

FUKI NO TŌ MISO 落の臺みそ



The flavored miso is used as a condiment with rice, a dip for vegetables, or spread on *tōfu* and/or *omusubi* rice bundles before being broiled briefly (*dengaku*-style).

Makes about 1 cup *fuki no tō miso*.

INGREDIENTS:

neri miso (stirred miso sauce):

1 cup *Sendai miso* (or other pungent “red” miso paste)

2 tablespoons *saké*

3 tablespoons sugar

1 tablespoon water

8 -10 large buds OR 12-15 small buds fresh *fuki no tō* (butterbur buds)

1 teaspoon *goma abura* (sesame oil)

1 tablespoon water

Make the *neri miso*: Combine ingredients in a small, sturdy saucepan. Stir to combine before placing the pan on the stove. Cook over low heat, stirring, until the sugar melts and the sauce becomes glossy and thick (the consistency of tomato paste). Set aside.



Rinse the *fuki no tō* buds to remove any soil or sand. Mince the buds quickly and immediately soak in a bowl of cold water. Place an *otoshi-buta* or other lid to keep the *fuki no tō* submerged and let them soak for 2 minutes. Drain and gently squeeze out excess moisture. Discard the water in which the *fuki no tō* was soaking; it will have turned dark.

Heat a skillet over medium-high heat. Add the sesame oil; swirl to coat the pan. Add the *fuki no tō* and stir-fry for 1 minute until wilted and aromatic. Add the *neri miso* sauce, stirring to combine. Add a tablespoon of water and cook for one minute to meld the flavors. The final sauce should be thick (like tomato paste). Let the *fuki no tō miso* cool before storing in a glass jar with a tight-fitting lid. It will keep, refrigerated, for 2 months.

Serve with rice or cucumber sticks, or spread on slabs of fried *tōfu* or *omusubi* and broil.