

Clearspring

More to Miso Than You Think



Like fine wine, miso comes in many varieties, each with its own unique taste, colour and texture, and each reflecting the local culture, crops and growing conditions of the different regions of Japan.

Miso, the traditional Japanese soya food, has long been recognised for its rich, savoury flavour and its versatility. It's the perfect alternative to salt to enhance the flavour of soups, stews and sauces. Clearspring's range of miso includes the best of each type, both dark and light, including Barley, Brown Rice, Hatcho and Sweet White Miso in jars and pouches as well as Instant Miso Soups and Miso Relish.

Clearspring Organic Brown Rice Miso

Dark brown in colour, this miso is high in fibre and has a nutty, rich and slightly sweet flavour. Clearspring Organic Brown Rice Miso has similar properties to barley miso but with a slightly sweeter taste and also works well as a savoury seasoning for soups, stews and sauces.



RSP: £3.99 for 300g glass jar, unpasteurised

RSP: £5.15 for 300g pouch pack, pasteurised

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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Clearspring Organic Barley Miso

A relatively dark and rich miso that is the traditional miso of rural communities in Japan, this barley miso is rich tasting and darkly coloured and makes an ideal savoury seasoning for soups, stews and sauces.

RSP: £4.89 for 300g glass jar, unpasteurised

RSP: £5.25 for 300g pouch pack, pasteurised



Clearspring Organic Sweet White Miso

Sweet white miso has a wonderful creamy richness, and a delicate and slightly salty sweetness. Best used for seasoning light soups, it also makes a good substitute for dairy ingredients in dips, dressings, sauces and spreads. Try using a little in mashed potato instead of milk, or in creamy soups instead of dairy cream.

RSP: £4.49 for 250g pouch pack, pasteurised



Clearspring Miso Relish

A delectably savoury, yet sweet, and can perk up paté and dips, and add flavour to stir-fry and noodle dishes. It also makes a tasty filling for sandwiches and sushi, as well as a topping for tofu.

RSP: £4.79 for 250g pouch pack, pasteurised



Clearspring Organic Hatcho Miso

The darkest of all the mison, Hatcho miso is a pure soya bean miso that is packed fully of protein. Its characteristic smoky flavour is one of the true tastes of traditional Japan.

RSP: £4.59 for 300g pouch pack, unpasteurised



Available in independent health food stores and selected multiple retailers. Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

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Split Pea Soup

Ingredients (Serves 6)

500g split green peas
2in strip Clearspring Kombu
2tsp Clearspring Organic Sesame Oil or
Organic Extra Virgin Olive Oil
1 large onion, thinly sliced into half moons
1 large carrot, diced
1 stick of celery, thinly sliced
2-3 pinches Clearspring Traditional Sea Salt
1 bay leaf
2tbsp fresh basil, minced
1/2-1/8tsp celery seed, ground (optional)
2tbsp Clearspring Organic Brown Rice Miso or
Organic Barley Miso, dissolved in 2tbsp Water
Parsley sprigs, to garnish



Method

1. Wash the split peas and combine them with 8 cups water in a large saucepan. If desired for flavour, add the kombu. Bring to a boil and skim any foam that rises to the surface, then lower the heat and simmer with the lid ajar until the peas are tender (1 to 1 1/4 hours). Check occasionally, adding more water as needed. (It generally takes about 10 cups of water total, but adding it all in the beginning might result in a thin soup.)
2. Heat the oil in a large frying pan and sauté the onion over a medium heat for 2 to 3 minutes, or until it is translucent. Add the carrot and celery and a small pinch of the salt and sauté for a few minutes more. Add a little water if necessary to prevent scorching, then cover, and cook over low heat for 10 minutes. Remove from heat and uncover.
3. When the peas are tender, add the sautéed vegetables, the other pinch of salt and bay leaf, and simmer for a further 20 minutes. Add a little more water, if necessary, and stir frequently to prevent scorching. (If the bottom burns, carefully pour the soup into another pot without scraping the burned portion.) Add the herbs and miso then simmer for 2 minutes more. Garnish with the parsley sprigs and serve hot.

Chef: John & Jan Belleme

Updated January 2011

Prices accurate as of January 2011

Ends

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