

MISO SOUP

Last Modified: 06/10/2018

PREP: 1 Hr
COOK: 35 Min
STOVETOP

F EASY

SOUP-ASIAN

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Quarts	Kombu Dashi Stock (See Recipe Below)	Divided
1	Cup	Kombu Dashi Stock	Reserved
1	Tbsp	Soy Sauce (Lee Kum Kee)	
1	Tbsp	Sake (Kikkoman)	
1	Tbsp	Rice Wine Vinegar (Marukan)	
1	Tsp	Sriracha Hot Chili Sauce (Huy Fong)	
1	Tsp	Ground Ginger	
4	Tbsp	White Miso Paste (Hikari Organic)	
1	Pound	Extra Firm Tofu (House Foods)	Weighted
2	Cups	Shiitake Mushrooms	1/2" Pieces
1 1/2	Cups	Baby Bok Choy (Washed)	Chopped
1	Cup	Edamame (Immature In-Pod Soybeans)	Frozen
2	Tsp	Olive Oil	
4	Stalks	Green Onions (Whites & Greens)	Divided

KOMBU DASHI STOCK

2	Quarts	Water	
1	4 Oz	Pkg Kombu (Dried Kelp Seaweed)	

PREPARATION

FACTOID	There is an old proverb in Japan: "There is no need for a Doctor if you have Miso". Miso Soup is a traditional Japanese Soup, consisting of a Dashi (Of which there are MANY, MANY, MANY versions) Stock into which softened Miso Paste is dissolved. In addition, there are likely as many optional ingredients as there are Japanese Grandmothers, depending greatly upon regions, personal preferences and seasons.
TOOLS	<ol style="list-style-type: none"> 1) Large Stock Pot & Lid 2) Small Mixing Bowl 3) Small Stainless Steel Skillet 4) 6 - Soup Bowls
PREP	DISH <ol style="list-style-type: none"> 1) Weight the Tofu (See HINTS below) cut it into 1/2" cubes and set it aside. 2) Discard the stems and thinly slice the Shiitake Mushroom Caps, set them aside. 3) Thinly slice the Green Onion Greens and set them aside. 4) Thinly slice the Green Onion Whites and set them aside. 5) Wash and chop the Bok Choy and set it aside. 6) Wash the Edamame Pods, discard any that look questionable.
PREP	DASHI STOCK <ol style="list-style-type: none"> 1) DO NOT remove the white powder on the outside of the Kombu. 2) Cut any large pieces of Kombu into smaller ones and set it aside.

MISO SOUP

HINTS	<p>WEIGHTING TOFU: The essence of pressing Tofu is to apply steady weight to squeeze out the moisture from the block. Be careful, though, not to apply too much weight or the Tofu will be crushed and you will be unable to cut it into slices or blocks.</p> <ol style="list-style-type: none"> 1) Place 3 layers of paper towels on a flat cutting board. 2) Gently place the block of Tofu in the center of the paper towels. 3) Center another layer of 3 paper towels on top of the block of Tofu. 4) Center a SMALL, stiff cutting board on top of the top layer of paper towels. 5) Place a weight onto the center of the cutting board. Your weight should be heavy enough to press down across the top of the Tofu, but not so heavy so as to cause the Tofu block to crumble. A large can of Soup is a perfect weight. 6) Let the Tofu sit for 40 minutes. The weight will squeeze the moisture out of the block of Tofu, where it will be absorbed by the paper towels. <p><u>NOTE:</u> If the paper towels become saturated, carefully replace them with fresh paper towels and continue pressing until the paper towels stop absorbing moisture.</p> <ol style="list-style-type: none"> 7) You can now proceed to cut the Tofu block into strips or cubes.
1	<p>KOMBU DASHI STOCK: In a large stock pot over medium heat, add in the Water and heat until small bubbles appear in the bottom. Lower the heat to low and add in the Kombu. Allow the Kombu to simmer for 15 minutes (do NOT allow it to come to a boil). Strain out the Kombu (You may re-use it a couple of times in the future). Reserve 1 cup of the hot Dashi Stock.</p>
2	<p>SOUP: Add in the Soy Sauce, Sake, Rice Wine Vinegar, Sriracha and Ginger, simmer for 5 minutes more.</p>
3	<p>MISO SAUCE: Meanwhile, in a small mixing bowl, add in the reserved Dashi Stock and stir in the Miso Paste until it is fully dissolved.</p>
4	<p>SOUP: Stir the Miso Sauce into the pot. Stir the Mushrooms, Bok Choy and Edamame. GENTLY stir in the Tofu and continue simmering for another 10 minutes.</p>
5	<p>SOUP: Meanwhile, in a small skillet over medium high heat, add in the Olive Oil and heat until it shimmers. Add in the Green Onion Whites and 1/2 of the Green Onion Greens. Stir-fry until they are crispy, about 5 minutes. Gently stir them into the Soup.</p>
SERVE	<p>Ladle into soup bowls, sprinkle the tops with the remaining Green Onion Greens and serve while hot.</p>

MISO SOUP

