

Miso Soup

Daishi (a common soup stock)

20 sq in or so	Konbu (kelp type sea weed)
5 to 10	Mushrooms, Shitaki, dried
1 or 2 pkgs or	
2 to 4 Tbs	Bonnito (dried fish stock)
2 quarts	Water

Konbu is required, shitake mushrooms and or Bonnito can be used.

[Konbu Daishi - vegetarian]

The Konbu (and Shitake's if used) are soaked in very hot water for 1 to 4 hours. The Konbu and Shitake's are removed. The konbu can be discarded. Shitake's can be sliced and used in the soup, later.

[Hon Daishi]

If Bonnito is to be used, it is added to the Konbu Daishi stock and brought to a simmer. Cool the stock and strain thru cheesecloth to remove insoluble Bonnito flakes.

Soup

Miso soup is quite variable, any number of different vegetables can be used. The following is one I use.

1 pkg	Tofu, firm
1 bunch	chopped Green onions
5 - 10	sliced, hydrated Shitake mushrooms
1/2 Cup	dried Wakame (a type of seaweed)
3 - 4 Tbs	Miso paste (I use yellow miso, but red miso is more strongly flavored and can be used).

Add chopped green onions to two quarts of Daishi base. Bring to a boil, then lower to a simmer. Simmer until onions are done.

Drain the tofu, expressing as much of the excess water as convenient, then chop into half inch cubes. Add tofu, mushroom slices, and Wakame into simmering soup base. Bring back to simmer. Stir occasionally.

Remove approx. half a cup of soup base, and mix with miso in small bowl. Mix until consistent, then add mixture to soup. This step isn't required, but makes mixing the miso easier. Bring soup to simmer.

Cool and eat.