



Mystical Miso Caramel Pumpkin Bread Pudding Nibbles + Spooky Halloween Lizard Liquid

By Dylan Sabuco

Prep Time 20 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

- FROZEN
- 1 C sorbet (lemon, raspberry, lime, or orange flavor)
- BREAD
- 6 slices of thick, crusty bread **** (see allergy subs below) ****
- PANTRY
- 1 15-oz can pumpkin purée
- 1 C brown sugar
- 1/4 C unsalted butter **** (see allergy subs below) ****
- 1 pinch granulated or brown sugar, or honey drizzle
- 2 T white miso paste **** (see allergy subs below) ****
- 2 C sparkling water
- HAVE ON HAND
- 1 C water

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- Blender (or pitcher + immersion blender)
- Can opener
- Liquid measuring cup
- Wooden spoon
- Muffin pan
- Paper cupcake liners
- Mixing bowls
- Cutting board
- Kid-safe knife
- Dry measuring cups
- Measuring spoons

Ingredients

Mystical Miso Caramel Pumpkin Bread Pudding Nibbles

- 4 to 6 slices of thick, crusty bread ****(for GLUTEN ALLERGY sub gluten-free/nut-free bread)****
- 1/2 15-oz can pumpkin purée
- 1 C brown sugar, divided
- 1 C water
- 1/4 C unsalted butter, softened ****(for DAIRY ALLERGY sub dairy-free butter spread, like Earth Balance brand)****
- 2 T white miso paste ****(Omit for SOY ALLERGY or sub 2 T sesame seeds)****

Spooky Halloween Lizard Liquid

- ☐ 1/2 15-oz can pumpkin purée
- ☐ 1 pinch granulated or brown sugar, or honey drizzle
- ☐ 1 C sorbet (lemon, raspberry, lime, or orange flavor)
- ☐ 2 C sparkling water

Food Allergen Substitutions

Mystical Miso Caramel Pumpkin Bread Pudding Nibbles

Gluten/Wheat: Substitute gluten-free/nut-free bread.

Dairy: Substitute dairy-free butter spread, like Earth Balance brand.

Soy: substitute sesame seeds

Spooky Halloween Lizard Liquid

Instructions

Mystical Miso Caramel Pumpkin Bread Pudding Nibbles

intro

BOO! It's spooky season with Halloween right around the corner. Let's get in the holiday spirit by digging into heaps of pumpkin bread pudding. A sticky, sweet caramel on top will leave you craving candy and ready to trick or treat. And it wouldn't be Halloween without a shocking, surprise ingredient: Miso! Don't be scared away; this ingredient isn't frightening unless you mean frighteningly delicious! The savory miso brings a little savory surprise when paired with caramel and pumpkin. Get out your witches' cauldrons and get ready to brew a tasty treat!

dice + soak

Start by large dicing **4 to 6 slices of thick bread**. Stale bread works best for bread pudding. Place the diced bread in a large bowl. In a liquid measuring cup, measure **1/2 can pumpkin purée**, **3/4 cup brown sugar**, and **1 cup water**. Stir to combine, then pour the mixture over the bread. Stir a few times and allow the bread to sit and soak for roughly 5 minutes.

measure + stir

In a small bowl, measure **1/4 cup soft butter**, **1/4 cup brown sugar**, and **2 tablespoons miso**. Stir until a dark brown paste forms.

preheat + fill

Preheat your oven to 350 F. Line a muffin pan with cupcake liners. Scoop roughly 2 tablespoons of pumpkin

bread mixture into each of the cupcake liners. Then, place a teaspoon-sized dollop or two of the miso-butter mixture on top of each.

bake + devour

Bake for 15 minutes. Remove from the oven and eat while warm or cool them down for a tasty breakfast snack. Enjoy and have a happy and fun Halloween!

Spooky Halloween Lizard Liquid

intro

Have fun making this silly and fun Halloween drink! The color can be green, red, or orange, depending on the sorbet you choose.

measure + blend

Measure **1/2 can pumpkin purée**, **1 pinch of sugar**, and **1 cup sorbet** into a blender (or pitcher for use with an immersion blender). Blend the mixture until smooth. Pour in **2 cups of sparkling water**. Stir a few times and serve this wicked concoction.

Featured Ingredient: Miso!

Hi! I'm Miso (Mee-soh)!

"Konnichiwa! (KONE-nee-ee-wah) That's "Hello" in Japanese! I'm a fermented soybean paste with a peanut butter-like texture used as a seasoning in Japanese cooking. I can be salty, sweet, or savory, depending on how I'm made. You can find me in dips, sauces, soups, and noodle dishes. I'm even used to make pickles called "misozuke" (mee-soh-zoo-keh)!"

Fermented soybeans were probably introduced to Japan from China in the 7th century. The Japanese characters for "miso" were first seen in Japanese writing in the 8th century.

Miso soup is a staple in Japanese cuisine. When served with rice, one side dish, and pickled vegetables, it was part of a basic meal during the Kamakura period (1185-1333) called "ichiju issai," meaning "one soup, one dish." Now miso soup is part of "ichiju sansai," or a meal with one soup and three dishes, including a main dish, two side dishes, and pickles.

Miso is made by fermenting soybeans (and sometimes other beans or grains). In addition to the soybeans, most types use a starter called "koji," made from *Aspergillus oryzae* fungus, to start the process. Other ingredients may include water, salt, and grain, like barley.

There are several varieties of miso depending on the ingredients and how long the soybeans are fermented. The most common are "shiro" (white), "shinshu" (yellow), "aka" (red), and "awase" (red and white) miso.

The miso fermented for the shortest time is "shiro miso," also called "white miso." Its color is white to light beige, and it is sweeter and milder than the other types. It is suitable for dishes where you want less intense flavor and can be used in dressings, marinades, and soups. It is sometimes used as a dairy

replacement in recipes.

The yellow or "shinshu" variety is another mild miso. It is yellow to light brown, is fermented a little longer, and uses more soybeans than white miso. It works well for glazes and soups.

"Aka miso" or "red miso" is fermented longer than white and yellow miso and uses a greater quantity of soybeans in the process. It tastes saltier and has a deep, vivid red to dark brown color. It works well in more robust dishes served in winter that require a stronger flavor. Red miso also works in marinades and adds flavor to heartier stews.

Another type of miso is "awase miso," a combination of white and red miso. It takes on the colors of the other two, making it more of a bronze shade. You can mix white and red miso to create your own flavor profile to add to other foods as you like.

Miso paste should be stored tightly sealed in the refrigerator. It will last approximately nine months to one year. The darker varieties will last longer than the lighter ones.

Miso is high in protein, fiber, vitamins, and minerals. Soybeans include a complete form of protein, and the fermentation process helps the body to absorb nutrients better and improve digestion.

One ounce provides three grams of protein and seven grams of fiber. There are significant quantities of calcium, manganese, vitamin K, and fair amounts of B vitamins.

Miso is high in salt, so you may want to avoid eating large quantities.

Since miso is most often made with soybeans, if you have a soy allergy, try a soybean-free miso, such as those made from adzuki beans, chickpeas, farro (a type of wheat), or lima beans.

Some varieties include barley, so if you have celiac disease or are allergic to gluten, check the labels and look for a gluten-free miso.