

Miso Shiru

3 cups homemade dashi.
3 Tbsp. miso (I use awase/mixed miso)
6 oz silken tofu or soft tofu
2 tsp. dried ready-to-use wakame (seaweed)
1 green onion/scallion

Put 1 Tbsp. of miso in a ladle (or strainer) and blend it with dashi until it is thoroughly mixed. Continue this process until miso is all used. Usually for each cup of dashi, you will need about 1 Tbsp. of miso. If you add tofu in your miso soup, tofu dilutes the soup a little bit so you might want to add ½ Tbsp. more miso.

Cut tofu into 1/2" cubes and add to the soup. Stir gently without breaking the tofu.

Soak dried wakame in water to rehydrate for 10 minutes and drain well.

Finely slice the green onion and put the wakame and green onion in each bowl.

Return the miso soup to a slight simmer until heated through and pour into the bowls. Be careful not to boil the miso soup because miso will lose flavor.