

# miso(2.2kg/4.8lb) 味噌

## Ingredients:

- 0.5kg (1.1lb) dried soybean  
→ it gives you 1kg (2.2lb) cooked soybean as it doubles its weight when cooked)
- 1kg (2.2lb) KOJI
- 0.2 kg (0.4 lb or 6.4 oz) sea salt

For this recipe, the amount of the cooked soy beans equals the amount of KOJI, and the amount of salt equals 10% the amount of the added weight of the cooked soy and KOJI. This means,

### the ratio of the ingredients is

**Cooked soy:Koji:salt = 1:1:0.2**

You can modify your recipe accordingly for your preferred final weight. For example, 5lb cooked soy (2.5 lb dried soy), 5lb KOJI, and 1lb salt will make 11lb miso.

## Equipments:

- 1 gallon stoneware crock (the size varies as needed)
- large pot spider or straining ladle
- large bowl
- medium bowl
- vodka for sanitizing

## Optional:

- a blender
- plastic wrap
- rubber bands

## Instructions:

- 1 Soak beans in water (3x the amount for beans) for 18-24 hours!
- 2 Drain the soaked beans and cook them in a large pot with plenty of water until soft enough to smash with your fingers easily. This can take 6-9 hours on the stovetop. You can speed this up with a pressure cooker, but be careful not to overcook the beans.
- 3 In the large bowl, crumble koji with your hands. Make sure any large chunks break into small pieces. Add 95% of the salt. Leave the rest for sprinkling on the bottom and top of the crock. Then, set the koji& salt mix aside for now.
- 4 Scoops warm soybeans from their liquid into a separate large bowl with a spider or other straining ladle.
- 5 Let soybeans cool enough to mash by hands but don't overcool it as it gets harder.
- 6 Use your hands to mash the beans. Add more warm liquid as necessary to create a smooth texture like apple sauce. You can mash beans with/in a blender if you prefer. Leave it somewhat chunky.



塩きり (shio-kiri) = mixing Koji and Salt



7 Combine the koji/salt mixture and beans. Mix everything together well. Add more cooking liquid as needed. Keep mashing with your hands.

8 Once all the beans and koji are a fairly smooth consistency, make baseball-sized balls with the miso mixture and try to remove as much air possible.



9 Soak a paper towel or clean cloth in vodka and use it to wipe down the crocks to sanitize them. Then, sprinkle half of the remaining salt evenly across the bottom of the crock.

10 Press the miso balls into the crock. The air pocket is where mold can grow so make sure to press enough to remove any air pockets. After all the balls are inside the crock, use your hand to press down to a flat level surface. Sprinkle the remaining salt over the top.

11 Place three red chilis on the top. Make a wish if you want.



12 Cover the surface with plastic wrap, then place a weight on top. Wrap everything again with plastic wrap, securing it with a rubber band.

13 You can substitute the plastic wrap with parchment paper or cloth gauze. Some people use Japanese washi paper or even sake lees to cover the surface.

14 Store the crock in an unheated space for at least 6 months, allowing it to go through one summer to deepen the flavor. You can continue fermenting it until it reaches your ideal flavor.

## 6 months later

Open the bag, remove the weight, and scrape off any surface mold. Drain or mix in any liquid (tamari). Hand-mix the miso and repack it, ensuring no air pockets. Sanitize the crock's surfaces before sealing.

## 1Year Later, or When Ready

Transfer the miso into smaller containers and store it in the refrigerator.

## ENJOY!

Recipe created by Edible Schoolyard Japan