

# MISO SOUP

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Miso soup is a traditional Japanese soup consisting of a dashi stock into which softened miso paste is mixed. In addition, there are many optional ingredients that may be added depending on regional and seasonal recipes.

Miso is rich in essential minerals and a good source of various B vitamins, vitamins E, K and folic acid. As a fermented food, miso provides the gut with beneficial bacteria that help us to stay healthy, vibrant and happy; good gut health is known to be linked to our overall mental and physical wellness.

 **Makes 6 servings**    **Total Time: 35min**    **Prep: 5min**

## Ingredients

- 1.5litres of water
- 1 large piece **kombu** (about 4")
- 20g dried shiitake mushrooms
- 2 tablespoons **white miso**
- 120g **silken tofu**, cut into small cubes
- 4 spring onions for garnish (sliced)
- 120g enoki mushrooms (optional)

## Method

- **Make dashi:** In a large pot over medium heat, bring water and kombu to a simmer. Remove kombu as soon as the water starts to simmer. Stir in the dried shiitake mushrooms and bring to boil, let boil for 5 minutes.
- Turn off heat and let the mushrooms steep for 15 minutes then strain then out.
- Return the dashi to the stove and bring to a simmer over medium heat. Whisk in miso until dissolved then add mushrooms, tofu and simmer again for 2 minutes. Do not boil.
- Garnish with spring onions and serve

## Equipment needed:

Chopping board, knife, large saucepan, wooden spoon