

# Japanese food recipe



## Basic DASHI (Japanese broth)



MISOSHIRU



UDON



TAMAGOYAKI



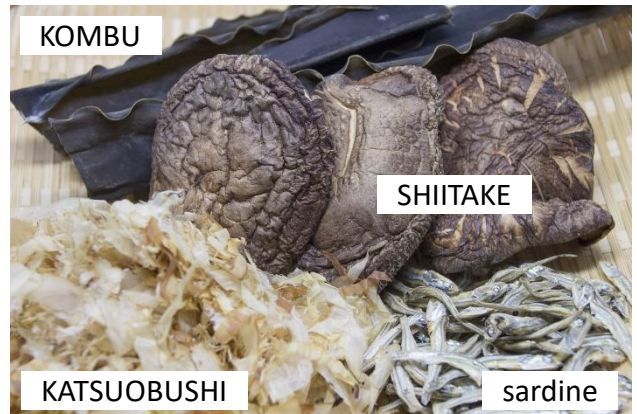
NIMONO

DASHI is the essential base of flavor for traditional Japanese food. It is widely used not only for MISOSHIRU/miso soup and UDON soup, but also for TAMAGOYAKI/Japanese rolled omelet and NIMONO/simmered dish, etc.

These dishes can also be cooked with water without using DASHI. However, the dishes prepared without DASHI will taste something dull. The reason is that DASHI contains plenty of UMAMI and brings out a rich taste.

Typical ingredients used for DASHI are KOMBU (a kind of seaweed), KATSUOBUSHI (bonito), SHIITAKE (a kind of mushroom), and sardine. What in common for these is that they are all dry foods. It is widely known that drying food allows not only to store them longer but also to increase UMAMI.

It is DASHI, made by soaking these ingredients in water or hot water to extract the UMAMI.



KOMBU

SHIITAKE

KATSUOBUSHI

sardine



KOMBU



KATSUOBUSHI

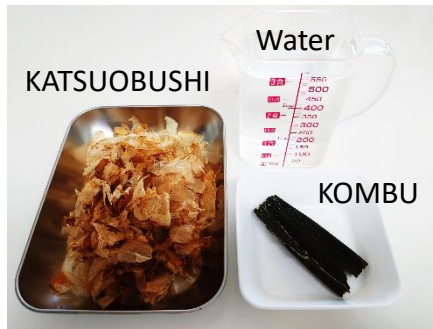
This recipe explains how to make basic DASHI as the combination of KOMBU and KATSUOBUSHI. It is most versatile and goes well with any Japanese food. The ingredients are also easily available overseas in supermarkets or Asian markets.

In recent years, it has become common to use dried DASHI stock at home. If you don't have much time or want to cook easily, please enjoy Japanese cooking with the dried DASHI stock.



# Basic DASHI (Japanese broth)

## Ingredients ( For 400ml of DASHI )



	JAPAN	USA
Water *	550ml	2.3cup
KOMBU	4g	0.14oz
KATSUOBUSHI	12g	0.42oz

\*Water evaporates and is absorbed by KATSUOBUSHI. To make 400ml of DASHI, need 550ml of water.

### KOMBU



KOMBU



Pre-cut  
KOMBU  
(Package example)

KOMBU is a long seaweed. Cut it with scissors before using it. Pre-cut small packs are also available for convenient use. There are several types of KOMBU and does not matter which to use. For home use, MA-KOMBU is recommendable because of its taste and cost performance.

### KATSUOBUSHI



KATSUOBUSHI



Sliced  
KATSUOBUSHI  
(Package example)

KATSUOBUSHI is made after cutting bonito, by repeating the process of smoking and drying again and again.

Until about 50 years ago, each family shaved it on their own, but now sliced KATSUOBUSHI is easily available. After opening, KATSUOBUSHI can be stored in the freezer to preserve its flavor.

## Kitchen utensils

Omit basic tools such as measuring cups, measuring spoons, scales, cooking chopsticks, ladles and turners.



Pot	1
Bowl	1
Colander	1
Kitchen Paper	1



# Basic DASHI (Japanese broth)

## Cooking



1. Put water in a pot and soak KOMBU for at least 30 minutes. Dried KOMBU absorbs water and gradually becomes softer and larger.

KOMBU cannot be used for cooking while it is dry. Store in the refrigerator when soaking in water for a long time.



2. Put the pot of water and KOMBU on high heat. Leave it until small bubbles start to appear.
3. Turn off the heat just before boiling and take out KOMBU.

Do not boil the KOMBU. Because, when KOMBU is boiled, a sticky liquid comes out and the taste becomes bad.



4. Add KATSUOBUSHI and boil medium heat for 1-2 minutes.
5. When the smoked smell becomes stronger and the soup turns into gold, turn off the heat.

Do not touch KATSUOBUSHI while boiling. Because, mixing KATSUOBUSHI will cause DASHI to become milky.



6. Set the colander and kitchen paper in the bowl, then filter it.

Do not squeeze the KATSUOBUSHI left on this kitchen paper. This is the secret of making clear DASHI.



7. DASHI is completed. The best DASHI should be clear.

Please try various Japanese cooking using DASHI!

Make a lot of DASHI at once. You can keep it in the refrigerator for 2-3 days. It can be stored longer if frozen.