

Soy Recipes

Apricot Miso Sauce

2/3 cup apricot preserves
2 teaspoons garlic paste
2 Tablespoons Dijon Mustard
2 Tablespoons White Miso

Combine in a microwaveable dish, microwave 1 minute, stir. Microwave for 30 seconds or until bubbly. Serve immediately.

This pairs perfectly with turkey or chicken.

Yield: approximately 1 cup

Lemon Miso Sauce

8 ounces soft silken tofu, drained

2 Tablespoons Dijon mustard

2 teaspoons garlic paste

2 teaspoons White Miso

1 Tablespoon lemon juice

½ teaspoon salt

½ teaspoon pepper

Combine all ingredients in a microwavable medium bowl; microwave 1 minute, stir. Microwave 30 seconds or until warm, stir. Stir immediately.

Serve with cooked asparagus or other vegetables of choice, or cooked chicken.

Yield: approximately 2/3 cup

Prepared Miso Sauce

1 cup red miso
1 cup mirin
½ cup sake
1 tablespoon sugar or honey

In a small saucepan, add all ingredients. Bring to boil; simmer for 20 minutes or until thickened. Cool; store in airtight container in the refrigerator.

Use with meat, vegetables, in salad dressings. The sky is the limit!

Lively Silky Lemon Tofu Pudding

1-10 ounce jar Lemon curd

1-12 ounce silken firm tofu box

Garnish with raspberries (or fruit of choice)

In a blender, add lemon curd and tofu. Blend until smooth.

When ready to serve-

Add lemon mixture to individual graham cracker crust shells

Or

Layer in parfait glass with whipping cream or soy whip

Garnish with raspberries or fruit of choice and small mint leaf.

Yield: 8-10 servings