

Authentic Miso Soup

Learn to make authentic miso soup with our traditional Japanese recipe. Rich umami broth with tofu, wakame, and probiotics for a healthy, comforting meal.

10	30	40	2	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 tofu
- 2 scallion

Instructions

- 1 Make the dashi**

Place 4 cups water and 1 piece kombu in a medium saucepan. Heat over medium heat until small bubbles appear around the edges and the water reaches 85°C (185°F), about 8-10 minutes. Remove and discard the kombu immediately.
- 2** Add 1 cup bonito flakes to the hot water and reduce heat to low. Simmer gently for 5 minutes without stirring. Remove from heat and let stand for 2 minutes.
- 3** Strain the dashi through a fine-mesh sieve into a clean bowl, pressing the bonito flakes gently to extract liquid. Discard the solids and return the clear dashi to the saucepan.
- 4 Prepare the ingredients**

Place 2 tablespoons dried wakame in a small bowl and cover with cold water. Soak for 5 minutes until fully expanded and soft. Drain and rinse under cold water to remove excess salt.
- 5** Cut 150g silken tofu into 1/2-inch cubes using a sharp knife, handling very gently to prevent breaking. Set aside on a plate.
- 6** Slice 2 green onions thinly on the diagonal, separating the white and green parts. Set aside.
- 7 Finish the soup**

Ladle 1/2 cup of the warm dashi into a small bowl. Add 3 tablespoons miso paste and whisk vigorously until completely smooth with no lumps remaining.
- 8** Heat the remaining dashi over medium-low heat until it reaches a gentle simmer with small bubbles, about 3-4 minutes. Do not let it boil.
- 9** Remove the dashi from heat and whisk in the miso mixture until evenly distributed. Add the tofu cubes and wakame, stirring very gently to avoid breaking the tofu.
- 10** Return to low heat for 1-2 minutes to warm through, keeping the temperature below boiling. Ladle into bowls and garnish with the sliced green onions.

Tips

Never Boil After Adding Miso: Add miso paste to cooled broth or remove the pot from heat before stirring in miso to preserve beneficial probiotics and prevent bitter flavors.

Dissolve Miso Properly: Whisk miso paste with a small amount of warm dashi in a separate bowl before adding to the main pot to prevent lumps and ensure smooth distribution.

Choose Quality Dashi: Use kombu and bonito flakes for authentic flavor, or high-quality instant dashi powder. Avoid overly salty varieties that can overpower the miso's delicate taste.

Cut Tofu Carefully: Use silken or soft tofu and cut into uniform 1/2-inch cubes. Add tofu last and heat gently to prevent breaking apart in the soup.

Rehydrate Wakame Properly: Soak dried wakame in cold water for 5 minutes until fully expanded, then drain and rinse to remove excess salt before adding to soup.

Store Components Separately: Keep leftover miso soup ingredients separate and recombine when reheating to maintain optimal textures and prevent over-fermentation.

Adjust Saltiness Gradually: Start with less miso paste than the recipe calls for and add more to taste, as salt levels vary significantly between miso brands and types.