

Fermented Miso Drizzle Sauce

Culinary Medicine, Nutrition Services

Serves: 6 Serving Size: 1-2 tbsp

Equipment: small mixing bowl, whisk or fork, measuring spoons

Ingredients

1 1/2 tbsp white or chickpea miso paste

1 tbsp tahini

1 tsp maple syrup

1 tbsp apple cider vinegar or lemon juice

1 tbsp water plus more to thin as needed

1 tsp olive oil for added richness

Optional: grated garlic or ginger, chili flakes, splash of tamari or soy sauce

Instructions

1. In a bowl, whisk together miso, tahini, vinegar, maple syrup, and olive oil until smooth.
2. Add water 1 tsp at a time until it reaches desired consistency.
3. Taste and adjust seasoning. Add garlic or chili for a kick or more maple for sweetness.



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Why We Like This Recipe

This umami-rich drizzle ties your dish together with depth and complexity. With miso as the base, this powerful sauce that combines savory, sweet, and tangy elements ideal for grains, roasted vegetables, fish, or legume-based dishes.

Chef's Notes:

- Use white miso for a lighter, sweeter sauce or red miso for bolder, earthy notes. Chickpea miso is a great soy-free option and has a subtle nutty flavor.

Nutrition Notes:

- Miso is a fermented food that contains beneficial bacteria when unpasteurized, along with zinc, manganese, and protein. Combined with tahini, it supports digestion and adds healthy fats and minerals like calcium.

Gardener's Notes:

- In traditional Japanese culture, miso is made with soybeans, salt, and a grain like rice or barley and fermented with the mold *Aspergillus oryzae* (koji). Soybeans and other legumes are nitrogen fixing, naturally enriching the soil and reducing need for chemical fertilizers.



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