

Japanese Sauces

Miso Sauce

The miso paste should be mixed with a little saké and / or water, and / or mirin (sweet saké) - or sugar if you don't have mirin. But don't overdo it: about 2 tbs. of liquid for 80 g of miso. Mix these together and heat gently in a pan, stirring constantly, until smooth. This can be made in advance and left to cool. It is then spread on top of the vegetable slices before eating.

Gomae

The miso paste should be mixed with a little saké vinegar and / or mirin (sweet saké) - or sugar if you don't have mirin. But don't overdo it: about 2 tbs. of liquid for three Tbs of Miso. Mix these together and heat gently in a pan, stirring constantly, until smooth. Slowly add about 3 Tbs of Mustard (any brand), mix until smooth. Then add about 3 Tbs of Tahini paste. This needs to be added slowly and mixed well, it needs to emulsify. This can be made in advance and left to cool, but will thicken on cooling – needing to be heated before use. It is then spread on top of the vegetables before eating.

Teriyaki Marinade

2/3	C	Shoyu (soy sauce)
1/4	C	mirin
1	clove	garlic, crushed
	red pepper	crushed, to taste
	garlic powder	to taste
2 -3	stalks	green onion, chopped
1	Tbl	Saké
	ginger	grated, to taste