

## *Miso Soup*



### **Ingredients, Dashi:**

- 1.5 liter water (about 6.34 cups water)
- 15 g kombu dried Seaweed
- 20 g katsuobushi (about 2 loose cups), Japanese Bonito Flakes

### **Ingredients, miso soup:**

- 500 ml Dashi stock
- 2 tbsp (50g) miso paste
- 100 g tofu
- 2 tsp of wakame (Dried Seaweed),
- 2 tsp green onions, finely chopped

### **Method for the Kombu:**

1. Clean the kombu with a damp cloth.
2. Place it in a pot of water and soak it for at least three hours (better overnight) to extract its flavor.
3. After soaking, bring the water temperature up to nearly boil, and remove the kombu immediately.
4. Heat the dashi to barely below boiling point. Add the katsuobushi.
5. Let the katsuobushi steep for 5 minutes at the sub-boiling point.
6. Strain through a cheesecloth or kitchen tissue to remove all the katsuobushi.

### **Method for the miso soup:**

1. Measure 500ml (2 cups) of dashi. Bring it to a boil.
2. Turn off the heat.
3. Put the miso paste in the miso strainer, lower the strainer into the dashi, and gently stir until it dissolves.
4. Sprinkle some wakame in cold water to let it re-hydrate for five to ten minutes until it expands.
5. Pass through a strainer and gently squeeze the wakame to remove the excess water.
6. Add the wakame to the dashi.
7. Add the tofu cube to the dashi.
8. Sprinkle some cut scallion into the miso soup right before serving.