

Miso Soup

5 cWater
1 pieceKombu
2 cBonito Flakes
¼ cMiso Paste

1. Cut kombu into 1" pieces and place in a pot with water.
2. Bring to a boil, reduce heat and simmer until kombu is soft.
3. Add bonito flakes pushing them into the water with a spoon.
4. After 3 minutes strain through a strainer with cheesecloth.
5. Return liquid to low heat and add the miso.
6. Simmer until miso dissolves.
7. Strain through a strainer removing larger chunks.



Garnish with small cubes of silken tofu and some chopped green onions for a basic miso soup. You can add seaweed, vegetables or chunks of meat/seafood to make the soup hardier. I found the miso paste at Whole Foods and the bonito flakes and kombu at the Vitamin Cottage.

Miso soup is an accompaniment to most Japanese meals and found in almost any sushi restaurant. Miso is a fermented product made from rice, barley, or soybeans. It comes in white, golden and red. The white is milder with a sweeter flavor and the red's flavor is more intense with a sour flavor. White miso is fermented for the least amount of time.

Be creative, have fun and enjoy!!!