



Caramelized Apple Dessert

Miso adds delightful fruity and floral notes to the caramelized apples

1 Gala apple, cored, thinly sliced
1 to 2 Tablespoons shio koji
Avocado oil spray
2 to 4 Tablespoons white grape juice
Garnish: chopped walnuts as desired

- Place apples in a large bowl; mix in shio koji to coat apples.
- Set aside for at least 30 minutes.
- Heat a large avocado oil-greased pan, arrange apple slices evenly in the skillet. Cook over medium heat for about 5 minutes; turn the apples, cook for 5 more minutes or until apples are tender. Remove apples to a warm plate.
- Add grape juice to the skillet; cook, scraping up the browned bits on the skillet's bottom until desired sauce consistency.
- Drizzle warm sauce over the apples on a serving plate.
- Sprinkle with chopped walnuts as desired.
- This dessert is delicious with a dollop of vanilla ice cream or even plain yogurt.

Serves: 2 small servings

For Koji Dessert Information See: pp. 244-249 in Koji Alchemy by Rich Shih and Jeremy Umansky

Allie La Valle, Jeremy's wife, and chef owner of Larder says, "...nearly everything from amino pastes to shio koji to fresh Koji itself can be used for desserts."

About the Recipe: It only took one apple and some of shio koji to create this mouth-watering caramelized dessert that could be sprinkled with autumn's favorite apple pie spices or crunchy walnuts. Just imagine this with a scoop of soft melting vanilla ice cream. Delicious and so easy to make.