

Dashi, miso shiru and udon broth

Dashi

1 ¼ quart water
1 4 in square kombu
About 1 C. bonito flakes

Put kombu in a large saucepan, cover with the water and soak for 30 minutes.

Heat water with kombu over medium heat until small bubbles appear around the sides of the pan, 9-10 min. remove kombu and discard. Increase heat to high and bring to a boil. Reduce heat to low and add the bonito flakes. Simmer gently, stirring frequently, for 10 minutes. Strain the liquid through a fine mesh strainer lined with several layers of cheesecloth. Discard flakes. Store in an airtight container in fridge. Use within 1 week or freeze for up to a month.

Miso shiru

Tofu, cut into small cubes
1 quart dashi
3 T. dark or red miso
1 T. light or white miso
2 green onions, thinly sliced

Heat dashi in a large saucepan over medium-high heat. When the dashi reaches 100 deg on an instant-read thermometer, ladle 1 cup into a small bowl. Add the miso and whisk until smooth. Bring the remaining dashi to a bare simmer, approximately 10 min. add the miso mixture and whisk to combine. Return to a slight simmer, being careful not to boil the mixture. Add the tofu and green onion and cook for another minute or until heated through. Serve immediately.

Udon broth

2 cups dashi
¼ C. shoyu
1 T. sugar
¼ tsp. salt
2 T. mirin or sake

Bring to a boil. Serve hot or cold.

