

EPICUREAN ESSENTIALS

Miso Soup

- 2 cups dashi (or water or kelp stock)
- 3 1/2 tablespoons shiro (white) miso
- Optional garnish:
 - cubed tofu
 - sliced scallion
 - instant wakame (sea vegetable)

If using wakame, soak in cold water for 2 minutes, drain and set aside.

Bring dashi to a boil in a small saucepan. Reduce heat to medium and stir in miso until it dissolves. Do not allow the miso to boil.

If using, add tofu and allow to cook for 30-60 seconds until tofu is heated through. Add the wakame, ladle into bowls, top with scallions and serve.

Notes:

Though little work and well worth the results in terms of flavor, if you wish to avoid making your own dashi from scratch, granulated instant Japanese fish stock or hon dashi may be substituted. This instant stock can be found in Japanese and Asian grocery stores. Follow package directions for hon dashi to water ratios.

The stock and miso ratios given are only guidelines. If you like a stronger miso flavor, add more miso. If you like a more subtle flavor, use less. Soon you will be making miso soup without the guidelines of a written recipe.