



Lecture & Demonstration

UNCOVERING THE MYTHOLOGY OF MISO (SOY BEAN PASTE)

THE PINNACLE OF HEALTHY FOOD



Miso (soy bean paste) has its origins in China as far back as the 4th century, BC, and with its abundant health benefits derived from soy beans and fermentation, had quickly spread to the entire East Asia to become a staple food for the people in the region. One amazing thing about Miso is its variety – each country in East Asia, or sometimes each prefecture in the same country, has its own Miso with unique taste.

In this program, two renowned chefs from East Asia (Japan & Korea) will introduce the history and health benefits of Miso, along with culinary suggestions of how to incorporate this healthy product in your daily cooking. Toward the end of the program, the audience will have a chance to try out selection of Miso from Japan and Korea and enjoy the difference in taste. Don't miss(o) it!

The program is presented in collaboration with the Korea Foundation, Los Angeles.

DATE & TIME:

Thursday, March 9 @7pm

*Miso tasting after the lecture. Light refreshments will be served.

VENUE:

The Japan Foundation, Los Angeles
(5700 Wilshire Blvd., #100 Los Angeles, CA 90036)

Street parking is available near JFLA. [Click here for parking info.](#)

ADMISSION:

FREE

Reservation Required

Guest Chefs:



Yoko Issasi is the founder of Foodstory, a company that's committed to presenting educational and entertaining experiences for food lovers, home cooks, and travelers through the Japanese culinary arts. Her first production, "Traveling with Sushi" class, offered participants the chance to sample different types of sushi tastings while learning about Sushi's thousand year history. This production ignited her profound interest in food history and regional food varieties throughout the Japanese islands, which eventually led her to opportunities to serve as a guest lecturer and panelist including at the "American Sushi History" event held at The National American Museum in Washington DC.

She started teaching Japanese home cooking workshops in Los Angeles in 2012 and she has taught over 100 people every month. For the past few years, her passion for Japanese food has also been channeled into creating and curating seasonal culinary tours in Japan. She is currently developing 12 regional and season-based culinary tours throughout the different areas of Japan.

Ri-Hye Park is a trained chef who grew up in Japan, and she is a 3rd generation Korean-Japanese. She has 5 years at the Culinary Institute of America in New York and is proficient in classic French and Italian techniques.



Ms. Park completed her internship at a Michelin-starred restaurant Pierre Orsi in France and at Alice Waters' renowned Chez Panisse in Berkeley. She has also taught at a culinary school in Japan and hosted a cooking show in Korea. She published *Ri-Hye's Kitchen*, a cook book with 160 recipes introducing healthy dishes that she often made for her husband.

She married Chan Ho Park, the first South Korean-born player in major league history (LA Dodgers, NY Yankees and etc) in 2005 and now has three daughters.

This program is co-presented by



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