

Miso and Soy Sauce for Flavor and Protein

Previously published as *Soybean Diet*



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Chico, California

Publisher's Notes: The 1974 edition of this book was written well before the introduction of genetically modified foods (GM foods) that are produced from genetically modified organisms (GMOs). Many people believe such foods are unsafe for human consumption. We recommend avoidance of all GM foods. References in this book to soybeans and all soy products are to those foods that contain no GMOs.

In recent years, researchers have expressed some concern about the trypsin inhibitor in soybeans. Trypsin is an enzyme in the pancreatic juice that helps in processing proteins. Fermenting soybeans with an inoculant removes this inhibitor. Miso, soy sauce, tofu, and natto are soy products that have the trypsin inhibitor removed and are highly recommended for healthy diets.

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Preface

In the early 1960s when I was working at Chico-San Inc., which was at that time the sole manufacturer and distributor of macrobiotic foods in this country, I made a sales trip around the Bay Area every week carrying samples of miso, soy sauce, seaweeds, and other products. In every store I visited, I had to explain what miso or tamari (traditional soy sauce) was, because not one store owner had ever heard about them.

Now thousands of families in the United States eat miso soup daily, even for breakfast. Miso is used in the preparation of a variety of other dishes as well. Soy sauce has become a household word in macrobiotic and non-macrobiotic homes alike, and it is used daily in homes and restaurants throughout the country to season foods served at each meal.

Letters are received daily at the George Ohsawa Macrobiotic Foundation (G.O.M.F.) asking for more information about these products, especially about how they may be prepared at home. Included in this macroguide are recipes for miso, soy sauce, agé (deep fried tofu), and natto; each recipe has been adapted for home preparation. Recipes using each of these soybean products may be found in *Do of Cooking* published by G.O.M.F. More information about tofu, along with step-by-step illustrations for the home preparation of tofu, may be found in the same cookbook and later in this book on pages 112-113.

Acknowledgments

The following books have been used as reference and a source of information. I acknowledge my deepest appreciation for their work and cooperation giving us permission to use their work.

1. *Soybean* by Folke Dovring from Scientific American.
2. *The Yearbook of Agriculture* by U.S. Government, Dept. of Agriculture, 1959, February, 1974.
3. *Oriental Methods of Using Soybeans As Food* by Agricultural Research Service, U.S. Dept. of Agriculture.
4. *Protein vs. Protein* by Ida Honorof, published in the National Health Federation Bulletin, March, 1974.
5. "Minimum Daily Requirement of Amino Acids" taken from *Proteins* by Aaron M. Altschul, published by Basic Books, Inc., N.Y., 1965.
6. *Textbook of Biochemistry* by E.S. West, et al, published by MacMillan Co., N.Y., 1961, 1965, 1966.
7. *Amount of Essential Amino Acids* by the Japanese Scientific Research Council.
8. "Soybeans," *Encyclopedia Britannica*, published by Helen Hemingway Benton.
9. *Diet for a Small Planet* by Frances M. Lappe, published by Ballantine Books, N.Y.
10. *Macrobiotic Monthly* by G.O.M.F.
11. *Do of Cooking* by Cornellia Aihara, published by G.O.M.F.
12. *Health Food Business Review*, July, 1968.

Introduction

Since the first edition of *Miso and Tamari* was published two years ago, foods and the economic situation of the world as well as the United States have changed considerably. I have received letters asking how to obtain Miso Koji, or Koji seed (the substance needed to make Miso culture) which we don't have in this country. A few health food distributors are now importing Mugi Koji (fermented barley). This is a substitute for Miso Koji and makes it much easier to prepare Miso. Therefore, information on how to make Miso using Koji should be available. This is one of the reasons why I have revised *Miso and Tamari*.

I have added over 100 delicious recipes for soybean foods in this revised edition. They are recipes made by my wife Cornelia, who has been teaching macrobiotic cooking since 1960 in this country. She cooks without synthetics, chemical additives, and sugar. However, her cooking is not primitive and crude, but feminine, delicate, and tasty. Her cuisine is balanced. Her diet is a balanced diet. Her cooking and these recipes have been tasted by thousands of Americans throughout the country. The meals were found delightful by everyone.

The reason for adding recipes in this book is that soybeans will be more and more important for the future American diet. And yet most Americans do not know how to cook these delicious foods because until recently, America has been neither producing nor eating large quantities of soybeans. Now, however America has the highest soybean production rate in the world.

Americans have to reduce their meat consumption in order to import gasoline as Folke Doving warned in *Scientific American* (February, 1974). This is true not only for gasoline; most Americans

will not be able to buy as much animal food because the price will go up so much. In this event, soybean foods will be indispensable due to their high content of essential amino acids.

Americans are eating too much animal protein due mostly to advertisements by mass media that advocate the necessity of animal protein. The excess protein we consume turns to energy. This, when combined with other high energy foods such as sugar and sugary foods, makes Americans hypersensitive, nervous, and overactive, if not violent. In order to solve these problems, Americans must learn how to live consuming less animal foods. However, Americans who are brainwashed by modern nutrition theory are afraid to eat without meat or milk. In order to convince them of the adequacy of vegetable protein and essential amino acids they will be getting, I calculated the amount of protein and essential amino acids for each recipe according to Minimum Daily Requirement percentages.

In short, this book will show you how to make soybean foods and how to cook soybean foods. Furthermore, one who serves these dishes can know how much protein and what percentage of the M.D.R. of essential amino acids each person is getting.

Those who read this book should read other cookbooks written by Cornelia Aihara: *Do of Cooking* and *Calendar Cookbook* published by G.O.M.F. and the *Chico-San Cookbook* published by Chico-San.

I am most grateful to the people who helped me publish this book: Carl Campbell and Roy Collins for their lovely drawings, Jim Ledbetter and Carol Mead for their typing, Fred Pulver for his layout, Pat Chamburs for his proofreading, Joe Adamson for printing, collating, and binding. The recipes are a gift from my wife who cooks at Vega Institute every day early morning to night, giving tremendous joy and energy to everyone who comes there. Also I am grateful to Jean Karp of Idaho who advised me to read an article on soybeans in the *Scientific American* February 1974, which inspired me to write this revision.

Recipes Using Miso for Warmer Times



Onion Miso (serves 5)

- 10 small whole onions
- 3 Tbsp miso
- 1 Tbsp oil
- 1-2 cups cold water

Sauté the onions in oil for at least five minutes. Cover with water, bring to a boil, and cook over a low flame for one hour. After the onions have cooled, quarter them about $\frac{2}{3}$ of the way down towards the root, so that the onion opens like a flower. Dissolve the miso in a little of the onion juice left over from cooking and add to remaining juice. Cook until it is a thick and creamy consistency and serve it as a sauce over the onions. Allow two onions per serving.

	Protein grams	Methionine/Cystine grams
10 small whole onions	5.2	0.043
3 Tbsp miso	2.9	0.243
Total	8.1	0.286
MDR per serving		4.4%

Carrot and Onion Miso

- 3 medium size onions, minced
- 1 Tbsp oil
- 1 carrot, minced
- ½ Tbsp salt
- 2 Tbsp miso

Sauté onions in oil until golden, add carrots, and sauté briefly. Add ½ cup water and salt and cook about fifteen minutes covered. Add miso and continue cooking uncovered over a low flame for another 10 minutes or until much of the liquid has boiled off.

	Protein grams	Methionine/Cystine grams
3 onions	3.0	0.030
1 carrot	.6	0.005
2 Tbsp miso	6.8	0.162
Total	10.4	0.197
MDR		18%

Miso Soup—for older people and children

- 1" piece of daikon,* 1½" in diameter, cut sengiri
(see pg. 140)
- 5 scallions, cut in ¼" lengths
- 2-3 strips of wakame, cut in small pieces
- 1 tsp sesame oil
- 2 Tbsp miso

Heat oil, sauté daikon until slightly softened. Add five cups water, bring to a boil, add wakame, and cook until the wakame is soft. Add scallions, bring to a boil, then turn off. Put the miso into a metal strainer and mash it through into the soup; whatever won't go through the strainer, turn over into the soup. Serve immediately.

* long white radish sold mostly in Asian markets

	Protein grams	Methionine/Cystine grams
5 scallions	2.4	0.022
2 Tbsp miso	6.8	0.162
2-3 strips of wakame	3.2	0.095
Total	12.4	0.279
MDR		25%