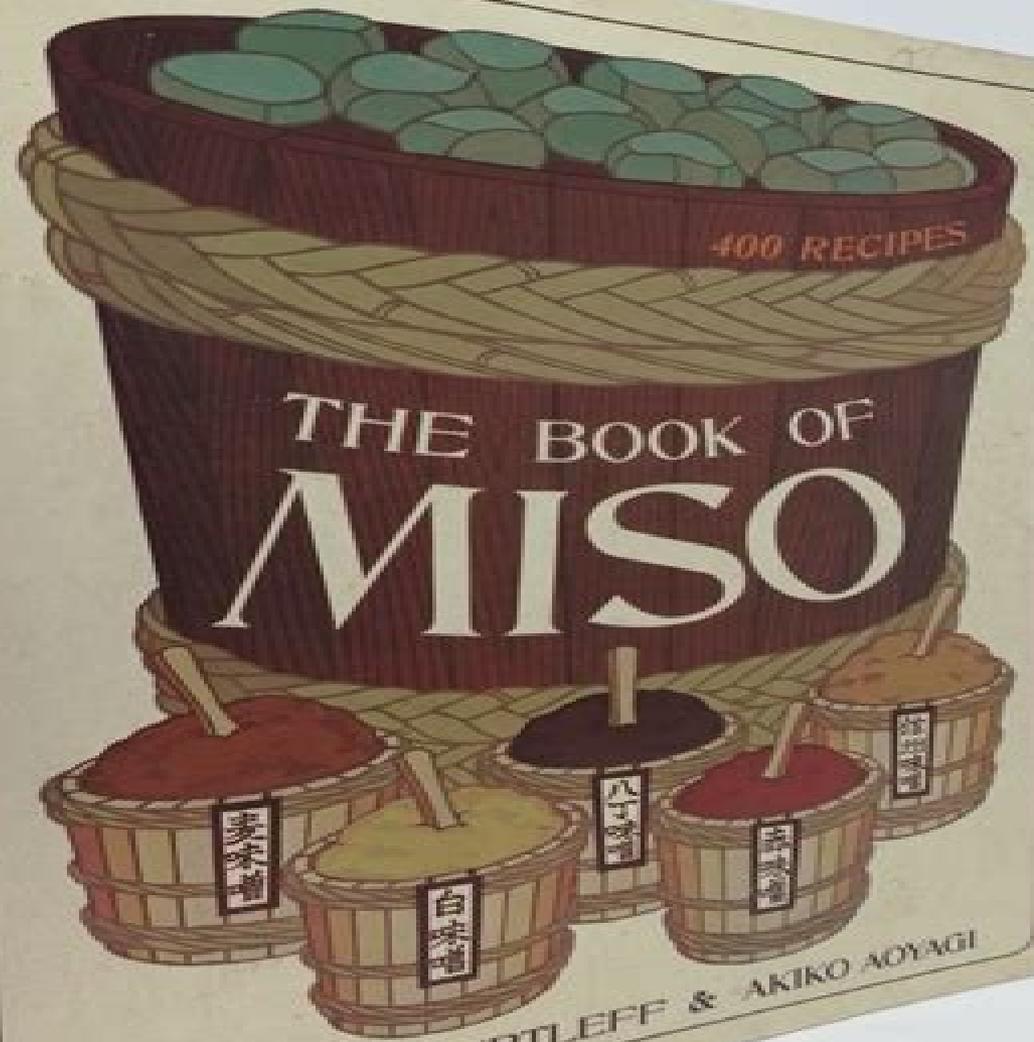


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Book Of Miso

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The Miso Book John Belleme, Jan Belleme, 2012-07-11 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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freeze dried and fermented The role of tofu in traditional Japanese cuisine is emphasized Some 250 tofu recipes are included along with recipes for stocks sauces and toppings served with tofu dishes Appendices list Japanese tofu restaurants Western tofu shops and soy dairies and varieties of tofu found in East Asia nm **The Book of Tofu & Miso** Ten Speed Press, William Shurtleff, 2001 **History of Macrobiotics (1715-2017)** William Shurtleff; Akiko Aoyagi, 2017-09-30 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 345 photographs and illustrations mostly color Free of charge in digital format on Google Books **Book of Miso Soup, The** , 2001-02 History of the Soyfoods Movement Worldwide (1960s-2019) William Shurtleff; Akiko Aoyagi, 2019-07-01 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 615 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books **History of Tofu and Tofu Products (965 CE to 2013)** William Shurtleff, Akiko Aoyagi, 2013-05 **History of Soybeans and Soyfoods in North Carolina (1856-2017)** William Shurtleff; Akiko Aoyagi, 2017-06 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 157 photographs and illustrations Free of charge in digital PDF format on Google Books History of the Natural and Organic Foods Movement (1942-2020) William Shurtleff; Akiko Aoyagi; , 2020-04-09 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 66 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books

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