**Montgomery County Winter Warming Cooking Demo**

**November 30, 2023**

**No-Fuss Miso-Vegetable Soup**

**Serves 1**

**(This recipe calls for prepared broth. If you have more time, you can make homemade dashi soup stock, which is traditional in Japanese cooking. See instructions below the recipe.)**

* 1½ cups reduced or low-sodium broth (dashi**\***, chicken, or vegetable)
* 1 shiitake mushroom, halved and sliced
* ¼ cup smaller-sized broccoli florets (if large, cut in half or quarters)
* ¼ cup carrots, sliced or diced
* 2-4 Tbsp diced tofu (firm or soft, as preferred)
* 1-3 tsp unpasteurized white, light or mellow barley miso
* Toasted sesame oil
* Hot sauce or a small pinch of cayenne pepper (optional)
* Seasnax nori seaweed (optional)
* 1 Tbsp scallion, sliced

Put broth, mushroom, broccoli, carrots and tofu in a small saucepan. Bring to a boil, reduce heat to simmer. Cover and cook until broccoli and carrots are tender. Remove from heat. Put miso into a serving bowl. Pour just a bit of broth (just enough to cover) over the miso; stir until completely dissolved. Gradually add remaining soup to bowl, stirring to blend. Add a little sesame oil and/or some hot sauce or cayenne if desired. Crumble some Seasnax into the soup. Garnish with scallions. Serve hot!

**\*** To make dashi, bring water to a boil. Add 1-inch piece of kombu seaweed; simmer, covered for 10 minutes. Remove and add ¼ cup dried bonito fish flakes. Bring to a boil, reduce heat to simmer for just 30 seconds. Strain over a glass cup (like a measuring cup). Return liquid to the pan and proceed with the recipe.

**Asian-Style Sesame Brown Rice Saute**

**Serves 4**

* 1 Tbsp toasted sesame oil
* 2 tsp grated or finely diced peeled, fresh ginger root
* ½ cup sliced red onions,
* ½ cup grated carrots
* ½ cup green peas
* 4 cup cooked brown rice
* Broth, if needed
* Tamari soy sauce (regular or reduced sodium; naturally brewed if possible)
* Salt and/or freshly ground black pepper

**Additional Ingredients:**

* Mirin (Japanese sweet cooking wine)
* Red pepper flakes, cayenne, or hot sauce
* Tofu, edamame, cooked beef, chicken, pork or shrimp (optional for added protein)

Heat sesame oil in a skillet. Add ginger, onions, and carrots along with a pinch of salt. Cook until carrots are just tender, stirring often. Add peas; cook another minute or two, stirring often. Add rice, and just a little broth, mixing into vegetables well. Cover and cook over low, stirring often until hot. Add tamari and additional seasonings and protein, if desired.

**Winter-Warming Spiced Chai Latte**

**Serves 1**

* 1 cup filtered water
* ½ cup milk or non-dairy alternative (Barista-style won’t separate)
* 1 favorite black tea or chai tea bag (decaf or regular)
* 1 inch piece fresh ginger root, sliced
* 1 cinnamon stick
* 4 green cardamom pods, or a healthy pinch ground cardamom
* 2 whole cloves
* 3 black peppercorns
* Natural sweetener of choice (optional)

If possible, crush the cardamom, cloves and black pepper with a mortar and pestle. Place in a small saucepan. Otherwise, add whole spices to the pan along with water and milk. Bring to a simmer over low. Cover and continue simmering for 5 minutes. Turn off, or remove from heat. Add tea bag; cover and steep for 2 minutes. Remove tea bag, squeezing before discarding. Strain tea into a mug; add sweetener if desired.