

LECTURE & TASTING

THE POWER OF MISO

THURSDAY, FEBRUARY 21 AT 6:30 PM



Miso, the main ingredient of miso soup, is a traditional Japanese seasoning produced by fermenting rice, barley and/or soybeans with salt. High in protein and rich in vitamins and minerals, miso plays an important nutritional role in Japan. Widely used in both traditional and modern Japanese cooking, it has been gaining interest worldwide. In this event, we welcome **Dr. Lawrence Kushi**, internationally recognized for his expertise in nutritional epidemiology and his research on the role of diet and nutrition in the cause of cancers, to discuss the health benefits of miso. **Edwin Bellanco**, Owner Chef of **VITAE** restaurant, will demonstrate new and innovative usages of miso. Audience members will receive a free sample and recipes to try at home. *Followed by a tasting reception.*

TICKETS \$12/\$8 Japan Society member, seniors & students. Ticket price includes post-event tasting reception.

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Additional support is provided by Chris A. Wachenheim and the Sandy Heck Lecture Fund.

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Members may purchase up to two tickets at members' price per event, unless otherwise noted.
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