

Vegetarian Miso Soup

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Preparing Your Mise en Place

- 3 cups Vegetarian Dashi
 - 6 oz (approx 3/4 cup) soft tofu, cut into 1/2" dice
 - 2 tsp wakame seaweed
 - 1 green onion, thinly sliced
 - 3 tbsp shiro miso* (white fermented-soybean paste - see note in Step 2)
- To prepare your mise en place, first prepare the Vegetarian Dashi.
- Next, prepare the tofu and seaweed. To prepare the seaweed, soak in water for 10 to 15 minutes. Once it has rehydrated, drain well.
- Lastly, slice the green onions and gather the miso paste.

Step 2: Making & Serving the Miso Soup

- soy sauce, optional
- To prepare the soup, heat the kombu dashi over medium low heat, once it is hot, add the miso paste and whisk to combine. Taste for seasoning.
- *Note: miso paste varies in saltiness, depending on the brand and type used (e.g. red/aka miso, white/shiro miso, mixed/awase miso); therefore, it's important to adjust the amount of miso, based on your preference.
- Next, add the tofu to the stock and bring to a very gentle simmer. Once hot, remove from the heat.
- To serve the soup, place a bit of the seaweed and green onion in the bottom of each bowl. Ladle in the hot stock. Serve immediately. If desired, add a bit of soy sauce, for added flavor and color.