



## Sweet Miso Sour Swirl Shakes

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**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.

## Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife
- ☐ Citrus squeezer or juicer (optional)

## Ingredients

### 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

## 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

### 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-neechee-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 and mashing 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.