

Miso Soup

Ingredients

1 ¼ cup of spring water

½ inch of wakame seaweed

1 –2 slices of onion

½ -1 flat teaspoon of 2- year aged barley miso

finely chopped scallion, parsley or chive for a garnish

Rinse and soak wakame in water until soft. Slice it finely and add to saucepan along with the spring water. Cover the pot and bring to a boil. Add the onion or any other root or round vegetable at this time and remove the cover. Cook for 4-5 minutes until the vegetables are soft.

Take a small amount of water from the soup pot in a glass dish and mix the miso into it so that it is blended thoroughly. Then add the mixed miso back into the boiling water and stir. If you are adding any leafy green vegetables or tofu, this is the time to do so. Simmer the miso; do not let it boil again, for 4-5 minutes.

Garnish with scallion, parsley or chive!