

G O O P



DETOX

Miso Soup with Watercress

ingredients

- 6 cups water (filtered is best)
- 50 grams dried bonito flakes
- 3 dried shitake mushrooms
- 4" piece of dried wakame
- 6 tablespoons miso paste (whatever kind you like—sweet white miso makes for a nice, light soup while aged barley gives a full, robust flavor)
- 2 cups watercress leaves

preparation

Heat the water in a small soup pot and when bubbles form around the edge, add the bonito. Turn the heat down and simmer for two minutes. Turn off the heat and let the broth sit for five minutes. Strain the broth into a clean pot, discarding the bonito. Add the shitakes and wakame to the broth and simmer over low heat for 20 minutes. Remove the wakame and mushrooms. Discard the thick stems from the mushrooms, thinly slice the caps and slip them back into the soup. Chop the wakame into small pieces, discarding any thick pieces of stem, and return to the pot.

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preparation (cont'd)

In a small bowl, combine the miso paste with a bit of the broth and whisk to combine. Pour the mixture back into the pot and let the soup simmer, being careful not to let it boil. Add the watercress at the last minute, just to wilt it, and serve.

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