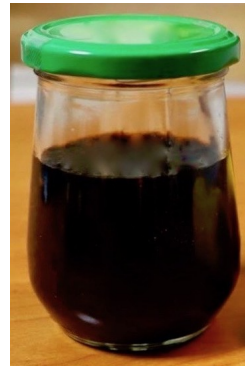


ごま酢味噌・ごま酢醤油

Goma Su Miso • Goma Su-Jōyu

Two Tart Sesame Sauces, one CREAMY, one CLEAR



Cold noodle salads are a refreshing way to get through sultry summer days and nights. In addition to the more “classic” *soba* buckwheat noodles, thread-thin *sōmen* wheat noodles and thick, slithy *udon* wheat noodles the Japanese enjoy what they call *hiyashi chūka* or chilled, Chinese-style noodle salad dressed with either a clear or creamy sesame sauce. Dispite the name, this dish was born and bred in Japan... albeit inspired by Chinese flavors.

In addition to noodle salads, these dressings/sauces can be drizzled on, or tossed with, a variety of vegetables to make salads and side dishes. These sauces also pair well with *tōfu* and/or briefly blanched or poached meat or fish.

Store either/both dressings in a non-reactive container and refrigerate for up to 1 week.



Makes 1/2 cup, about 4-6 portions.



CREAMY-and-Tart Sesame Dressing

Gomamiso-daré 胡麻味噌だれ:

2 tablespoon *genmai su* (brown rice vinegar; **below, left**)
1/4 teaspoon soy sauce (**below, second from left**)
3 tablespoons sesame paste (**below, right**)
3 tablespoon Saikyo shiro miso (**below, second from right**)
2 tablespoons *dashi* (Standard Sea Stock or Kelp-Alone Stock),
or water



genmaisu

soy sauce

Saikyo shiro miso

Kadoya brand

/ Shinsei brand

Make the sauce:

Combine the vinegar and soy sauce in a small glass jar. In a small bowl mix the sweet light miso with sesame paste; stir well to thoroughly blend. Combine the vinegar-soy mixture with the sesame-miso paste. Add stock, a few drops at a time to enhance flavor and adjust consistency. As you add stock, the sauce will lighten in color.

Other brands of *shiro miso* available in the USA

- **Shiro miso** (light, sweet miso).
(from left, below): Hikari Miso, South River, Miso Master



Makes 1/2 cup, about 4-6 portions.



CLEAR-and-Tart Sesame-Soy Dressing

Gomajōyu-daré 胡麻味噌だれ:

1/2 cup *genmai su* (brown rice vinegar)

1 tablespoon *goma abura* (aromatic sesame oil)

1/4 cup soy sauce OR *usukuchi shōyu* (light colored soy sauce)

1/2 tablespoon sugar OR honey OR *mirin*

2 tablespoons *dashi* (Standard Sea Stock or Kelp-Alone Stock), or water

Pictured at right (left to right):

genmai su (brown rice vinegar)

goma abura (aromatic sesame oil)

mirin (sweet saké brewed from *mochi-gomé*)



Above left: regular soy sauce (Kikkoman brand, Yamasa brand)
Above right: *usukuchi shōyu* (Kikkoman brand, Higashi Maru brand)
(*usukuchi shōyu* is lighter in color but saltier than regular sauce)

Make the sauce:

Combine the vinegar, soy sauce and sesam oil in a small glass jar with a tight-fitting lid. Shake vigorously to thoroughly blend. Add the *mirin* (honey or sugar) and shake again. Taste and adjust for sweet-tart balance. Add stock, a few drops at a time to enhance flavor.