

Smoky Ginger Mugi Miso (*shōga katsuo mugi miso*) 生姜鰯むぎ味噌

This flavored miso is perfect as a dip for veggie sticks and for dabbing on *tōfu*, cold cuts, cheese, and/or poached chicken and fish. The smokiness of this miso is from the inclusion of freshly dry-roasted *katsuo-bushi*. Although this flavored miso will not spoli for months, refrigerated, the aroma dissipates after several days; you may want to re-infuse your miso with a second helping of *katsuo-bushi* flakes after a week has passed. With time, the ginger will mellow, too, so if you like zippy ginger, add some more at the same time you re-infuse with fish flakes. Be sure to label your jar (before storing in the refrigerator) so that you can keep track of “updates” to your flavored miso.



Makes about 1/2 cup

- 1 large knob fresh ginger, about 3 ounces/ 85 grams
- 4 Tablespoons *mugi miso* (barley-enriched)
- 1 teaspoon *mirin* (or honey)
- 1 Tablespoon *katsuo-bushi* (fish flakes); about 2.5 grams (1 mini-pack)
- A few drops water; optional

Scrape and/or wipe the ginger to remove any earth that might be clinging to it. It is not necessary to peel; the final mixture will be quite textured.



Use a food processor or microplaner to mince/grate the ginger. Mix the ginger with the *miso*; mash to blend completely. Taste. If the mixture seems too salty stir in a drop of *mirin* (or honey).

Place the fish flakes in a dry skillet and slowly heat until aromatic – the flakes will dance and wiggle a bit because they are so light-weight (the air in the skillet heats, creating air flow). Be careful not to scorch the flakes. Remove the skillet from the stove and when the flakes are cool enough to handle, crumple them. Mix the crumpled flakes into the ginger-miso mixture.

Add water, a few drops at a time to adjust consistency.

Transfer the flavored miso to a glass jar with a tight-fitting lid, and refrigerate. It will keep for a week or longer, though aroma and texture is best within a day or two of making either sauce.