

## MISO FISH SOUP

### INGREDIENTS

3 slices kombu  
2 handfuls bonito flakes  
1 gallon water  
For the miso fish soup:  
1 gallon dashi broth  
1 bunch scallions, thinly sliced  
1 package medium firm tofu  
1 whole fresh fish  
1 scant cup red or yellow miso  
(Yellow miso has a mild, earthy taste, while red miso usually has a deeper flavor thanks to a longer fermentation period or a higher ratio of soybeans to grains)

### DIRECTIONS

Prepare your dashi broth:

1. Place kombu in a stock pot with the gallon of cool water. Let soak for 30 minutes.
2. Boil the seaweed broth for 10 minutes, turn off the heat and discard seaweed.
3. Add bonito flakes to the water and boil 5 minutes.
4. Remove pot from the heat and allow bonito flakes to drop to the bottom. Strain out bonito flakes from the broth.

Meanwhile, prepare soup ingredients:

1. Chop scallions in thin slices.
2. Cube tofu into 1-inch squares.

Finish the soup:

1. Add fish, scallions and tofu to the dashi broth and simmer for 90 minutes.
2. Serve, garnished with extra scallions.