

# Miso soup Winter 2018

## Ingredients

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- 4 cups water
- 2 2-inch pieces kombu dried sea vegetable, (optional)
- 1 ounce dried shitake mushrooms, (optional)
- 2 cups winter vegetables such as carrot, yellow onion, leek, broccoli, spinach, kale, chopped
- 4 teaspoons miso
- Garnish:
  - 1/8-1/4 cup "Mary's cooking class relish"

## Method

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This soup is perfectly delicious if started with water.

If making Kombu broth, combine water and kombu in a 2 quart sauce pan and soak kombu for at least 8 hours or overnight. Place saucepan over medium-high heat and bring it to a simmer. Continue to simmer and then remove kombu from water just before it comes to a full boil. Add shiitakes and let broth come to a rapid simmer. Continue simmering for about 1 minute. Remove the pan from heat and let the shiitakes steep in the broth for 5 minutes more. Pour broth through a fine-mesh strainer set over a large bowl. Save the shiitakes to add to the miso soup or for another recipe.

Return broth to the 2 quart saucepan, return to a simmer and add 2 cups chopped vegetables. Let cook on low simmer for about 10 minutes until vegetables are just tender.

If you will be serving the entire pot of soup for this meal, lower the soup to below boiling and stir about 4 teaspoons miso paste into a bowl, ladle 1/2 cup of broth into the bowl, stir to dissolve then return this to the saucepan and stir to mix. Do not bring the soup to a boil after miso is added as it will destroy the probiotic quality of the miso.

If you will be serving only part of the soup, place about 1 teaspoon of miso paste into each bowl and add a little broth and stir until paste is well dissolved. Ladle more broth and vegetable into each bowl.

Serve the steaming hot in small bowls. Garnish with "Mary's cooking class relish" or with

cilantro leaves and thin slices of scallions.

Sip, slurp, savor...

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## Notes

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I practically live on multiple versions of this soup as a breakfast when the weather is freezing or I am wrestling with a cold.

Variations are endless, as you may well imagine.

**Broths:** It is perfectly delicious made with water rather than with kombu broth. I sometimes use the broth strained off after cooking dried beans; in fact, I store this strained broth in the refrigerator or freezer for miso soup or as a stock for vegetable soups. Water left over from cooking vegetables in a steamer is also mineral rich and lightly flavorful.

**Miso:** I tend to buy the miso found in bulk at my food co-op so I can sample small amounts of several varieties. Most commonly found at People's are garbanzo, aduki and red (soy and rice).

You may also buy it in pint containers at many local stores. It will last for years in your refrigerator.

**Garnishes:** Before biking in cold weather I like the bracing nip of garlic, fresh ginger root, fresh turmeric, lemon or lime juice as you can see in the "Mary's cooking class relish" recipe. If handy, I add grated dried citrus peel (organic important for this as pesticides concentrate in the peel), garden herbs such as parsley, chives, basil, shiso, lovage if the season provides.

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Source: [Mary Scott \(4 servings\)](#)

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