



Kombu Stock

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Credits: Food and Our Bones, Plume New York

This is the basic stock used for miso soup. Purchase bonito flakes in a Japanese or natural food store.

2 ½ cups

Prep Time: 2 minutes

Cook Time: 6 minutes

Storage: Refrigerate for up to 4 days

Type of Dish: Soup

Ingredients

- 2 1/2 cups water
- 1 stick dried kombu seaweed
- 1 tablespoon bonito fish flakes

Instructions

In a 1- or 2-quart saucepan, bring the water to a boil and add the kombu. Simmer for five minutes, covered. Add the bonito flakes, turn off the heat, and let the flakes sink to the bottom of the pot. Let sit a minute, then strain. Use immediately. (The kombu and flakes can be re-used one time by simmering them in 2 cups water for ten minutes.)