

KABOCHA MISO SOUP



4 servings

Ingredients

- 1/2 oz dried kombu (about one 6- by 5-inch piece)
- 3 + 1/2 cups cold water (plus more)
- 1/2 oz katsuobushi (dried bonito shavings) (about 2 + 1/2 cups)
- 3 tbsp white miso paste*
- 1 lb **kabocha squash** (about 1/2 kabocha), seeded and cut into 1-inch cubes

Optional

- 3 tbsp white sesame seeds, toasted and ground until 90% crushed
- 1 **green onion**, green part only, sliced thinly on the bias

Notes

*You can also use 2 tbsp dark miso + 1 tbsp light miso or 3 tbsp all-purpose miso made from a combination of white and red miso.

Instructions

1. Wipe any dirt off the kombu with a damp paper towel, but do not rinse or remove the white powder (mannitol, for umami).
2. In a medium saucepan, combine kombu with 3 + 1/2 cups cold water and cook over medium-low heat until the water just begins to boil, about 20 minutes.
3. Immediately remove the kombu with tongs and discard or reserve for another use (e.g. sliced and tossed in a salad). The kombu should be cooked slowly and not boiled.
4. Add a few tablespoons of cold water to the saucepan to lower the temperature, then add katsuobushi and bring to a boil over high heat. Reduce heat and simmer dashi for 7 minutes.
5. Strain dashi through a fine-mesh strainer set over a heatproof bowl, squeezing the katsuobushi to capture all the absorbed broth. Discard the katsuobushi. Return dashi to a clean saucepan and add the kabocha. Bring to a boil, cover, and cook for about 15 minutes or until tender.
6. Place the miso in a small fine-mesh strainer and dip into the miso soup. Use a spoon or spatula to push the miso through the strainer and then gently stir it into the soup. The soup should never be boiled after adding the miso.
7. Warm the soup gently before serving in small bowl. Stir in the ground sesame seeds if using and garnish with sliced green onions as desired.

