

Miso Soup (Ellen)

Source: Ellen (Sumire) Iida

Recipe for Miso Soup

1. Dashi (The Stock)

- Get a big pot of water, and put in a piece of Kombu (Kelp, *Laminaria* spp.) Bring to a boil. Remove kelp.
- If you have Katsuobushi (dried bonito shavings) put it in now. Bring to boil again, then remove with a sieve.
- If you can't find katsuobushi or are making vegetarian miso soup, you can use dried shiitake mushrooms - put it in with the Kombu.
- Gu (The Vegetables)
Choose from few listed, or whatever you have on hand!
- root vegetables: you can put them in as soon as dashi is done, or with dashi if you are just using Kombu & shiitake. (it is harder to sieve out katsuobushi with gu in)

ex. daikon or other radish, gobō (burdock root), carrots(?)

- Other vegetables: put in as soon as roots start to cook, or right after dashi

ex. onions, snap peas, leeks, cabbage, eggplants (←really tasty) etc.

- Quick cook vegetables: put in right before miso, or even after.

ex. mushrooms, tofu, wakame (*Undaria pinnatifida*), leaf veg. such as spinach, chives.

3. Miso

- Put a chunk of miso in a ladle, and using the soup water, dissolve the miso in the ladle, using chopsticks. Try not to drop the miso directly in the soup if you do not want miso chunks floating in your soup.
- Do not overcook after adding miso. simmer if needed but to dot boil
- Enjoy! Don't forget to say "*Itadakimas!*" to the vegetables and minerals and the people who made the food 😊

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