

**Miso Soup (Miso Shiru) with Tofu and Mushrooms (Miso**

*Inspired by <http://www.mediterrasian.com/>*

This nourishing Japanese soup takes only minutes to prepare and can be served for breakfast, lunch, or as part of a main meal. Miso<sup>1</sup>, fermented soy bean paste, adds a rich flavor and is highly valued in Japan for its health-giving properties.

1. Gently boil stock

3 cups dashi stock                      Bring the stock to a gentle boil in a saucepan over medium heat.

2. Add mushrooms

2 thinly sliced fresh mushrooms    Add the mushrooms.  
(shiitake or white button)

Simmer for 3 minutes.

3. Add miso and soy sauce

1 ½ tablespoons miso paste            Mix together the miso and soy sauce in a small bowl.  
1 tablespoon Japanese soy  
sauce

Add to the hot dashi stock.

4. Add tofu

1 ½ oz (45g) silken tofu—cut        Add the tofu.  
into cubes

5. Finish

Heat the soup and, just before it comes to the boil, remove from the heat.

6. Garnish and serve

½ scallion—thinly sliced on the    Pour the soup into bowls and garnish with the sliced scallions on top  
diagonal                                    to serve.

Variations: you can add various other ingredients to make a more substantial soup, such as cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.

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<sup>1</sup> <http://www.miso.or.jp/miso-e/index.html>