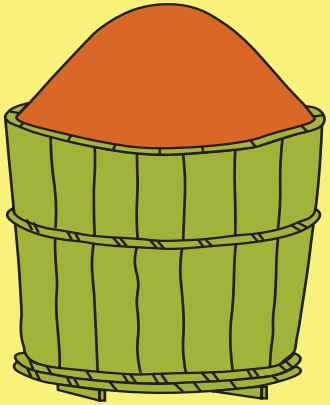
THE MANUFACTURE OF RICE MISO



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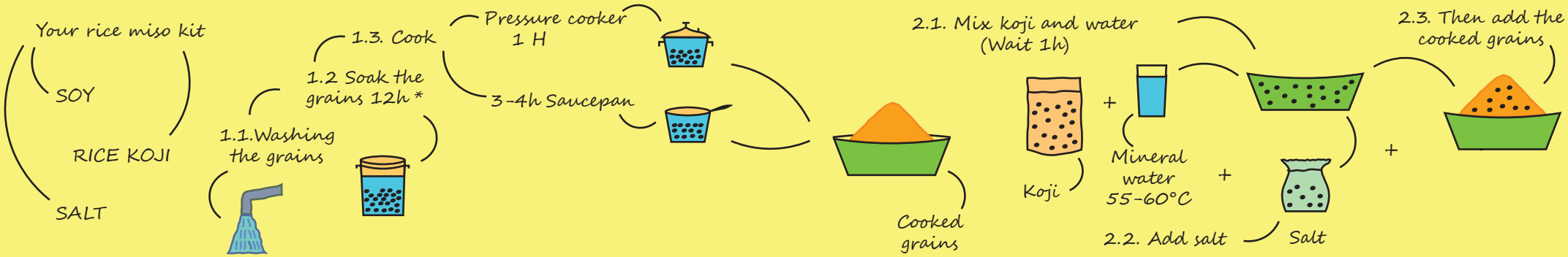
- HOW TO USE RICE MISO KIT OF 3KG -

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

- *Wash soybeans 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. Soybeans are cooked when they can be crushed between the fingers.*
- *In a bowl, mix the rice Koji with 320ml of mineral water at 55-60°C and wait 1h. Add the salt and mix the ingredients well, then add the soybeans.*
- *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 in 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 1-1.5kg on the plate. Store in a room between 15°C and 20°C. The temperature range of fermentation is between 0°C to 28°C.*
- *When the fermentation of your miso is complete (6 months), remove any mould on top and keep cool for up to 2 years.*