

Flavors of the World: Soy sauce

Presented 12/18/2018 by Dusty Krikau

Shoyu Tamago (Soy Sauce Eggs)

Easy and healthy hard-boiled eggs steeped in a soy sauce mixture.

Ingredients

- 6 hard-boiled eggs
- 2 cups water
- 2 Tablespoons Japanese soy sauce or tamari
- 1 Tablespoon dark soy sauce (see note)
- 1 teaspoon sugar

Directions

1. Make the hard-boiled eggs by boiling the eggs in hot water for 10 minutes. Crack and peel the shell off the eggs. Set aside.
2. In a small pot, bring 2 cups of water to a boil. Add the soy sauce, dark soy sauce and sugar. Transfer the hard-boiled eggs into the soy sauce mixture. Turn off the heat and let the eggs steep in the mixture for an hour before serving.



Note: Dark soy sauce is used sparingly in Asian cooking, mostly as a coloring agent due to its dark color. It is salty in taste and gives stir-fries a nice and beautiful dark brown color. It's often used as a marinade.

Source: rasamalaysia.com

Soy Sauce Butter Popcorn

Ingredients

- 1/3 cup popcorn kernels
- 2 Tablespoons butter
- 2 Tablespoons coconut oil
- 1 Tablespoon soy sauce
- 1 teaspoon garlic salt (optional)
- 1 teaspoon Sriracha (optional)
- 3 Tablespoons freshly grated Parmesan cheese (optional)
- Toasted sesame seeds (optional)

Directions

1. Pop the popcorn your favorite way. (Suggested method: Heat a large, heavy-bottomed saucepan with a lid over medium-high heat and add 3 kernels. Once the test kernels pop, add the rest of the kernels, reduce the heat to medium and shake constantly until the kernels all pop or until there are a few seconds between each pop.)
2. Melt together the butter and coconut oil, then whisk in the soy sauce. Whisk in any optional ingredients (Sriracha, garlic salt, Parmesan cheese or a few Tablespoons toasted sesame seeds).
3. Pour the soy sauce butter over the popcorn, and toss to coat.

Source: Food52.com

Soy-Roasted Chickpeas

These make a great snack on their own, or toss them in a salad or an Asian noodle bowl.

Ingredients

- 1 15.5-ounce can chickpeas, rinsed
- 2 Tablespoons soy sauce
- 2 teaspoons canola oil
- 2 teaspoons toasted sesame seeds

Directions

1. Heat oven to 450° F.
2. Toss the chickpeas, soy sauce and oil on a rimmed baking sheet.
3. Roast, tossing once, until deep brown and starting to get crispy, 14 to 15 minutes. Toss with the sesame seeds and serve.

Source: Real Simple

