

Wakame Miso Soup

This is an energizing way to start the day, and our favorite way to enjoy wakame.

In a medium-sized pot, bring stock to a simmer. Add carrots and simmer until tender (10-15 minutes). Soak wakame in cold or tepid water for 10 minutes, cut away any tough ribs, and slice fronds into 1-inch pieces. When carrots are tender, add wakame to soup, and simmer 1 minute. Add scallions and simmer another minute. Remove from heat. Dissolve miso in some of the broth, then return to the pot. Allow to steep briefly before serving.

Preparation List:

Serves 4

- 6 cups Kombu Stock (see Kombu recipes) or Shiitake Dashi (see Shiitake recipes)
- 1 medium carrot, thinly sliced on the diagonal
- 6-inch section wakame
- 2 scallions, thinly sliced on the diagonal
- 3-4 tablespoons red (rice) or barley miso, or a combination of 2 tablespoons dark miso and 2-3 tablespoons white miso