

Simple Miso Recipe (for 2)

By Norie

strip kombu

2 shiitake mushrooms

1 and 1/2 to 2 Tbs miso (to taste)

daikon, kabocha, string beans, lotus root, carrots, or any veggie on hand

wakame, diced tofu, chopped scallions (optional)

1 - Cut a 2x4 inch strip of kombu and add with 2 shiitake mushrooms to 2 cups water. Let sit for an hour and a half.

2 - Heat on (1) on medium heat and remove kombu right before the water boils. Boil shiitake for 10 mins. This is your broth, or "dashi".

3 - Take out shiitake to cool, then slice (discard stalk) and return to broth (most will discard the shiitake since the flavor has gone into the broth, but I like the chewy texture.)

4 - Slice other veggies and boil for 5-10 mins in dashi until soft. You may want to add root veggies first then for the last 5 mins add the others.

5 - Lower heat and add miso (and optional items).

6 - Serve with brown rice with a pinch of sesame seeds and sea salt for a perfectly balanced meal!

Norie is a seed collector and experimental organic gardener in southwest Tokyo who dabbles in Japanese herbal medicine, organic rice farming, natural plant dyeing and the art of living slowly.