

Ginger Lime Miso Sauce



Sirve:

8 servings

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Miso is a traditional Japanese food made by fermenting soybeans with salt and koji. Miso is often made with various grains added; rice, barley and other grains with flavors varying from sweet to salty and earthy. Unpasteurized miso has live beneficial bacteria which aid in digestion. Adding miso at the end of cooking over low heat will help to protect these nutrients. Sweet white miso has a light and delicate flavor.

¼ cup
rice vinegar
(58
ml)
2 tbsp
mirin
(29
ml)
3 tbsp
lime juice, fresh
(44
ml)
1 each
lime, zested, use Cone #1
1 tbsp
ginger, fresh, zested, use Cone #1
(6
g)
2 tbsp
tamari or natural soy sauce
(29
ml)
2 tbsp
water
(29
ml)
1 each

scallions, white and green part, minced

$\frac{1}{3}$ cup

sweet white miso

(79

ml)

Preparación :

1. Place rice vinegar, mirin, lime juice, lime zest, ginger, tamari and water in Ultimate Culinaire, cover with lid. Turn heat to medium and when Vapo-Valve™ clicks, turn heat to low and cook for 2 minutes.
2. Remove lid and turn off heat. Whisk miso into liquid until miso is dissolved. Garnish with scallions.

Consejos:

- Serve miso sauce over vegetables grilled on the Saladmaster Smokeless Broiler, or roasted sweet potato.
- Drizzle miso sauce over pan seared chicken breast or fish and garnish with toasted sesame seeds.

Información nutricional por ración

Calorías: 30

Grasa Total: 0g

Grasa 0g

Saturada:

Colesterol: 0mg

Sodio: 457mg

Carbohidratos: 5g

Fibra 0g

Dietética:

Azúcar: 4g

Proteína: 0g