

Dashi (Basic Stock)

<Ingredient>

- Water – 1000cc
- Konbu Kelp – 10cm (20g)
- Dried Bonito Flakes (20-30g)

<How to Cook>

1. Wipe Konbu kelp lightly with a well wrung damp cloth to clean
2. Place water and Konbu in a soup pot over medium heat. Remove Konbu just before water reaches a boil
3. Add 50cc water to keep from boiling
4. Add bonito flakes. When the water boils, remove from heat at once
5. Skim the surface to remove foam
6. When bonito flakes sink to the bottom, strain through a cheesecloth lined sieve

You can buy Konbu Kelp and Bonito flakes at Japanese/Korean section in Asian shop. Also you can buy instant Dashi stock (powdery stock) at Asian shop.

Konbu Kelp



Bonito Flakes



Instant Dashi Stock package

