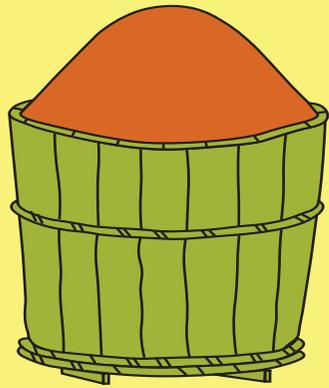


THE MANUFACTURE OF BARLEY MISO



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- HOW TO USE 500GR OF BARLEY KOJI TO MAKE 1.7 KG OF BARLEY MISO -

Miso production can be done all year round, but fermentation must take place in a room without large temperature differences.

- Wash 400gr of grains and soak in 3 x their volume of water for 12 hours.
- Cook soybeans in a pressure cooker for 1h or a saucepan for 3 to 4h. Cook other seeds according to their cooking mode. The grains are cooked when they can be crushed between the fingers.
- You can also use 880gr of chickpeas, Azuki or other canned peas.
- In a bowl, mix the barley Koji with 250ml of mineral water at 55-60°C and wait 1h. Add 170gr of salt and mix the ingredients well, then add the soybeans or other grains.
- Grind the mixture with a vegetable mincer, a manual or electric blender to obtain a puree.
- Form into large balls the size of a tennis ball.
- Prepare a food bucket or a stoneware pot, place a food bag (optional) on the bottom and put in a layer of balls. Crush them so as not to leave any air. Put another layer and pack, repeat until the balls are finished.
- Flatten the top of your mixture, sprinkle two or three pinches of salt on top. Put a sheet of clingfilm and a plate on the top, then place a weight of 1kg on the plate. Store in a room between 15°C and 20°C. The temperature range for fermentation is between 0°C to 28°C.
- When the fermentation of your miso is complete (6 months), remove any moulds on top and keep cool for up to 2 years.

To make miso, you can use different grains :

- SOY -
- AZUKI -
- CHICKPEAS -

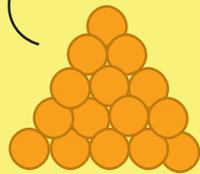
1.1. Wash the grains



1.2. Soak the grains 12h*



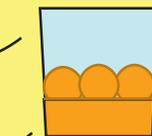
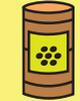
Misodama



3.2. Make balls the size of tennis balls

1.3. Cook

Pressure cooker* 1 H
3-4h Saucepan for soybeans
Organic canned foods can also be used :
-Chickpeas
-Azuki



Food bucket or stoneware pot

3.3. Put the balls in the bucket and pack to evacuate the air

2.1. Mix koji and water (Wait 1h)



Cooked grains



Mineral water 55-60°C

2.2. Add salt

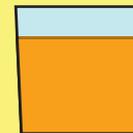


Salt

2.3. Then add the cooked grains



3.4. Sprinkle with a pinch of salt, close with clingfilm and then put a plate on the miso with a weight



Store for 6 months between 15°C and 20°C

Once fermented, keep your miso cool for 2 years and it will continue to improve

Feel free to discover our recipes to use your miso.



3.1. Grind the Koji + salt + water + grain mixture

Manual blender or electric



Vegetable mincer

