



MISO SOUP

Miso Soup

As the daily elixir of the Japanese diet, homemade miso soup is not only delicious, it also brings many great health benefits. Dashi is an incredibly simple broth, and it forms one of the culinary cornerstones of Japanese cooking. It's made in about 10 minutes with just three ingredients, but you can also use store bought dashi broth.

Ready in: 15 minutes

Servings: 2

Ingredients

Dashi broth:

5 deciliter water

5 centimeter piece kombu

1.2 deciliter loosely packed dried bonito flakes (katsuobushi)

Miso soup:

5 deciliter dashi broth

2-3 tbsp. miso

1 green onion/scallion, finely chopped

1 deciliter firm tofu, chopped in small cubes

1 deciliter chopped green chard or other sturdy greens

1. For the broth: Clean the kombu with a damp towel. Wipe off any unclean particles. Never wash kombu and do not remove the white substance, which is umami. Combine the water and kombu in a saucepan and set over medium heat.

2. Remove the kombu from the water just before it comes to a full boil. Boiling the kombu can make the broth bitter and a bit slimy.

3. Add the bonito flakes, and let the water come to a rapid simmer. Continue simmering for about 1 minute.

4. Remove the pan from heat and let the bonito steep in the broth for an additional 5 minutes.

5. Strain the bonito flakes from the both. Add additional water, pouring through the strained bonito, if needed to make 5 deciliters.

6. To assemble the soup, bring the dashi to a boil. Keep the soup at a simmer and make sure it stays warm but not overboiling at any time.

7. Add a small amount of miso at a time, you can start with 2 tbsp. miso for 2 cups dashi. Put the miso inside a ladle and slowly add dashi into the ladle to dissolve the miso completely.

8. Add tofu after the miso is completely dissolved.

9. Add the ingredients that do not require cooking such as chopped green onions, mitsuba, yuzu,

green chard or spinach right before serving to keep the fresh fragrance and color.

Enjoy!