



Koji-Marinated Vegetables

A quick way to add a “cheesy” magic or umami flavor to your favorite veggies

Fresh broccoli stalk or stalks

1 to 2 Tablespoons Shio Koji

Avocado oil or spray as desired

Garnish: Toasted sesame seeds as desired

Directions:

- Wash and cut into broccoli florets, place in a medium-sized bowl.
- Toss veggies with Shio Koji; marinate briefly (30 min-1 hour).
- Heat lightly greased skillet; add broccoli.
- Sauté or stir fry, move broccoli around while cooking; cook about 5 to 7 minutes or desired tenderness. The koji will caramelize for extra flavor.
- You can add some water to the skillet to prevent sticking.

For More Information See: Vegetables - p. 229-242 in *Koji Alchemy* by Chef Jeremy Umansky and Rich Shih

GGNote: We removed the broccoli to a warm shallow bowl; added about 2 to 4 Tablespoons water to the pan; scraping up the pan drippings; cook, stirring until light sauce forms. Drizzle over cooked broccoli for serving. Sprinkle with a few toasted sesame seeds as desired.

GGTip: This replaces salt for an umami boost. For a Halloween twist: Ferment carrots into "goblin fingers" for a crunchy, tangy snack.

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Roasting Sweet Potato Fries

Our hint is to make a double recipe

1 to 2 sweet potatoes, washed, peeled

 Cut into French fry shape

1 to 2 Tablespoons Shio Koji

Avocado oil or spray as desired

Garnish: coarse salt as desired; toasted sesame seeds

Directions:

- Wash, peel, and cut sweet potatoes, place in a large bowl.
- Toss with Shio Koji to coat; marinate briefly (30 min-1 hour).
- Preheat oven to 425 degrees F.
- Place sweet potatoes evenly on parchment paper-lined shallow baking pan
- Spray lightly with avocado oil.
- Bake in preheated oven for 7 minutes; turn potatoes over; spray lightly with oil; continue baking for 7 more minutes or until tender when tested with a fork.
- Remove from oven; turn potatoes over; sprinkle lightly with coarse salt.
- Garnish with a sprinkle of toasted sesame seeds for serving.

About the Recipes: Koji can be prepared using a range of cooking methods, including stir-frying and roasting. Its adaptability means you can experiment with various vegetable combinations and seasonings. Koji does not overpower the natural taste of the vegetables. This allows the true flavors of the veggies to shine through,