



# Butterbur (Fukinoto) Miso

*lightly adapted from Elizabeth Andoh*

*makes about 1 cup*

- 1 cup pungent red miso
- 2 tablespoons sake
- 3 tablespoons sugar
- 1 tablespoon water
- 8-10 large butterbur buds (or 12-15 small ones)
- 1 teaspoon toasted sesame oil
- 1 tablespoon water

Combine miso, sake, sugar and water in a small, sturdy saucepan. Stir to combine before placing the pan on the stove. Cook over low heat, stirring, until the sugar melts and the sauce becomes glossy and thick. Set aside.

Rinse the buds to remove any soil or sand. Mince them quickly and immediately soak in a bowl of cold water. Place a lid or plate on top to keep the buds submerged and let them soak for 2 minutes. Drain and gently squeeze out excess moisture. Discard the soaking water.

Heat a small heavy skillet over medium-high heat. Add the sesame oil and swirl to coat the pan. Stir-fry the minced buds for 1 minute until wilted and aromatic. Stir in the miso sauce. Add a tablespoon of water and cook for one minute to meld the flavors.

The final sauce should be thick like tomato paste. Let the fukinoto miso cool before storing in a glass jar with a tight-fitting lid. It will keep in the fridge for 2 months.