Soups / Japan

Miso soup



A soup of dashi and miso that takes ten minutes. Miso must never boil: boiling takes out both the aroma and the point of it.

Time 20 min **Servings** 4

What you'll need.

- ☐ 800 ml Water
- ☐ 15 g Bonito flakes
- ☐ 200 g Tofu — cubed
- ☐ 2 piece Spring onion
- ☐ 10 g Kombu — wiped, not washed
- ☐ 4 tbsp Miso paste
- ☐ 1 tbsp Dried wakame

Let's make it.

01 Cover the kombu with cold water and set it over low heat. Bring it to the edge of a boil over about ten minutes and lift the seaweed out before bubbles appear.

02 Bring the water to the boil, add the bonito flakes, take it off the heat at once and let it stand for two minutes until the flakes sink.

03 Strain the stock through a sieve without pressing the flakes — pressed flakes turn it bitter.

04 Soak the wakame in cold water for five minutes; it swells several times over.

05 Warm the dashi, add the tofu and the wakame and hold it at a low heat for a couple of minutes.

06 Whisk the miso smooth in a ladle of the hot stock, stir it back in and take the pan off the heat immediately. Scatter over the spring onion.

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