



# The Miso Book: The Art of Cooking with Miso

*John Belleme, Jan Belleme*

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For centuries, the preparation of miso has been considered an art form in Japan. Through a time-honored process, soybeans and grains are transformed into this wondrous food, which is both a flavorful addition to a variety of dishes and a powerful medicinal. Scientific research has supported miso's use as an effective therapeutic aid in the prevention and treatment of a range of disorders. Part One of this guide begins with miso basics—its types and uses. A chapter called “Miso Medicine” then details this superfood's healing properties and role

in maintaining good health. Easy directions for making miso at home are also found in Part One. Then Part Two presents over 140 healthy recipes in which miso is used in dips, spreads, soups, and much more. Whether you are in search of healthful foods or you simply want a delicious new take on old favorites, *The Miso Book* may be just what the doctor ordered.

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