

URUI with Tangy Su Miso + URUI with Nutty Miso うるい酢味噌+うるい胡桃味噌



The fresh-and-grassy, slightly bitter flavor of *urui* pairs equally well with smooth-and-tangy *su miso* (a combination of sweet white miso, and rice vinegar) and textured, nutty miso (a combination of robust red miso and crushed, roasted walnuts). The choice is yours... Or offer both options, but in separate dishes.

Urui can be enjoyed fresh (raw) or barely blanched. You can keep the stalks long (just trimmed at the bottom) or cut into shorter segments. Packages of *urui* typically contain about 15 stalks and weigh about 3 ounces (85 grams).

The recipe below makes approximately 1/4 cup of each miso sauce. If you decide to make both sauces, set aside half of each. Or increase the amount of *urui* you serve... or add other vegetables such as endive or celery to your platter.

Begin by making each of the sauces. You can easily double or triple the quantities of either miso mixture. Refrigerate what you don't use immediately in a tightly closed glass (or other non-reactive) container for up to 10 days.



Smooth-and-Tangy **Su Miso**.

Makes about 1/4 cup.

- 4 tablespoons Saikyo shiro miso (or other sweet, light-colored miso)
- 2 tablespoons rice vinegar
- drop of *usukuchi shōyu* (light colored soy sauce), optional

Place the miso in a small bowl. Add the vinegar, stirring, until smooth and thick. Some brands of light miso are very sweet. Taste, and adjust, if necessary, with a drop of *usukuchi shōyu*.

Nutty Miso. Makes about 1/4 cup.

- 4 tablespoon Sendai miso (Or other full-bodied red miso)
- 1 and 1/2 tablespoons sugar
- 2 tablespoons *saké*
- 1 tablespoon water, optional
- 1/4 cup, unsalted, unroasted walnut meats



In a small, heavy saucepan or skillet, combine the miso, sugar and *saké*. Stir to mix thoroughly before applying gentle heat. Stirring, cook about 2 minutes until the mixture becomes bubbly, glossy and thickens to the consistency of tomato ketchup. Add water, if necessary, to keep the sauce from scorching as you cook.



The sauce is ready when you scrape the bottom of the saucepan with a spatula, and the stroke remains visible.

Remove the saucepan from the heat and set it aside.

Heat a small, heavy-duty skillet. Add the walnut meats and dry roast them while lightly shaking, jiggling, and swirling the skillet to keep the nutmeats in motion. When aromatic and lightly colored, remove the walnuts to a *suribachi* (Japanese grooved mortar) to grind them coarsely in the old-fashioned way.

Or transfer them to the bowl of a mini food processor and pulse-blend to a coarse paste.





Add the ground nut mixture to the miso mixture in your saucepan. Stirring over low heat, cook the mixture for 10-20 seconds so to combine thoroughly and reduce to a very thick, slightly oily paste (the oiliness is natural and comes from the walnuts). The final mixture will be quite textured. If you find it too stiff, add a few drops of water stirring to thin it.

Serve the miso sauces as dips or toss the *urui* with the miso sauce and mound.

