

MISO SOUP

WHY WE LIKE THIS

Miso soup is a signature dish of traditional home cooking. Usually, making the “dashi” (broth) can be time-consuming, but using dashi packets makes it convenient, and it’s delicious even with reduced salt! Here’s the basic recipe for making low-sodium miso soup. By adding plenty of ingredients, you can make a hearty miso soup with substantial volume even if the soup is less.

By Aliza Mason, Compass Group

Serves 2 | Serving Size 1 cup | Prep 5 min | Cook 15 min
Technique Used: Boiling / Simmering, Knife Skills

Quantity	Ingredients
30g	Green onions
30g	Shimeji mushrooms
30g	Enoki mushrooms
50g	Tofu (If available, “cotton” type)
1 pack	Dashi packet
240cc	Water
2 tsp.	Reduced-sodium miso
2g	Green onions

Culinary Tips

- 🔗 You can choose your favorite ingredients for the toppings. Mushrooms are healthy, satisfying, and enhance the flavor of miso soup, so they are highly recommended.

Nutrition Tips

- 🔗 Using reduced-sodium miso is a great way to reduce the salt content, as traditional miso varieties have a higher salt content.



Prepare Your Mise en Place

1. Slice the green onions diagonally. Remove the stems from the shimeji and enoki mushrooms, and tear them by hand. Cut the cotton tofu into 1.5cm cubes. Finely chop the green onions.

Start Cooking

2. In a pot, add the dashi pack and water, and heat with the lid on. Once it boils, simmer for about 3 minutes on medium heat, then remove the dashi pack.
3. In the same pot, add the sliced green onions, shimeji mushrooms, and enoki mushrooms, and simmer over medium heat.
4. Dissolve the reduced-sodium miso, add the cotton tofu, and warm it.
5. Serve in bowls, garnish with chopped green onions.