

EPICUREAN ESSENTIALS

Dashi - Japanese Fish Stock

- 2 quarts water
- 5 - 6" pieces kombu
- 1 c bonito flakes, tightly packed

In a large pot, bring water and kombu almost to a boil over medium-high heat. Just before the water reaches a boil. Remove the pot from the heat source and add the fish flakes and allow them to sit in the water for about 3 minutes. Promptly strain out the fish flakes and kombu by passing through a colander lined with several layers of cheese cloth.

This may be refrigerated for up to four days.

Note: This stock is a staple in the Japanese kitchen and is used as the basis for many soups and sauces.