

MISO SOUP (COUNTRY STYLE OR TRADITIONAL)

Traditional Style See Below

6-8 servings

INGREDIENTS

- 1 Katsuo/Dried Bonito Pouch
- 2-3 Pieces Kombu/Dried Kelp
- 2 Slightly Heaping Tbs. of Red Miso
- 2 Slightly Heaping Tbs. of Yellow Miso
- 2 Medium Russet Potatoes (~2 Cups cubed)
- 1 Yellow Onion
- 1/8 Cup Wakame or Cut Seaweed
- 5 Cups Water

DIRECTIONS

Making the Dashi (Soup Stock)

Add 5 cups of water to your 3 quart pot. Then, add katsuo pouch and 2 pieces of kombu (OR make according to preferences with kombu only, fish only, powder dashi etc.). Bring pot to a boil and immediately drop to a simmer. Cover pot, leaving lid slightly ajar.

Prepare the Potatoes and Yellow Onion (For Tofu and Green Onions See Below)

Peel the yellow onion and Russet potatoes. If using red potatoes, no need to peel!

Very thinly slice the yellow onion. Just a few slices are needed, but add to your tastes. Cut the potato into 1/2 inch cubes.

Back to the Dashi (Soup Stock)

Now the dashi should be done after simmering for about 15 minutes. Remove and dispose of the kombu and the pouch using chopsticks or

tongs. Add back water to around the starting level, if water level has dropped.

Measure two heaping tablespoons of both red and white miso. With each tablespoon, take your chopsticks to break apart the miso as it enters the stock.

Add in ~2 cups of potato (or 1/2 block of cubed tofu). Add about 1/8 cup of wakame. Add the onions (or chopped green onions) and start up the stove to bring the soup to a boil. Boil for between 30-60 seconds and then turn off the stove, cover and leave on the burner. The potatoes will be cooked after 30 minutes and your soup is ready! (If using tofu, your soup is ready immediately!)

FOR TRADITIONAL STYLE MISO SOUP

Use Tofu and Green Onions Instead of Potato and Yellow Onions

Rinse the top of the tofu container and slice open to drain out the water. Remove block and place on the cutting board. Cut the block in half. Take half a block of tofu and cut lengthwise into 4 slices. Lay those down two at a time and cut into 3 long strips again working lengthwise. Now turn the strips and cut into half. Those halves will be cut into 3. Now you have cubes. Repeat with the other remaining 2 slices. (Add tofu when instructions call for potatoes.)

Chop 2-3 stems of green onions. (Add green onions when instructions call for the yellow onions.)