

mushroom miso soup

Makes 6 servings

RECIPE ADAPTED FROM: [Crowded Kitchen](#)

PREP TIME: 10 minutes

INACTIVE TIME: 20 minutes

COOK TIME: 45 minutes

DASHI BROTH

5 2-inch pieces dried Kombu seaweed

1 oz dried shiitake mushrooms

8 cups water

MISO SOUP

dashi broth (from above)

1/3 cup white or yellow miso paste (I used white)

1/4 cup low sodium soy sauce or tamari

1/2 cup thinly sliced green onions, about 2

3 oz maitake mushrooms*

1 head bok choy or 2-3 heads baby bok choy, thinly sliced

1/4-1/2 tsp red pepper flakes

1-2 inches fresh ginger, thinly sliced (optional)

7 oz tofu (silken, medium or firm), diced (I used silken)

black sesame seeds (optional garnish)

NOTES

*Choice of mushrooms: Other varieties of wild mushrooms also work well in this recipe, including enoki, beech or oyster mushrooms.

Storage: Let soup cool completely, then transfer to an airtight container. Store in the refrigerator and use within 4 days.

MAKE dashi broth by adding water, kombu and dried shiitake mushrooms to a large stock pot. Heat to a gentle simmer, then remove from heat, cover and let sit for 30 minutes.

WHILE waiting, prepare soup ingredients – clean and slice green onions, bok choy and ginger, pull apart or chop maitake mushrooms, dice tofu and measure out the seasonings. Set them aside when done, being sure to keep the miso and tofu each separate from the other ingredients.

AFTER 30 minutes, remove the kombu and mushrooms with a slotted spoon, or strain the broth through a fine mesh strainer. Slice the shiitake mushrooms thinly, removing any large stems and reserve them for step 5.

BRING the dashi to a gentle simmer. In a small bowl, whisk together miso paste and 1/2 cup warmed dashi and set aside.

ADD the miso/broth mixture, soy sauce/tamari, green onion, shiitake and maitake mushrooms, bok choy, red pepper flakes and ginger (if using) to dashi and let cook over low heat for 5-10 minutes, until the vegetables soften. For best flavor, do not let soup come to a boil.

REMOVE ginger slices if you used ginger.

ADD tofu and serve. Garnish with sesame seeds, if desired

