

Miso Bean Curd Snow Peas Soup Recipe

Ingredients:

1 1/2 tablespoons instant dashi* (or enough to combine with 1 litre water according to packet instructions)
2 tablespoons white (shiro) miso paste*
100 g snow peas, trimmed
200 g silken firm tofu (bean curd), drained
1 tablespoon mirin*
1 tablespoon soy sauce

Method:

Place dashi in a pan with 1 liter boiling water and stir for 2 minutes over medium heat. Place miso paste in a bowl and add a ladleful of broth, whisking to get rid of lumps. Slowly pour mixture back into pan, whisking constantly. Thinly slice the snow peas and cut the bean curd into 2-cm cubes. Add both to the broth with the mirin and soy sauce and heat through gently without boiling. Serve in small bowls.

* **dashi** - an instant stock base made from dried kelp and bonito (fish).

miso paste - a salty fermented soybean paste traditionally used in soups and sauces.

mirin - a light, sweet Japanese rice wine used for sauces and marinades.

(Above ingredients can be obtained from Asian and health food shops, selected supermarkets and greengrocers).

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