



## A PREMIUM ORGANIC MISO, HAND CRAFTED BY FAMILY TRADITION

### Salmon Miso Yaki

2 lbs Salmon steaks      1 T Amano Tamari Soy Sauce  
½ cup Amano miso      1 T Fresh ginger (grated)  
2 T mirin or sweet wine    2 Stalks diced green onion  
2 T Sugar

Mix the above ingredients and spread a thin layer over the salmon. On a foil lined baking sheet, broil in oven preheated to 450°F for 10 minutes per each inch thickness of salmon.



Since 1939, the Amano family name has stood for quality in naturally aged miso. Amano Miso is created with select organic ingredients including whole soybeans, koji and sea salt. Drawing on three generations of Japanese miso tradition, Amano Miso is hand crafted and barrel aged for up to one full season. The result: a full-bodied, premium Miso that can be used to enliven an unlimited variety of foods including soups, sauces, spreads, dips or marinades.





Miso is a flavoursome high protein fermented soybean paste made from soybeans, koji (cultured grain, commonly rice or barley), salt and water. Used largely as a seasoning, Miso can also be used as a low sodium alternative for salt. Highly nutritious from a high concentration of protein and other essential nutrients, Miso is a living, cultured food containing many virtues including lactic acid forming bacteria and other digestion aiding enzymes. Amano Miso products are unpasteurized, Organic and Kosher certified.

### SHIRO MISO

Amano Shiro "White" Miso is our most popular Miso. Light in colour and mellow sweet in flavor, Shiro Miso is a pleasant way to introduce the delicate flavour of Miso to any dish.

**INGREDIENTS:** Certified Organic White Rice, Certified Organic Whole Soy Beans, Sea Salt, Filtered Water, Culture (*Aspergillus Oryzae*).

#### NUTRITIONAL FACTS:

Serving Size: 6 g		Servings per Container: 62		Calories from Fat: 0	
Amount Per Serving:		Calories: 15			
% Daily Value*		% Daily Value*			
Total Fat	0 g	0 %	Total Carbohydrates	2 g	1 %
Saturated Fat	0 g	0 %	Dietary Fiber	0 g	0 %
Cholesterol	0 mg	0 %	Sugar	1 g	
Sodium	170 mg	7 %	Protein	1 g	
Vitamin A	0%	Vitamin C	0%	Calcium	0%
				Iron	0%

### GENMAI MISO

Amano Genmai "Brown Rice" Miso is Miso with character, rich brown in colour with a unique flavour. The bran from the brown rice adding more nutrients to the already extensive list found in Miso.

**INGREDIENTS:** Certified Organic Brown Rice, Certified Organic Whole Soy Beans, Sea Salt, Filtered Water, Culture (*Aspergillus Oryzae*).

#### NUTRITIONAL FACTS:

Serving Size: 6 g		Servings per Container: 62		Calories from Fat: 0	
Amount Per Serving:		Calories: 15			
% Daily Value*		% Daily Value*			
Total Fat	0 g	0 %	Total Carbohydrates	2 g	1 %
Saturated Fat	0 g	0 %	Dietary Fiber	0 g	0 %
Cholesterol	0 mg	0 %	Sugar	1 g	
Sodium	200 mg	8 %	Protein	1 g	
Vitamin A	2%	Vitamin C	0%	Calcium	0%
				Iron	0%

### PRODUCT INFORMATION

Size: 11.36 kg  
Pack: 1 x 11.36 kg  
Case: 12¼" x 12¼" x 10¼"  
Gross Weight: 27 lb  
Per Pallet: 60  
Country of Origin: Canada

Size: 2.27 kg  
Pack: 6 x 2.27 kg  
Case: 19½" x 3" x 6½"  
Gross Weight: 32 lb  
Per Pallet: 49  
Country of Origin: Canada

Size: 1 kg  
Pack: 10 x 1 kg  
Case: 24" x 9⅞" x 6⅜"  
Gross Weight: 24 lb  
Per Pallet: 72  
Country of Origin: Canada

Size: 400 gm  
Pack: 12 x 400 gm  
Case: 12½" x 8¼" x 6⅞"  
Gross Weight: 11 lb  
Per Pallet: 112  
Country of Origin: Canada

### AKA MISO

Amano Aka "Red" Miso is deep reddish-brown in colour and richer in flavour than our Shiro Miso, the result of a longer aging period and unique cooking of the soybeans. The soybeans are patiently cooked and simmered until such time as they have reached a deep brown colour. An Amano family favourite.

**INGREDIENTS:** Certified Organic White Rice, Certified Organic Whole Soy Beans, Sea Salt, Filtered Water, Culture (*Aspergillus Oryzae*).

#### NUTRITIONAL FACTS:

Serving Size: 6 g		Servings per Container: 62		Calories from Fat: 0	
Amount Per Serving:		Calories: 15			
% Daily Value*		% Daily Value*			
Total Fat	0 g	0 %	Total Carbohydrates	2 g	1 %
Saturated Fat	0 g	0 %	Dietary Fiber	0 g	0 %
Cholesterol	0 mg	0 %	Sugar	1 g	
Sodium	230 mg	10 %	Protein	1 g	
Vitamin A	0%	Vitamin C	0%	Calcium	0%
				Iron	0%

### MUGI MISO

Amano Mugi "Barley" Miso can be identified by its brown colour with distinct dark lines appearing throughout the Miso, which are present on each kernel of barley. Lower carbohydrates in the barley make this Miso generally not as sweet as our rice Miso products.

**INGREDIENTS:** Certified Organic Pearl Barley, Certified Organic Whole Soy Beans, Sea Salt, Filtered Water, Culture (*Aspergillus Oryzae*).

#### NUTRITIONAL FACTS:

Serving Size: 6 g		Servings per Container: 62		Calories from Fat: 0	
Amount Per Serving:		Calories: 15			
% Daily Value*		% Daily Value*			
Total Fat	0 g	0 %	Total Carbohydrates	2 g	1 %
Saturated Fat	0 g	0 %	Dietary Fiber	0 g	0 %
Cholesterol	0 mg	0 %	Sugar	1 g	
Sodium	220 mg	9 %	Protein	1 g	
Vitamin A	0%	Vitamin C	0%	Calcium	0%
				Iron	0%