

Miso Soup (Misoshiru)

Description

Miso Soup, known as Misoshiru in Japanese, is one of Japan's most iconic and comforting dishes. It's a warm, savory soup made from dashi (a traditional Japanese stock) and miso paste (fermented soybean paste). Commonly served with tofu, seaweed, and green onions, miso soup is enjoyed daily in Japanese households and often accompanies rice in traditional meals. With its soothing umami flavor and nourishing ingredients, Miso Soup is simple to prepare yet deeply satisfying—perfect as an appetizer, side dish, or a light meal on its own.

Cuisine: Japanese

Time Required

- Prep Time: 10 minutes
- Marination Time: None
- Cook Time: 10 minutes

Ingredients

For the Dashi (Soup Stock):

1. 4 cups Water
2. 1 piece Kombu (dried kelp, about 4x4 inches)
3. 1 cup Bonito Flakes (Katsuobushi) – for non-vegetarian version
(For vegetarian version, skip bonito flakes and use kombu-only dashi or shiitake dashi)

For the Soup:

4. 3 tbsp Miso Paste (white, red, or mixed)
5. ½ cup Soft Tofu (cut into cubes)
6. 2 tbsp Wakame (dried seaweed, soaked and drained)
7. 2 tbsp Green Onions, finely sliced

Optional Add-ins:

8. 3–4 Shiitake Mushrooms, thinly sliced
9. 1 small Carrot, julienned
10. ¼ cup Spinach or Napa Cabbage, chopped

Instructions

Preparing the Dashi Stock:

- Step 1: Soak kombu in water for 20–30 minutes.
- Step 2: Heat until just before boiling, remove kombu.
- Step 3: Add bonito flakes (if using), boil gently, then remove from heat and steep 2–3 min.
- Step 4: Strain for clear dashi.

Making the Miso Soup:

Step 5: Simmer dashi gently (do not boil).

Step 6: Add wakame, tofu, and vegetables; cook 2–3 min.

Step 7: Dissolve miso paste in small amount of hot dashi.

Step 8: Return dissolved miso to pot; stir gently.

Step 9: Taste and adjust seasoning.

Step 10: Add green onions before serving.

Tips

- Never boil miso soup after adding miso paste.
- Use white miso for mild, red miso for stronger flavor.
- Dashi can be stored for 3 days in the fridge.
- For vegan soup, use kombu or shiitake dashi.
- Adjust miso paste amount to taste.
- Add vegetables for variety.
- Serve immediately while hot.

Enjoy your warm, nourishing bowl of homemade Miso Soup! ■