



Japanese Miso Soup Recipe

Description

“Eating miso everyday keeps the doctor away.”
japanese proverb

Discovering the Heart of Japanese Cuisine: Miso Soup



During our recent travels to Japan, one culinary delight stood out as a constant presence at every meal: miso soup. This savory broth is not just a dish but a staple woven into the fabric of daily life, served with breakfast, lunch, and dinner. We observed even the youngest children happily slurping it down, making it clear that all ages cherish miso soup. Its comforting warmth and rich umami flavor are undeniably inviting, leaving a lasting impression on our palates. Upon returning home, Joelle was determined to recreate this quintessential dish. She dove into her research, eager to find an authentic recipe that would remind us of the delightful bowls of this soup we enjoyed in Japan. What follows is the recipe we developed, inspired by our experiences and the traditions we encountered.

The soup's versatility contributes to its popularity; it can be customized with a variety of ingredients,

such as tofu, seaweed, and seasonal vegetables, allowing each household to put its spin on this beloved dish. Traditionally, miso soup is prepared fresh daily, highlighting the importance of seasonal and local ingredients in Japanese cuisine. The soup serves not only as nourishment but also as a symbol of comfort and connection. This ritual brings families together around the table and is an integral part of enjoying Miso Soup.

Packed with health benefits

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Miso soup, or “miso shiru,” has a history that stretches back over a thousand years. Initially, it emerged as a simple broth made from fermented soybeans, known as miso. This fermentation process not only enriches the flavor but also enhances the nutritional value of the soup, making it a powerhouse of health benefits. Miso is loaded with essential amino acids, vitamins, and minerals, and its probiotics support gut health. For centuries, Japanese families have relied on this nourishing soup to bolster their well-being, and today, it remains an integral part of their diet, especially with the preservation of traditional Miso Soup recipes.

Where to buy your Miso Soup ingredients

If you have access to a local Asian market, we strongly suggest taking a trip there to gather your ingredients. Authentic miso is made from scratch, including the dashi (Japanese broth), which we promise is way easier than chicken broth. The dashi can be bought premade, but since it is so simple to make, we prefer to make it from scratch. These ingredients might be less common in a standard grocery store, but we believe they are vital to achieving that rich, authentic flavor. We buy the Miso Paste, which is refrigerated, but the other ingredients are not. For those who have to limit their sodium intake, there are low-sodium versions of this paste available for making your Miso Soup.

TIP: When shopping at the Asian market, we were determined to find things on our own. After much effort, we still could not find a couple of ingredients, so we approached the store staff. Less than a minute later, we had both. Ask for help, and save yourself some time.

If you do not live near an Asian market, many of these ingredients can be ordered on [Amazon](#). Miso Paste, in that case, is not refrigerated, but we have been told it can still be a good alternative if you do not have access to an Asian market.

Let's get to making Miso Soup



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The beauty of this miso soup recipe lies in its simplicity and speed. With just a few ingredients and minimal prep time, you can recreate a dish that feels both satisfying and wholesome. Whether you're enjoying it as part of a hearty breakfast or a soothing dinner, miso soup is sure to become a cherished addition to your culinary repertoire. Let's dive into the recipe and bring a taste of Japan into your home with this authentic Miso Soup!



Japanese Miso Soup Recipe ??????

Bring a piece of Japan into your kitchen and savor the delicious simplicity of homemade miso soup!
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Prep Time 10 minutes mins
Cook Time 10 minutes mins
Total Time 20 minutes mins

Course Brunch, lunch, Side Dish, Snack, Soup
Cuisine Japanese

Servings 6 people

Equipment

- 1 Medium pot
- 1 Strainer
- 2 Small bowls
- 1 Large bowl

Ingredients

[1x](#) [2x](#) [3x](#)

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- 1 ounce Kombu (dried kelp) about 1 1/2 feet long
- 1 cup Dried bonito flakes (katsuobushi)
- 1/4 cup Dried wakame (seaweed)
- 3/4 cup Shiro Miso (white miso paste)
- 1/2 lb. Soft silken tofu, cut into 1/2 inch cubes In our store there were dozens of different tofu but they only had one kind of silken tofi.
- 1/3 cup Thinly sliced green onion (scallions)
- 6 cups Water

Instructions

1. To make dashi soup stock, bring six cups of water and kombu to a boil in a pot over high heat. Remove pan from heat and sprinkle bonito flakes over the liquid; let stand for 5 minutes. Pour immediately through a strainer into a large bowl.
2. In a small bowl, cover the wakame with hot water and let stand for 15 minutes until water has been mostly absorbed. Drain and set aside.
3. In another bowl, add miso paste and stir with 1/2 cups of dashi until smooth. Heat the remaining dashi in a pot over medium-high heat until steaming hot, then add tofu and wakame. Simmer to combine for 1 minute. Remove from heat, and stir in the miso mixture. Please note Miso is fragile and should never be boiled at high temperatures as it can damage its flavor and nutritional benefits.
4. Ladle into soup bowls, top with chopped green onions, and serve warm.

Notes

Enoki mushrooms make a lovely addition to the soup. They can be added when you are heating the dashi. Wash well before using, and make sure they are in the heating dashi for at least two minutes. For a Vegan Version of Miso Soup, simply skip the bonito flakes.

For a gluten-free version of Miso Soup, look for miso paste made from either buckwheat or rice. There are two main types of miso: white and red. The key differences between red and white miso paste lie in the proportion of soybeans and the duration of fermentation. Red miso has a stronger, saltier, and more complex flavor, along with a thick, grainy texture. It is commonly used in stews, braises, and glazes and pairs well with root vegetables, mushrooms, and meats. In contrast, white miso is ideal for soups, dressings, and marinades.

Keyword Japan, Miso, Soup

Tried this recipe? [Let us know](#) how it was!

Slideshow of the various steps in the preparation

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Ingredients



Hydrating seaweed

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Kelp added for start dashi



Bonito flakes



Adding flakes to dashi

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Strain dashi

-



Clear dashi broth



White miso paste



Soup ready to searve



Yummy bowl of Miso Soup

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2. Miso Soup

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