

Japanese Seasonings



Seasonal



Organic



Homemade

Miso (味噌) is a traditional Japanese seasoning made by fermenting soybeans, koji & salt. Known for its rich, savory umami flavor, miso is used in soups, sauces, marinades, dressings & glazes. It also provides protein, amino acids & beneficial compounds created during fermentation.

味噌の作り方 How Miso is Made

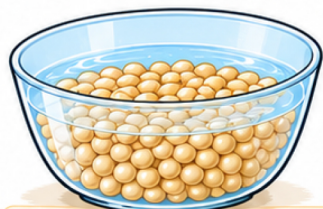
A Step-by-Step Guide to Traditional Japanese Miso

What is Miso?

Miso (味噌) is a traditional Japanese seasoning made by fermenting soybeans with koji (rice, barley, or soybean koji) and salt. Natural enzymes from koji break down the ingredients, creating a rich, savory flavor known as umami.



1 大豆を洗う・浸す Wash and Soak Soybeans



Rinse soybeans to remove any dirt or impurities. Soak in plenty of water for 8–18 hours, until the beans have doubled in size.

2 大豆を煮る Cook Soybeans



Simmer the soaked soybeans until very soft, about 2–4 hours depending on the method (stove top, pressure cooker, or slow cooker). The beans should be easily mashed between your fingers.

3 大豆をつぶす Mash Soybeans



Drain and let the beans cool slightly, then mash while still warm. You can use a potato masher, food mill, or meat grinder for a smoother texture.

4 材料を混ぜる Mix with Koji and Salt



Combine the mashed soybeans with koji and salt. A common ratio is 1 part soybeans : 1 part koji : 10–12% salt (by weight), but ratios can be adjusted for different styles of miso.

5 味噌玉を作る Form Miso Balls



Take portions of the mixture and firmly press into balls, removing air pockets. This helps prevent unwanted mold during fermentation.

6 容器に詰める Pack into a Container



Place the miso balls in a clean, sterilized container (such as a ceramic crock or food-safe bucket). Press down firmly to remove air pockets. Smooth the surface and leave a little space at the top.

7 熟成させる Ferment



Cover the surface (with parchment, plastic wrap, or a salted cover) and seal the container. Store in a cool, dark place and let it ferment for several months to years, depending on the desired flavor.

8 完成 Finished Miso



Miso is ready to use after about 3–6 months for a mild flavor, or 6–12 months (or longer) for a deeper, richer taste. The color and flavor will develop and change over time.

Common Types of Miso



白味噌
Shiro Miso
(Mild, sweet)



米味噌
Kome Miso
(Rice koji, balanced)



麦味噌
Mugi Miso
(Barley koji, robust)



豆味噌
Mame Miso
(Soybean koji, rich)

Enjoy Homemade Miso!

Use miso in soups, marinades, dressings, and many other dishes. The flavor will continue to mature over time, becoming more complex and delicious.