

Dashi Stock with Bonito and Sea Kelp Stock

Dashi soup stock can be said a basis of all Japanese dishes. This recipe is called “first dashi” since it has a sophisticated flavor extracted from sea kelp and dried bonito flakes by making the most of their natural fragrance and umami, it is appropriate for dishes like clear soup which make makes god use of the stock flavor.

Ingredients for 1L of dashi stock

Sea kelp	10g
Katsuo-bushi (dried bonito flakes)	10-20g
Water	1L

Prep

Wipe sea kelp with kitchen paper

- 1 Soak sea kelp in a pot of 1 litter of water for more than 30 min.
Bring a pot to a boil over high heat. Right before boil took kelp out from the pot.
Add bonito flakes to the pot and bring to a boil over high heat again.
Reduce the heat and simmer for 2 min. Let them cool until the bonito sink.
- 2 Strain the bonito dashi water with kitchen paper lined colander.

Dashi Stock with Dried Sardine

This dried sardine dashi stock is very easy, and the flavor go with miso soup.

Ingrediends for 1L of dashi stock

Dried sardine	30g
Water	1 litter

Directions

- 1 Add 30g of dried sardine in 1 liter of water in a container. Store in a refrigerator over night.
- 2 Remove all the dried sardine or strain the liquid. Bring the liquid to a boil. Add vegetables and miso to make miso soup.

Left over of sea kelp / bonito for “Furikake”

Ingredients

Sea kelp

Bonito flakes

<Seasonings>

Soy sauce 1Tbsp

Mirin 1Tbsp

Sugar 1 Tbsp

Sake 1Tbsp

Sesame seeds 1Tbsp

Directions

Mince fine sea kelp. Add the ingredients of rough minced sea kelp, bonito flakes, soy sauce, mirin, sugar and sake in a small pot. Cook them over medium heat. Once the pot bring to a boil, reduce the heat and simmer until the liquid gets dry out or sea kelp become soft. Add sesame seeds into the pot and mix well.

Sprinkle over cooked rice is the most common way to eat this dish.