

Miso Soup

Serves 4

8 cups water
4 inch x 4 inch piece kombu
(Japanese dried kelp)
1/2 cup flaked bonito
(katsuo-bushi)
2 teaspoons shoyu
(low sodium soy sauce)
1/2 cup light miso paste
7 1/2 cups dashi
8 ounces firm tofu
4 green onions

Step 1 - Dashi (soup base)

To a large saucepan add the water and kombu. Bring to a boil. Remove from heat. Add bonito. Steep for 3 minutes. Strain.

Step 2 - Soup preparation

Cut the tofu into 1/4 inch pieces. Heat the miso paste and dashi together in a pot very gently. Stir constantly. Do not boil. Add the tofu. After one minute remove from heat. Garnish by snipping green onions over soup.

Poached shrimp would make a nice addition to this soup.

Ingredients are available at [AsianFoodGrocer](#), your local [Whole Foods](#) or Asian Grocery Store.