

# Japanese miso food offers fast paste flavor

By RHESA VERSOLA  
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You can get it at Fowler's Food Store, A Southern Season and Harmony Farms. It's used at Pyewacket Restaurant and Sunshine Cafe.

"It" is miso, a 1,000-year-old Japanese food that is now being distributed nationwide from a Chapel Hill-based company.

Miso (pronounced mee-so) is a soy bean paste packed with protein, vitamin B-12, and other nutrients. Miso has 86 to 93.5 percent less sodium than table salt. Included in its nutritional benefits are bacteria and cultures that aid digestion.

Aside from its nutritional value, miso is currently being recognized for its potential in cancer research.

Recent studies by the Japan National Cancer Institute have correlated miso consumption with lower rates of different forms of cancer.

Bill Shurtleff, director of Soy Foods

Center in Calif. and author of *The Book of Miso*, said the chemical in miso, linolenic acid ethyl ester, prevented the creation of tumors in laboratory rats.

David Hardt, a baker at Grump's Bakery on Franklin St., likened miso to yogurt's bacterial content and effects.

Miso is a concentrated soy bean paste that goes through a fermentation process, said Susan Owen, a baker at Grump's. Other ingredients, such as rice or barley, can be added to the paste, she said.

The added ingredient is inoculated with a microorganism called aspergillus, Troy said. The ingredient is incubated for 24 hours, and then the process is accelerated by controlling the temperature and humidity. The result is a miso starter called Koji, which is also used to make Japanese Saki.

The Koji mixed with partially-cooked soy beans makes miso. The total aging process takes between six months to three years, depending on the type of

added ingredients and the type of miso. "The flavor varies according to the soy intensity," said Owen. "You can make it saltier or have a more robust flavor."

Miso can also give a meaty flavor to the diet, Shurtleff said.

"Americans eat much too much meat," he said. "Using miso is a good way to cut down on meat without losing protein."

The fermentation process produces amino acids by pre-digesting the proteins. The amino acids are responsible for the flavor, Troy said.

"I was on a vegetarian diet and discovered miso as a seasoning and found out how wonderful it is," he said. "Most people knew about miso but were

reluctant to try it."

Miso's popularity is rising quickly, Troy said. A quarter million dollars in sales were made during the company's first fiscal year. Troy said he projects a million dollars in sales for the next fiscal year.

Troy's company ships miso products to distributors across the United States and into Canada. In Chapel Hill, three health and natural food stores sell different miso products. Two restaurants, Pyewacket and the Sunshine Cafe, also use miso.

Miso can be used as a seasoning, sauce, paste, spread or topping. It most commonly is used as a bouillon in soups or stews.

## Union

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be heard.

"I hope students can give input as to the changes they would like to see," Boyle said.

Student Body President Patricia Wallace agreed that students, especially off-campus students, needed a better lounge area.

"Off-campus people don't have any place to go during the day," she said.

Henry said he thought the construction was a way to respond to the changing needs of students.

"We've been changing this building ever since we moved in," Henry added.

The uses of the remodeled areas will not be rigid, Henry said. "I'm a believer in letting the actual function develop."

The billiard room in the basement will be moved beside the bowling alley and will have handicapped access,

Henry said. The old billiard room will become the new cabaret area, he added.

"The cabaret will have a stage area and three levels of seating," he said. "It will be used for combos, student entertainment, plays, lectures and so forth."

"It will hold about 80 people and will be comfortable, not posh," he added.

Another function the newly remodeled Union will serve, Henry said, would be providing a new place for students to go after the raise in the drinking age next October.

The cabaret area will feature a non-alcoholic wet bar, Henry said.

Wallace agreed it was a good change.

"I like the idea of a cabaret," she said. "It couldn't happen at a better time with the drinking age going up."

## House committee approves government credit increase

From wire reports

WASHINGTON — The House Ways and Means Committee approved a small increase in the government's credit line Tuesday night in order to avoid a default by the Treasury, which has already borrowed its limit of \$1.824 trillion.

Earlier on Tuesday, the full House approved a stopgap money bill that would keep government agencies operating after midnight Thursday. This credit extension was needed because very few spending bills have been approved by the president for fiscal 1986, which began Oct. 1.

There was no certainty, however, that the Republican-led Senate would approve the bill. Senate Republicans have been blocking proposals for debt increases, holding out for a proposal that would include a plan to balance future federal budgets. If the Senate refuses to approve the stopgap bill, the government could face the prospect of defaulting on its obligations, a move that would embarrass the nation on the eve of the Geneva summit.

## news in brief

### Negotiator leaves for Beirut

LONDON — After receiving what he termed an encouraging message from Moslem extremists who are holding Americans hostage in Beirut, an experienced negotiator left for the city Wednesday on a mission to persuade the Moslems to release their captives.

Although contents of the message were not made public, negotiator Terry Waite, a special advisor to the Archbishop of Canterbury, said the messages he received contained "something of hope, something of a threat and a bit in between."

Waite, who is being sent jointly by the archbishop and Pope John Paul II and has negotiated the release of Britons from Iran and Libya, said he had a chance for successful negotiation because he had a contact among the Moslems.

## Soap's to host soap star

Soap opera star Laurence Lau will greet fans at Soap's Good Time Laundromat, 311 W. Franklin St., 11:30 a.m. to 12:30 p.m. Sunday.

Lau, 31, plays the 22-year-old Greg Nelson on "All My Children." He was cast as Nelson after an ABC executive spotted him in a late-night rerun of the

movie, "The Best Little Girl in the World."

"Before 'All My Children,' I was always in a race for survival," Lau said. "Now I don't have to worry about paying the rent, affording classes and running to auditions while desperate for a job."

## Musical variety TV pilot to air tonight

The musical variety TV pilot for "Bo Thorpe's Campus Caravan of Music" will begin at 8 p.m. in Memorial Hall.

Admission is free, and tickets are available at the information desk in the Student Union.



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