

Better Way to Wellness

- Get Nourished... Be Well

WCRC Cooking Club

Fermented Soy

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Traditional cultures rarely ate soy in its unfermented form. Soy was generally a cover crop, used as animal feed and only eaten by humans during times of famine. Unfermented, soy contains potent anti-nutrients that interfere with mineral absorption, digestion of protein, can impact hormone balance and disrupt thyroid function. Traditional methods of fermenting soy disable most of these anti-nutrient compounds. Fermented soy products include: miso, tempeh, natto, various Chinese style pickled tofu (aka 'stinky' tofu), soy sauces and tamari. Tonight, we will demonstrate a few recipes using miso, tempeh and natto.

Miso, from Japan, is a paste of bean or grain with salt that is inoculated with a bacterial culture and allowed to ferment for a month or more. There are hundreds of different types of miso depending on locale. In general, the lighter in color the more mild the flavor.

Miso Soup

1/2 cup dried wakame (a type of seaweed)
1/4 cup shiro miso (white fermented-soybean paste)
6 cups dashi (recipe follows)
1 cup of quartered and thinly sliced daikon radish
1/4 cup dried sliced shiitake mushroom
1/4 cup thinly sliced scallion greens

Prepare wakame & shiitake: Combine wakame with warm water to cover by 1 inch and let stand 15 minutes, or until reconstituted. Drain in a sieve. Repeat same process with dried shiitake.

Make soup: Stir together miso and 1/2 cup dashi in a bowl until smooth – set aside. Heat remaining dashi, daikon and shiitake in a saucepan over moderately high heat until hot. Simmer for 5 to 10 minutes or until daikon is cooked through. Then gently stir in wakame. Simmer 1 minute and remove from heat. Immediately stir in miso mixture and scallion greens. Season to taste with sea salt and serve.

Dashi

6 cups cold water

1 oz (30 grams) kombu (dried kelp), about 20 square inches

1 cup dried bonito flakes, 10 grams (dried smoked tuna flakes) -

***for a vegetarian Dashi leave out the bonito flakes

Bring cold water and kombu just to a boil in a large saucepan over high heat. Remove from heat and remove kombu. Sprinkle bonito flakes over liquid - if necessary, stir to make bonito sink; let stand 3 minutes. Pour through a fine sieve into a bowl.

Miso Dijon Dressing

4 tablespoons miso -- light - shiro

1 tablespoon honey -- or sucanat

3 tablespoons apple cider vinegar -- Braggs

1 tablespoon dijon mustard

1 tablespoon extra virgin olive oil

1 tablespoon water

1 teaspoon tamari

Whisk all ingredients together.

Use this dressing on a green salad or as a dip for steamed vegetables. Put a thin coating on chicken or fish before broiling.

Tempeh is originally from Indonesian. It is made from soybeans and other grains that have been injected with a mold, pressed into a cake and allowed to ferment. Tempeh is very versatile and can be used in place of meat or tofu in many recipes.

Tempeh and Sweet Potato Coconut Curry

- 1 tablespoon coconut oil or ghee
- 1 finely chopped onion
- 1/2 teaspoon sea salt, divided
- 1 tablespoon finely chopped peeled fresh ginger
- 1 tablespoon finely chopped fresh garlic
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon crushed red pepper
- 1 (3-inch) cinnamon stick
- 3 cups chopped peeled sweet potato (about 1 pound)
- 1 cup water
- 1 (13.5-ounce) can coconut milk
- 1/2 teaspoon tamarind paste
- 8 ounces organic tempeh, cut into 3/4-inch cubes
- 1 tablespoon fresh lime juice
- 2 teaspoons low-sodium soy sauce

Heat oil in a large skillet over medium-high heat. Add onion and 1/4 teaspoon sea salt. Cook 2 minutes or until onion is tender, stirring occasionally. Add ginger and garlic. Continue cooking for a few more minutes. Add the spices; cook 2 minutes, stirring frequently. Add remaining 1/4 teaspoon salt, sweet potato, water, coconut milk, tamarind paste and tempeh; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potatoes are tender. Uncover; stir in lime juice and soy sauce. Simmer 3 minutes or until slightly thickened. Discard cinnamon stick. Serve over brown rice.

Tempeh Chili

- 2 tablespoons extra virgin olive oil
- 8 ounces tempeh
- 1 medium onion -- diced
- 2 teaspoons garlic
- 1 15 oz can pinto beans, drained and rinsed
- 2 1/2 cups salsa
- 1 tablespoons chili powder -- (or to taste)
- 1 teaspoon cumin

Cut the tempeh into ½ inch cubes or crumble. Sauté in oil for about 8 minutes, until lightly browned. Add onion and garlic and sauté for another 5 minutes. Add remainder of ingredients and simmer for 20 minutes. Season to taste with sea salt and fresh ground pepper.

Natto is made with small, whole cooked soybeans which are inoculated with a bacterial culture and allowed to ferment. It is pungent, sticky, and highly nutritious. Natto contains a special enzyme called *nattokinase* that may aid in breaking down arterial clots. The Japanese like to serve it on rice or put it in sushi or miso soups. Be aware that natto may have a blood thinning effect.

Natto Bean Salad Recipe

1 15-oz can navy beans (or other favorite bean), rinsed and drained
2 - 50 gram packages of natto
1-2 celery stalks, diced
½ cup red pepper, diced
1/2 bunch green onions, sliced
1/4 cup apple cider vinegar
2 T sucanat
2 T extra virgin olive oil
1/2 teaspoon sea salt
1/4 teaspoon fresh ground black pepper

In a large bowl, mix the beans, celery, red pepper and green onion.

In a separate small bowl, whisk together the vinegar, sucanat, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.

Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.