

Basic Miso Soup

Purchase good quality fermented miso. For everyday use, purchase barley miso (mugi miso). For a variation you may also use soybean miso (hatcho miso) or brown rice miso (genmai miso).

1. Soak wakame seaweed (2 ½ cm x 2 ½ cm per person) in cold water for approximately 5 minutes and cut into small pieces.
2. Add the soaked wakame to 1 cup per person of fresh cold water and bring to boil. Meanwhile cut some vegetables (carrots, daikon, turnip, and buttercup squash) into small pieces (or vegetable of your choice).
3. Add the vegetables to the boiling broth and boil together for 3 to 5 minutes until vegetables are soft and edible. Lower flame and simmer.
4. Dilute miso (1/2 to 1 level tsp per cup of water boiling) in a little water, then add to soup and simmer for 3-4 minutes on low flame. Please NOTE that it is important NOT TO BRING SOUP TO BOIL AFTER MISO IS ADDED.
5. Also OK to add some chopped leafy greens to soup at same time as miso, as they cook within 3 minutes.

Vary the vegetables daily and it is also ok to occasionally add left over grains to soup or udon noodles.

All ingredients are recommended to be organic.

Bonne Appetite!