

Toasted Sesame Miso Dressing

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

This dressing is great served with an array of shredded raw vegetables such as beets, sprouts, tomatoes, nuts, garbanzo beans, daikon and even feta cheese. Make your own salad bar!

This miso dressing is wonderful on salads but also on rice bowls with your choice of protein. Any leftovers will keep for quite a few days in the refrigerator.

Preparing the Dressing

Toast the Szechuan peppercorns for 2 or 3 minutes in a small saucepan set over medium heat. Set aside to cool. Once cool, grind in a spice grinder or mortar and pestle.

In a food processor, purée the garlic and ginger. Add the miso, mirin, rice vinegar, sesame seeds, seasoning, and Szechuan peppercorns. Blend everything together. To finish, slowly add the sesame and grapeseed oil. Blend until everything is evenly incorporated.

Serve over a salad or use as a sauce.

Step 1: Preparing the Dressing

- 1/2 tsp Szechuan peppercorns
- 1 to 2 garlic cloves
- 1 tbsp ginger
- 1/4 cup miso (genmai)
- 1/2 cup mirin
- 1/4 cup rice vinegar
- 2 tbsp sesame seeds, preferably toasted
- 1/4 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1 tbsp sesame oil
- 1/2 cup grapeseed or vegetable oil