

Japanese Dashi Stock (the first brewed broth and the second brewed broth)



<Ingredients (Serve 4)>

<for the first brewed broth>

1L Water (soft water is better)

20g Dried kelp (Hidaka Kombu is better)

30g Dried bonito flakes (Katsuobushi)

<For the second brewed broth>

1L Water (soft water is better)

15g Dried bonito flakes

<Method>

1. Infuse Umami of kelp

Briefly wipe off the surface of kelp with damp clean towel (white powder is not dirt, that's just an element of Umami)

Make sure not washing off with running water.



Soak the kelp in the water and turn the heat on medium heat. If you heat on too high heat, the kelp makes the broth slimy, and if the heat is too low, the kelp is not infused enough. Just before boiling (80C is ideal), pull the kelp out and put it aside.



Bring it to the boil for removing excess kelp flavour for 30 seconds.



2. Infuse the dried bonito

Add 100ml of cold water into the boiling kelp broth and let the temperature of water be down.

Dump the dried bonito flakes immediately into the broth and simmer for one minute caring for not boiling.



Scoop up any scums.



Strain and make sure not squeezing the bonito in the sieve, otherwise the appearance and taste of broth are not cleared. Keep the used bonito aside.



This is the first brewed broth. Generally we use the first brewed broth for making clear soup (Sui mono).



3. Make the second brewed broth

Pour 1L of water into stew pan and add the kelp and bonito flakes which were used for the first broth.

Add another new 15g of dried bonito flakes into the stew pan and bring it to the boil. Once the broth boils, turn the heat down to medium heat. Make sure removing any scums during simmering.



4. Simmer

Boil the broth down until $\frac{2}{3}$ amount.

5. Strain

Strain and squeeze the kelp and bonito well.

Generally we use the second brewed broth for anything except clear soup.