



**Sample Recipe:**  
Miso Soup with Tofu and  
Wakame Kelp

Authentic Japanese  
recipes you can really  
understand, using  
ingredients you can  
actually find.

The soup enjoyed in sushi restaurants around the world, miso soup with tofu and *wakame* kelp is the standard. In Japan, however, miso soup changes with the seasons, varying the featured additions depending on what is fresh and available. The only necessary staples of this recipe are the *dashi* stock and *miso* paste, leaving you to take creative license and add other ingredients to your heart's (and your stomach's) content.

#### Ingredients (per serving):

- 1 cup water
- ½ tsp *dashi* powder (use *kombu dashi* powder for vegans)
- Small cubes of soft or medium-firm *tofu*
- 1 Tbsp *miso* paste
- ¼ - ½ tsp dried cut *wakame* kelp
- Chopped green onions to garnish

#### Method:

1. **Boil the *dashi*.** Measure out one bowl's worth of water per person into a pot and bring to a boil. Add a scant ½ tsp of *dashi* powder.
2. **Add *tofu*.** Delicately place cubes of *tofu* into boiling *dashi*. Continue boiling 1 – 2 minutes or until *tofu* is heated through.
3. **Add the *miso* paste.** Measure out the *miso* paste into a small bowl, add a couple of tablespoons of the hot *dashi*, and stir vigorously until smooth. Add hot water and repeat until the *miso* paste is thin and lump-free. Turn off the heat (overboiling *miso* paste makes it lumpy and changes its flavour) and pour the thinned *miso* paste back into the pot of *dashi*.
4. **Serve.** Put a few flakes of dried *wakame* into an empty serving bowl and ladle in the miso soup. The *wakame* will reconstitute within a couple of minutes in the hot soup. Garnish with thinly sliced green onions.

**Tip:** Don't add *wakame* to the pot of soup, as any leftovers will become soft and mushy. Dried *wakame* is best consumed immediately after it's been reconstituted.

### **Miso Soup Variations:**

To vary your miso soup recipe, do one or both of the following:

1. Substitute the tofu with other ingredients like mushrooms, carrots, onions, potatoes, greens or even clams. Add harder vegetables before softer veggies and greens, so they finish cooking at the same time.
2. Use a different type of miso paste. Miso paste is available in colours and flavours ranging from sweet and white to salty and dark red-brown.

Visit [letscooking.ca](http://letscooking.ca) and click on “Japanese Ingredients” for a guide to ingredients like *dashi* powder and *wakame* kelp.