

Miso Soup Recipe

Ingredients:

1 1/2 teaspoons dried wakame pieces
200 g silken firm tofu, cut into 1.5 cm cubes
1 scallion, thinly sliced
875 ml dashi I or konbu dashi II
100 g red or white miso, or a mixture of both

Method:

Soak the wakame in cold water for 5 minutes, or until rehydrated and glossy but not mushy. Drain well, then divide among four small Japanese soup bowls or Chinese rice bowls. Divide the tofu and the scallion among the bowls. Pour the dashi into a saucepan and bring to the boil. Combine the miso with 250 ml of the dashi stock in a bowl. Whisk until smooth. Return the miso mixture to the saucepan and stir until combined - be careful not to boil the broth as this will diminish the flavor of the miso. Ladle into the bowls until they are two-thirds full. Serve immediately. Sip the miso soup from the bowl - rest the bowl in your left hand and tilt to your lips with your right. You can use chopsticks to eat the solid ingredients.

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