

Dashi – niboshi (sardines)

40 g niboshi (dried sardines) – about $\frac{3}{4}$ cup or 1 cup very loosely packed
5 cm square konbu
1 liter water (4 cups)

Remove heads and innards of niboshi and split in half.

Stir fry in a pan for 3-4 minutes

Pour 1 liter of water into a pot, then add konbu and niboshi, then heat.
When it comes to a simmer, skim off any foam and simmer 4-5 min. strain
the stock through a paper towel.