

How to make the perfect miso soup:

Step 1: Make Kombu Dashi

Add 10g of kombu per 0.5L of water. Simmer for 10 mins without allowing the dashi to reach boiling point, 85°C is the ideal temperature.

Remove from the heat and add 15-20g bonito flakes. Let them sit in the water to infuse along with the kombu for 10-20 mins before removing both. Bonito flakes can also be used as topping to rice, they add great umami to all soups, stir fries and casseroles, they can even be eaten straight out of the bag!



The kombu and bonito flakes can then be removed and the dashi is ready to use. The kombu can be re-used several times. For a stronger kombu dashi let the kombu sit in a pot of cold water for 2-3 hours before beginning the process above.

Step 2: Add Miso & Wakame

Return the water to a very light simmer and add approximately 1 tablespoon of miso per 0.5L of water to taste. The miso is best mixed in a mug of the warm dashi until dissolved before adding to the pot. Try the barley miso mixed with the white miso in even proportions. Remember: the darker the miso, richer the flavour.



Then add a few strips of the wakame, cut into bite size pieces for a delicious, mineral rich addition to the broth. It can also be pan fried or eaten raw as a healthy vegan biltong!

Step 3: Flavour Additions

Thinly slice mushrooms and spring onions, lightly fry in sesame oil before adding to the soup. You can also try adding our noodles and, for an even heartier soup, you could add tofu, chicken, pork or whatever takes your fancy!



Step 4: Finishing Touches

If you do not have kombu or prefer a shortcut, use our bottled concentrated white dashi. Miso contains salt, so don't add extra unless required on tasting. A healthy pinch of Togarashi Shichimi spice mix is the perfect final touch.

