

Tofu Miso Soup

'Miso' is a traditional Japanese soup that can be eaten for breakfast or lunch but always eaten at least once a day by Japanese people. Made from Dashi (stock) and softened Miso Paste. This Tofu Miso soup is easy to make and tastes fantastic.

The Recipe:

Ingredients...

100g diced Organic Tofu
10g Wakame, soaked and cut into small pieces
570-75g Barley Miso
5 cups of Dashi

Method...

1. Bring Dashi to the boil, add the Tofu and Wakame pieces.
2. Dilute the miso with a little of the dashi, then add to the mixture to the pan.
3. Making sure not to boil remove from the heat and serve.

Serves 2



source : Sanchi.co.uk