

RECIPE

FOR: "Shiso" Juice
SERVING: PITCHER
FROM: THE NAKATO KITCHEN by
EXECUTIVE CHEF YOSHIFUSA KINJO



ingredients

10 cups of water

3/4 - 1 lbs of "Shiso"

"Shiso" leaves can be purchased at the Buford Hwy Farmer's Market 5600 Buford Hwy NE, Atlanta, GA 30340. It is sold as "TIA TO" which is "Shiso" leaves in Vietnamese. It is located in the produce section over along the right side of the refrigerated area when you walk in.

2 cups of brown sugar or more depending on preference

2/3 cups of lemon juice, citrus vinegar, apple cider vinegar, or rice vinegar
rice vinegar can be found on aisle 24 at the Buford Hwy Farmer's Market
this recipe from Nakato uses "Citrus Seasoning" by Mizkan which is a citrus based vinegar

directions

In a big bowl, rinse and clean the "shiso" leaves.

In a large sauce pan or stockpot boil 10 cups of water.

Add the cleaned "shiso" leaves and put on medium heat.

Boil the "shiso" leaves for about 15-20 minutes. The "shiso" leaves will become brighter green, and the water will turn light brown.

Use a colander and transfer the liquid into a large bowl or sauce pan.

Add the brown sugar and stir until dissolved.

Add lemon juice or vinegar. The liquid will become beautiful bright red.

Chill and serve over ice and diluting with 1/4 with water or soda.

For adults, you can split the beverage with vodka or gin to enjoy as well.

The "shiso" plant and leaves have an abundance of antioxidants and omega 3, 6, and 9. And by pairing it with vinegar, which has a lot of health perks as well, the "shiso" juice becomes a very healthy drink to enjoy, especially in the summer months.

Where to find ingredients.



Buford Highway Farmers Market
5600 Buford Hwy NE, Atlanta, GA 30340

directions

Coming from the South on I-85

Take I-285 North. Get off when you see the first Exit, which is Buford Hwy and Doraville, and make a right, then you'll see our signage on your left (entrance at the PepBoys or off Longmire Way).

"Shiso" Leaves are sold as TIA TO at Buford Highway Farmers Market for \$5.99 per pound. The packs are sold as 1/4 lbs

