

Homemade Anchovy Dashi Stock

煮干し出汁

● Preparation of Dried Anchovy



Prepare 1/2 cup of anchovy



Break off the parts circled in pink above with your fingers



Split body part in two when if it is bigger enough to do so

- Soak anchovies in water for an hour.



Put $\frac{1}{2}$ cups prepared anchovies and 5 cups of water in a pan and soak for an hour at room temperature

- Heat on the stove after soaking for an hour



Cook in the pan over high heat until almost boiling



Turn down the heat to low when the water is about to boil

And set a timer for 10 minutes

※ Don't let the water boil because the broth will get a bitter taste if the water boils



During 10 minutes remove the white bubbles that comes from the anchovy to help make a mild tasting broth

● Strain broth



Prepare a bowl and strainer and strain the broth through paper towels



Allow the broth to completely cool down to room temperature and keep it in the refrigerator.

Use within 5 days.

If you don't like any sort of fish smell, you can put the anchovies in water, leave 24 hours in the refrigerator and strain. This will lower any fish smell.

● Extra dish



Here we can cook a traditional side dish using the leftover anchovies after making the Dashi stock. The dish is called Tsukudani (boiled in soy sauce)

Dry the anchovies on paper towels



Heat oil up in a pan and fry anchovies for just 1 minutes or so



Add 2 tablespoons sugar



Add 1 tablespoon cooking Sake



Add 2 tablespoons soy sauce



Add 1 tablespoon Mirin (sweet cooking rice wine)



Stir until liquid reduces almost completely and add 1 tablespoon white sesame



This is Tsukudani which is a Japanese side dishes.

It has a crunchy texture and is salty-sweet. It has lots of Calcium and DHA. It is also a good snack for children.

Keep in the refrigerator covered with plastic wrap and serve within 1 week.