

# Tofu and Wakame Seaweed Miso Soup

## <Ingredients>

- Silken Tofu 150g
- Dried Wakame seaweed 5g
- Shallot 1
- Dashi 600cc
- Miso 60g

## <How to Cook>

1. Cut Tofu into 1cm cubes
2. Soak Wakame Seaweed in cold water, and cut into 2cm strips
3. Chop Shallot finely, rinse in cold water and drain (Rinsed Shallots)
4. Place Dashi in a soup pot, bring to a boil. \*\*Soften miso by adding a small amount of dashi, add to pot and taste
5. Add Tofu and Wakame and boil briefly. Add shallots and immediately turn off heat

You can buy Miso at Asian supermarket, and Coles supermarket Asian food section.

\*The flavor and saltiness of miso differs from type to type. Taste to adjust the seasoning.

\*\*Soften Miso with some stock before adding to the stock. It is better not to add Miso directly to pot.

Boil as briefly as possible after adding miso. When you boil Miso soup too long, it will be too salty.