KOREAN CUISINE

Misutgaru

Roasted Grain Powder | 미숫가루



A traditional, deeply nutty, and refreshing Korean beverage made from *misutgaru*, a finely milled powder of steamed, dried, and roasted grains (such as brown rice, barley, soybeans, and Job's tears). Simply shaken with cold water, ice, and a touch of sugar, it creates an incredibly creamy, savory, and sweet drink. Highly nutritious and incredibly filling, it is a beloved summertime thirst-quencher and a quick, sustaining meal replacement for busy mornings.

⏱️ **Total: 2 mins | Prep: 2 mins | Cook: 0 mins | 🍳 Very Easy | 🌾 Nutty, Creamy & Sweet | 🥤 Nutritious Meal Replacement**

Ingredients (1 serving)

- **Main Ingredients:** 3–4 tbsp roasted multi-grain powder (*misutgaru*), 1 cup (200ml) cold water, 1/2 cup ice cubes
- **Sweetener:** 1–2 tbsp sugar or honey (adjust to taste)

💡 **Substitutes & Notes**

- **Cold water ➔** Milk, soy milk, or oat milk for a much creamier, smoothie-like texture.
- **Honey ➔** Agave nectar, maple syrup, or regular sugar for a fully vegan option.

Allergy Information

- **Contains:** Soy (Soybeans), Wheat (if the grain mix includes barley)
- **Warning:** If using honey, do not serve to infants under 1 year old due to the risk of botulism. *(Fully Vegan & Vegetarian-friendly if using sugar/syrup and water/plant-based milk)*

Equipment

- Shaker bottle or Tumbler with a tight lid, Serving glass, Spoon

Cooking Instructions

1. **Prepping the Shaker:** In a shaker bottle or a tumbler, pour in the cold water (or milk) *first*. Add the *misutgaru* powder and sugar (or honey) on top. (Pouring the liquid before the powder prevents the grains from stubbornly sticking to the bottom edges.)
2. **Shaking:** Close the lid tightly and shake vigorously for 15–20 seconds until the powder is completely dissolved and a smooth, slightly frothy texture is achieved.
3. **Finishing & Serving:** Fill a serving glass with ice cubes, pour the freshly

shaken *misutgaru* over the ice, and enjoy immediately while icy cold.

💡 Cooking & Pairing Tips / Health Benefits

- **The Milk Upgrade:** While traditionally mixed with cold water for a crisp and refreshing taste, swapping water for dairy milk, soy milk, or oat milk elevates the drink to a thick, milkshake-like consistency with enhanced creaminess and protein.
- **The Shaker Trick:** *Misutgaru* tends to clump easily in cold liquids if just stirred with a spoon. Using a shaker bottle is the absolute best and easiest way to achieve a perfectly smooth drink without any powdery lumps.
- **A Liquid Breakfast:** Packed with complex carbohydrates and plant-based proteins from various roasted grains, a glass of this is a highly effective, sustained-energy meal replacement.
- **Proper Storage:** Because it contains natural oils from the roasted grains, *misutgaru* powder can go rancid if left at room temperature for too long. Always store it in an airtight container in the freezer or refrigerator to maintain its fresh, nutty flavor.

Nutrition Facts (Estimated)

Total Content : Approx. 250ml (1 serving, mixed with water & 1 tbsp sugar)
Calories : 160 kcal
– Sodium : 5mg
– Total Carbohydrate : 33.0g
– Sugar : 12.0g
– Total Fat : 1.5g
– Saturated Fat : 0.0g
– Cholesterol : 0.0mg
– Protein : 4.0g
– Calcium : 20.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values
**Nutritional values are calculated based on the original ingredients, not substitutes

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The Symphony of the Roasted Harvest: The Ancient Mastery of Korea's Multi-Grain Elixir

Misutgaru (Roasted Grain Powder) is the brilliant culmination of Korean whole-grain gastronomy, bringing together the honest bounty of the soil—non-glutinous and glutinous rice, brown rice, barley, soybeans, and Job's tears—through a patient sequence of steaming, drying, and intense roasting. Taming the raw, grassy astringency of unpolished grains through steam hydration, followed by high-heat roasting that penetrates the core of each cereal grain, this artisanal technique systematically condenses the nutritional density and profound nuttiness of the harvest into a micro-fine powder.

When vigorously shaken or stirred with ice-cold water and sugar, these roasted particles disperse throughout the liquid, forging a rich, golden, and deeply viscous suspension. The bone-chilling cold of the ice carrying this dense, roasted umami creates a dynamic culinary aesthetic—transcending a simple beverage to deliver the immediate, hearty satisfaction of a complete meal without the need for chewing.

True gastronomy does not rely on artificial flavor enhancers; it flourishes in the primal nuttiness released when complex carbohydrates and plant proteins meet the transformative power of dry heat. Gulping down a frosty bowl of Misutgaru amidst the sweltering heat of summer is an invigorating ritual—instantly slaking thirst while replenishing the body with sustained energy and comforting, rustic vitality.

Editor's Review

1. A Sensual Resonance of Icy Refreshment, Deep Pyrolytic Nuttiness, and Silky Micro-Grain Suspension

The moment the ice-chilled grain shake floods the palate, an intense wave of roasted soybeans and toasted barley commands the senses, cutting effortlessly through the frosty temperature. As the drink coats the mouth, the micro-fine cereal particles impart a delicately textured yet smooth mouthfeel. Complemented by the round, direct sweetness of sugar, this velvety viscosity mimics the comforting fullness of a solid meal, orchestrating an endlessly refreshing and multi-layered sensory pleasure.

2. Starch Gelatinization, Thermal Dextrinization, and Colloidal Dispersion Thermodynamics

Misutgaru represents an exacting study in cereal biochemistry and phase transitions. The initial steaming stage systematically pre-gelatinizes the insoluble beta-starches into easily digestible alpha-starches, which are rapidly dehydrated to prevent retrogradation. Subsequent dry-heat roasting triggers thermal dextrinization, breaking down complex polysaccharides into soluble dextrins while inducing Maillard reactions that release volatile alkylpyrazines responsible for its signature nutty aroma. Suspended in cold water, these fine particles create a stable colloidal dispersion, ensuring a smooth, full-bodied emulsion that resists rapid phase separation.

3. The Cool Solace of a Summer Veranda and the Timeless Comfort of Generational Memory

Served from a sweating tin pitcher on a hot summer afternoon, a large bowl of

iced Misutgaru stirred with a long spoon serves as an enduring emotional sanctuary in Korean cultural memory. For modern individuals navigating hectic daily routines, a single glass of this roasted elixir does far more than satisfy physical hunger; it reawakens the nostalgic warmth of maternal care, granting an authentic refuge of peace, wholesome nourishment, and grounded solace.



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