

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Probiotic Miso Soup

From Chef Hans: Miso is full of natural probiotics that help reestablish the “good-gut bacteria” that aid in digestion. The easiest way to prepare miso is in a classic miso soup. The bacteria from the miso give miso soup its unique flavor but also add the great digestive properties that we need. Be sure to use hot - not boiling - water in these recipes because boiling water will kill off the good bacteria in the miso.

Miso Soup with Rice

Serves 1

INGREDIENTS:

- 2 tablespoons miso
- 3-4 tablespoons cooked Jasmine rice
- 2 cups hot, not boiling, water or stock
- ½ teaspoon liquid amino acids
- A splash of toasted sesame oil, for extra flavor
- ½ tablespoon Furikake seasoning

Miso Soup with Tofu

Serves 1

INGREDIENTS:

- 2 tablespoons miso
- ½ cup tofu, cubed into bite-size pieces
- 2 cups hot, not boiling, water or stock
- ½ teaspoon liquid amino acids
- A splash of toasted sesame oil, for extra flavor
- ¼ teaspoon Handashi fish stock

DIRECTIONS:

Combine ingredients into your favorite bowl or mug. Stir together until the miso has fully incorporated. Enjoy either recipe for a simple breakfast, lunch, late night pick-me-up, or even if you’re feeling under-the-weather as it is a great way to reinvigorate your immune system.