



Japanese Miso Soup

Season: All Year

From the garden: carrots, celery, parsley, chives, silverbeet, spring onion

Type: soup Difficulty: Easy

Serves: 6 adults / 18 tastes in the classroom

Recipe source: Laura Cornelius

Equipment:	Ingredients:
Chopping board x 4	onion
serrated chopping knife x 2	garlic
Kitchen knife x4	ginger
wooden spoon	carrots
fine grater	celery (optional)
measuring jug and spoons	silverbeet or kale
Stock pot / medium saucepan	miso paste
medium sized bowl	fresh herbs or nz karengo seaweed
	tofu (optional)
	noodles (optional)
	2 lt water
	1 tbl sp sesame oil
	shitake mushrooms (optional)

How to make it:

1. Gather ingredients by reading labels, weighing and measuring.
2. Wash the vegetables.
3. (cube and marinate tofu in ginger, garlic and soy sauce if using)
4. (If using dried shiitake soak now in a little water.)
5. Chop the onion into small 1cm pieces.
6. Fry onion gently in a big saucepan, stir with wooden spoon.
7. Chop or grate the garlic and ginger as finely as you can and add to the onion.
8. Fry for 1 minute then add the water.
9. Slice the carrots, silver beet stalks and celery into small 1cm x.5cm pieces. Add to pan. Simmer for 5 mins.
10. Tear and shred the leafy greens. Add to pan.
11. (If using noodles add now)
12. Simmer for 8-10 minutes.
13. Meanwhile put miso paste into medium bowl, add a ladle of soup and blend slowly.
14. Once soup ingredients are cooked (carrots want to be soft), take pot off heat and stir in miso paste. (Do not boil miso as you will lose the benefits of
15. Garnish soup with finely sliced spring onion, fresh herbs and or karengo seaweed.

This is a time to get creative and let loose in the kitchen! You can have as many or as few ingredients as you like.

Miso soup is really quick, nutritious and adaptable, as long as the vegetables are soft you can't go wrong.

You can use homemade chicken or fish stock instead of water

Other uses:

Miso can be used spread thinly on toast with avocado.

Stirred into gravies and casseroles for depth of flavour.

Stirred into a cup of hot water with a slice of ginger for a quick pick me up.

Background info:

Miso is a Japanese word that means "fermented beans." Miso is usually found in the form of a thick paste, and the beans used during fermentation are almost always soybeans. During the soybean fermentation process, grains like barley or rice might be added to achieve a certain flavour or other desired attribute. Virtually all miso varieties will contain soybeans as a basic ingredient.

Miso makes a highly nutritious addition to your diet, being a good source of fibre and protein, manganese, copper and zinc (three important mineral antioxidants).

Depending on processing and fermentation methods, some soy miso can contain "friendly" bacteria like lactic acid bacteria that might be helpful in supporting intestinal microflora.