste to be sure the flavor is equally sweet and sour.

pour + cheers

Pour the shake into cups and say a big "Cheers" in Japanese, "Kanpai!" (KAHN-pie).

Featured Ingredient: Miso!

Hi! I'm Miso (Mee-soh)!

"Konnichiwa! (KONE-nee-ee-wah) That's "Hello" in Japanese! I'm a fermented soybean paste with a peanut butter-like texture used as a seasoning in Japanese cooking. I can be salty, sweet, or savory, depending on how I'm made. You can find me in dips, sauces, soups, and noodle dishes. I'm even used to make pickles called "misozuke" (mee-soh-zoo-keh)!"

Fermented soybeans were probably introduced to Japan from China in the 7th century. The Japanese characters for "miso" were first seen in Japanese writing in the 8th century.

Miso soup is a staple in Japanese cuisine. When served with rice, one side dish, and pickled vegetables, it was part of a basic meal during the Kamakura period (1185-1333) called "ichiju issai," meaning "one soup, one dish." Now miso soup is part of "ichiju sansai," or a meal with one soup and three dishes, including a main dish, two side dishes, and pickles.

Miso is made by fermenting soybeans (and sometimes other beans or grains). In addition to the soybeans, most types use a starter called "koji," made from *Aspergillus oryzae* fungus, to start the process. Other ingredients may include water, salt, and grain, like barley.

There are several varieties of miso depending on the ingredients and how long the soybeans are fermented. The most common are "shiro" (white), "shinshu" (yellow), "aka" (red), and "awase" (red and white) miso.

The miso fermented for the shortest time is "shiro miso," also called "white miso." Its color is white to light beige, and it is sweeter and milder than the other types. It is suitable for dishes where you want less intense flavor and can be used in dressings, marinades, and soups. It is sometimes used as a dairy replacement in recipes.

The yellow or "shinshu" variety is another mild miso. It is yellow to light brown, is fermented a little longer, and uses more soybeans than white miso. It works well for glazes and soups.

"Aka miso" or "red miso" is fermented longer than white and yellow miso and uses a greater quantity of soybeans in the process. It tastes saltier and has a deep, vivid red to dark brown color. It works well in more robust dishes served in winter that require a stronger flavor. Red miso also works in marinades and adds flavor to heartier stews.

Another type of miso is "awase miso," a combination of white and red miso. It takes on the colors of the other two, making it more of a bronze shade. You can mix white and red miso to create your own flavor profile to add to other foods as you like.

Miso paste should be stored tightly sealed in the refrigerator. It will last approximately nine months to one year. The darker varieties will last longer than the lighter ones.

Miso is high in protein, fiber, vitamins, and minerals. Soybeans include a complete form of protein, and the fermentation process helps the body to absorb nutrients better and improve digestion.

One ounce provides three grams of protein and seven grams of fiber. There are significant quantities of calcium, manganese, vitamin K, and fair amounts of B vitamins.

Miso is high in salt, so you may want to avoid eating large quantities.

Since miso is most often made with soybeans, if you have a soy allergy, try a soybean-free miso, such as

those made from adzuki beans, chickpeas, farro (a type of wheat), or lima beans.

Some varieties include barley, so if you have celiac disease or are allergic to gluten, check the labels and look for a gluten-free miso.