Miso Soup

(Yields: 2 bowls)

Ingredients:

* 3oz block of firm silken tofu
* 500ml dashi
* 25ml dark or red miso
* 7ml light or white miso
* 1 scallion, thinly sliced

Directions:

1. Wrap the tofu in 2 layers of paper towel and lay on a plate. Invert a second plate on top and weigh down. Let sit for 10 minutes.
2. Heat the dashi in a saucepan over medium high heat.
3. Once it is simmering, remove 1 cup of the dashi into a measuring cup and add miso. Whisk until smooth.
4. Bring remaining dashi to a simmer, about 10 minutes. Add the miso mixture and whisk to combine. Return to a simmer but do not bring to a boil.
5. Add the tofu and scallions. Cook for another minute until heated through.
6. Remove from heat, ladle into bowls and serve immediately.



Dashi Recipe

(makes enough for miso soup recipe above)

Ingredients:

* ½ of 1 (4 inch) square piece of kombu
* 700ml water
* 125ml bonito flakes or katsuobushi

Directions:

1. Put the kombu into a saucepan and cover with the water.
2. Soak for 15-30 minutes.
3. Set the saucepan to medium heat until bubbles start to form around the sides. (about 9-10 minutes)
4. Remove the kombu from the pan. Increase the heat to high and bring to a boil. (5-6 minutes)
5. Reduce the heat to low and add the bonito flakes. Simmer gently for 10 minutes, stirring frequently.
6. Strain the liquid through cheesecloth lined strainer.
7. Store in an airtight container in the refrigerator. Use within 1 week or freeze for up to a month.