

Clear Soup With Fu

Clear soups are simple and elegant. Though they may be served anytime, their lightness makes them especially appealing in warm weather or as an accompaniment to large, festive meals.

While preparing the stock, soak the fu in lukewarm water for 10 minutes, then gently squeeze out excess moisture between the palms of your hands. Add the fu to the simmering stock along with the salt, mirin, and shoyu or tamari. Simmer for 5-10 minutes, then add the green onions and simmer for just 3-5 minutes more.

Meanwhile, parboil the greens in a separate pot of lightly salted water until just tender, then immediately drain and toss to cool quickly and prevent further cooking. Spinach becomes tender in just 30 seconds and collards take 5-7 minutes, so watch the greens carefully while they are cooking. If overcooked they will lose their color, and the visual effect of the soup will suffer. Slice the greens and set aside.

Carefully place 1 piece of fu in each bowl. Add a small mound of greens, then cover with the broth. Serve hot.

Preparation List:

Serves 6

- 8 cups Shiitake Dashi (Stock) - see Shiitake Recipes
- 6 pieces round fu
- 1 teaspoon sea salt
- 1 tablespoon mirin
- 2 tablespoons shoyu or tamari
- 1 cup green onions, cut into ½-inch lengths
- 3 large collard or kale leaves, or several spinach leaves