

Miso Soup

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Miso soup (味噌汁, misoshiru) is along with suimono (clear soup) one of two traditional Japanese soups. **Miso soup** is made of a dashi stock and softened miso paste. To this base ingredients, there are many optional ingredients that may be added depending on regional and seasonal recipes, as well as personal preference, like tofu, aburaage, shiitake, shells, negi, wakame, daikon and many others.

```
1 Persons: 2
2 Time: 15 min
3 Tools:
4 1x pot
5 1x sieve
6 1x tea spoon
7 Dishes:
8 2x 250-280ml bowl
```

1 Basic Wakame Tofu Miso Soup

1.1 Ingredients

Amount	Ingredient	Zutat	材料	Note
500ml	Water	Wasser	水	Cold or room temperature
5g	Dashi	Dashi	出汁	Instant stock, 2 tea spoons
20g	White miso	weißes Miso	白味噌	2 tea spoons
50g	Tofu	Tofu	豆腐	not too soft
1	Green onion	Frühlingszwiebel	長ねぎ	main part and little leaf part
	Green onion leaves	Schlotten	小ねぎ	little leaf part from the end
2-4g	Dried wakame	Wakame	乾燥若布	2-3 tea spoons dried wakame

1.2 Mise en Place

Mise en Place can be done during cooking.

1. Cut 50g Tofu into cubes
2. Cut green onion into half (white part, upper leaf part)
3. Cut lower green onion into 1-2mm thin slices (eventually make two piles)
4. Cut upper green onion leaf into 5mm slices (divide into two piles)

1.3 Time Usage

1.4 Cooking

1. Boil water in a pot
2. Do [Mise en Place 1](#)
3. Do [Mise en Place 2,3,4](#)
4. Remove heat from the pot, add dashi, mix
5. When not boiling, set to low heat
6. Make sure the broth is not boiling, add miso with a sieve and a spoon, add tofu and wakame
7. From [Mise en Place 3](#): Either add 2 piles of the lower (white) part of green onion into the pot or 1 pile each into a bowl
8. Fill in the hot/warm soup in the bowls (eventually on top of the green onion) and add sliced green onion leaves on top of soup from [Mise en Place 4](#). This can also be done by the customer at the table.

1.5 Storage

Not guaranteed, but the soup should be OK for 3 days stored in the fridge.

1.6 Variants

As a variant the following ingredients may be added

#	Ingredient	Zutat	材料	Note
1/4	Aburaage	Aburaage	油揚げ	Slice into 5mm stripes
1/4	Onion	Zwiebel (Sommer)	玉ねぎ	Slice into 1-2mm thin stripes
5g	White sesame	weißer Sesam		1 tea spoon
20g	Mushrooms	Champignons		
4ts	Sake	Sake	酒	4 tea spoons
	Potato	Kartoffeln		Small cubes
	Soya sprouts	Soyasprossen		
	Daikon	Daikon		Small cubes
	Spinach	Blattspinat		
	Carrots	Karotten		Small
	Red miso	Rotes Miso		Replace white with red miso
	Arame	Arame		Replace wakame with arame
	Soya sauce	Soyasoße		Be careful of too much salt

#	Ingredient	Zutat	材料	Note
	Tamari	Tamari		Replace Soya sauce with tamari
	Burdock root	jap. Schwarzwurzel	牛蒡/午蒡	
	Nameko	jap. Stockschwämmchen	滑子	
	Wheat Gluten	Weizengluten	お麴/麴	
	Eggplant	Aubergine	茄子	
			煮干し/炒り子	Bouillon from dried infant sardines

Readings:

- 午蒡 (ごぼう)
- お麴/麴 (おふ/ふ)
- 茄子(なす)
- 煮干し(にぼし)
- 炒り子(いりこ)

2 History

Version	Date	Notes
0.1.2	2023-01-19	Improve variant table
0.1.1	2020-11-04	Translate from German
0.1.0	2020-10-20	Initial release

3 Disclaimer of Warranty

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