

Tofu Miso Soup

豆腐の味噌汁

● Ingredients (servings 2)

7 oz. (1/2 pack) Tofu

2 cups Dashi Stock (any kind is okay)

2 Tbsp. Miso Paste

Some minced Green Onion (to taste)

- Cut Tofu



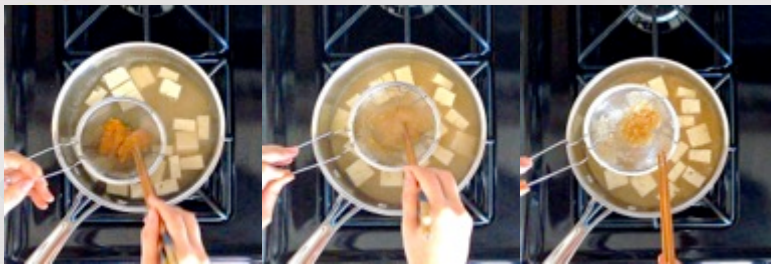
Cut 7 oz. (1/2 pack) of Tofu into small cubes.

- Cook



In a sauce pan, pour 2 cups of Dashi stock and add the tofu. Heat until it boils and simmer for 2 minutes over low heat.

● Dissolve Miso Paste



Prepare a hand strainer.

Put 2 Tbsp. of Miso paste in the strainer and dissolve the Miso in the Dashi stock by stirring.

A small amount of soybeans will be left in the strainer. You can throw those away.

In fact the leftover soybeans can be eaten. If you don't mind to eat the leftover soybeans, you can just add Miso paste into the soup and stir to dissolve it.



Boiling makes Miso soup taste bad so turn off the heat once all the Miso paste is dissolved. If you want to warm the Miso soup, turn off the heat right before it boils.



Sprinkle with some minced green onion to taste.