

## **Quick Dashi Broth Plus Miso Soup**

This amazing broth can be enjoyed by itself. It makes a remarkable miso soup & can be a great veggie base soup starter adding the protein of your choice. It can be stored in frig for up to 4-5 days.

- 1 Gallon plus 1 quart of good H2O
- 4-5 pieces of Kombu (Kelp)
- 5 pieces Wakame
- ½ cup Bonito Flakes
- 4-6 dried Shitake Mushrooms (optional)
- 1 Scallion, finely sliced at 45degree diagonal

In a large nonreactive stainless steel or enamel pan, over high heat, bring H2O to boil, then add Kombu, Wakame, Bonito flakes & Shitake mushrooms, reduce heat to low & simmer covered for 1-1.5 hours, then turn off heat and let cool. Can serve it fresh right then or when cool, strain and store broth in 4 – 1 quart or 2- 2 quarts containers.

Miso Soup, reheat broth, bring to simmered boiling, turn heat to simmer, whisk in 1-2 Tbsp Yellow Miso, whisk till Miso is dissolved, serve while still hot. Top with diced scallion greens.  
Never boil miso as it destroys natural enzymes.