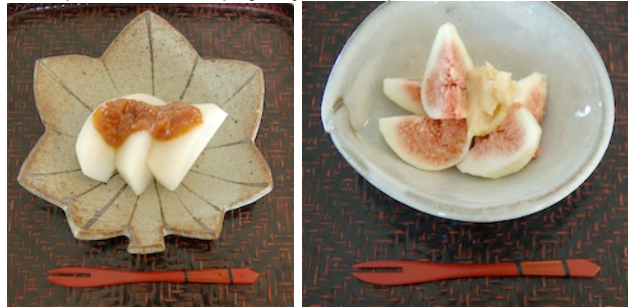


Fall Fruits with Flavored *Miso* Sauces

Western cuisines often pair cheese with fruit. In the Japanese kitchen a similar flavor profile – mellow-sweet tones enhanced by salty ones – can be achieved by napping fruit with flavored *miso* sauces. Fall fruits make an especially good match with *miso*. I like to pair plump rosy-fleshed figs with a lemony light-colored *miso* sauce while I find a ginger-infused, pungent red *miso* sauce beautifully complements crisp, juicy Asian pears.



Serves 4 to 6.

2 Asian pears, preferably Japanese green-skinned *Kosui nashi* or brown-skinned *Shinsui nashi*, each about 8-10 ounces

4 to 6 fresh figs, preferably maroon-colored Japanese *ichijuku*, each about 2-3 ounces

Lemony *Miso*; see recipe Flavored *Miso* Sauces

Gingery *Miso*; see recipe Flavored *Miso* Sauces

Peel, core and slice Japanese apple-pears, each into 6 or 8 thick wedges, or 12 thinner ones.



Some Japanese peel their pear-apples *katsura muki* style in long, continuous broad strips (above, left & center). Others will peel the fruit after wedges have been cut and the core removed (above, right). For this recipe, either will work well.

Japanese figs are large, with maroon-colored skins that are often stripped with green. The flesh is fairly firm and creamy white near the skin, rosy at the center. Peel by pulling back from the pointed stem end toward the bulbous flowering end. Cut each fig in to quarters, lengthwise.



Arrange the sliced fruit on a platter, or on individual serving plates. Either serve the *miso* sauces on the side, for dipping. Or top the figs with a spoonful of the citrus-infused *miso* sauce; drizzle ginger-infused dark *miso* over the Asian pears.

Adapted from
WASHOKU: Recipes from the Japanese Home Kitchen (Ten Speed 2005)