

MISO SOUPS



The origin of miso (and miso soups) is in Japan or more precisely in ancient China and has been used for over 2,000 years. It is popular for its taste, durability and benefits for the body. The basis of its production is a fermentation process using the noble Koji fungus (*Aspergillus oryzae*). Thanks to Koji, the mixture gets an incredible amount of different enzymes, which are catalysts of various biochemical reactions. During the months of fermentation in our barrels, they help break down complex proteins, fats, and carbohydrates into simple, easily digestible nutrients for the body. And as a bonus, they add a great umami flavor to miso. The so-called fifth taste that the world of gastronomy has been discovering in recent years. The Japanese pour hot water over a spoonful of miso and drink it in the morning, just like we do with coffee.

We offer you a local variation of miso soups inspired by Asia but made in the Czech Republic - Miso soups by Kojibakers. Fermented pre-prepared (non-)instant soups.

- **Instant in the sense of quick and easy preparation, where you only need to add water.**
- **Non-instant because you won't find any monosodium glutamate or other industrially produced flavor enhancers, stabilizers, or any other chemicals.**

The preparation is extremely simple and all you need is a tea kettle or a thermos with hot water.

Pour hot water over a tablespoon of miso soup. And stir. That's it.



PRODUCT	INGREDIENTS	BIO	VEGAN	KOSHER	GLUTEN FREE	ALLERGENS FREE	STANDARD PACKING	NUMBER OF PORTIONS
kimchi miso soup	soya shiro miso, kimchi	✓	✓	✓	✓	soya	300g	6 - 8
shiitake miso soup	pea shiro miso, shiitake	✓/✗	✓	✓	✓	✓	350g	6 - 8
cabbage miso soup	pea shiro miso, fermented cabbage and carrot	✗	✓	✓	✓	✓	350g	6 - 8
red miso soup	pea shiro miso, fermented red cabbage and red beet	✗	✓	✓	✓	✓	350g	6 - 8
seaweed miso soup	soya shiro miso, wakame, arame, nori	✗	✓	✓	✓	soya	350g	6 - 8
garlic miso soup	pea shiro miso, roasted garlic	✗	✓	✓	✓	✓	350g	6 - 8
onion miso soup	pea shiro miso, roasted onion	✗	✓	✓	✓	✓	350g	6 - 8
mushroom miso soup	pea shiro miso, porcinis, chanterelles, champignons	✗	✓	✓	✗	barley	350g	6 - 8
curry miso soup	chickpea shiro miso, curry	✗	✓	✓	✓	mustard	350g	6 - 8
chilli miso soup	pea shiro miso, chilli peppers	✗	✓	✓	✓	✓	350g	6 - 8

Tips for preparing miso soup by Kojibakers:

For a start, try one tablespoon per 3 dl of water. If the soup is too watery, add miso soup, if it is too salty, add water.

We recommend using water with a temperature of 60°C to preserve the maximum amount of valuable enzymes. If you are all about the taste, you don't have to worry about the temperature. Even so, the prebiotic properties, minerals, and vitamins of miso will do a lot for your body.

If you're looking for a very hearty meal, we recommend pouring boiling water over the couscous or noodles first, letting it cool for a few minutes, and then stirring in a spoonful of your favorite miso soup. The preparation takes 5 minutes.

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