

Kelp (Kombu) Dashi

Makes 4 servings | Active Time: 20 minutes | Total Time: 20 minutes

Swick

Make Kombu Dashi

Wipe off white layer on kelp with dry cloth. Soak kombu overnight in water.

Drain kombu and combine with 5 fresh cups of water in a soup pot.

Heat until just before boiling. As soon as the liquid boils, strain kombu out. Add bonito flakes and bring dashi broth to a boil, skimming top if necessary. When dashi boils, reduce heat to simmer immediately; let simmer for 30 seconds.

Remove from heat and let bonito flakes sink to the bottom, about 10 minutes.

Strain dashi into a bowl.

Use dashi immediately or store in the refrigerator for up to one week.

Step 1: Make Kombu Dashi

- 1 ounce kombu (4-inch x 6-inch piece)
- 5 cups water
- 3/4 cup dried bonito flakes