

SERVES 4

Miso Shiru (Miso Soup)

-INGREDIENTS-

- *900ml Water
- *10cm x 10cm Kombu
- *32g Miso
- *1/2 Onion, sliced
- *200g Silk Tofu
- *1/2 Green onion, finely chopped



-METHOD-

1. Put the kombu and water in a saucepan and leave it for at least an hour. Then add the sliced onion and start heating on a medium heat. Take out the kombu just before the water starts to simmer, otherwise the kombu starts to release bitterness.
2. Simmer the onion until tender, then turn off the heat. Put the miso in a ladle and slowly dissolve it into the dashi, combining both in the ladle using chopsticks.
3. Dice the tofu into 1cm cubes and add them in the soup. Turn the heat back on and heat the tofu on a low heat. Do not boil miso soup as the flavour of the miso will be lost and it becomes salty.
4. Pour the soup in a soup bowl and garnish with the chopped green onion.

<Cooking tools>

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|-----------------|------------------------------|
| 1 cooking knife | 1 ladle |
| 1 cutting board | A pair of cooking chopsticks |
| 1 sauce pan | |