



Japanese Knife Company

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Dashi

The most basic building block of all Japanese Cuisine, this stock is said to be the right hand of the Japanese chef. Used in most soups and sauces it creates the base on which to build the subtle flavours that overlay

Ingredients:

Large piece of Konbu (about 6" – 8")

1 cup of Bonito flakes

4 cups water

Method:

Ichibandashi – clear soup, noodle, sauces and stock for shabu shabu

Wipe Konbu with damp cloth to clean

Put Konbu into water and heat till just before boiling.

Remove Konbu

Add Bonito flakes and wait till water is boiling and then turn heat off.

When the Bonito flakes have settled at the bottom of pan strain with cotton cloth.

If making Dashi for soup and you prefer a more subtle flavour, then rather than using Nibandashi (below), which is more traditional, the Ichibandashi can be used – just added the Bonito flakes to the water right from the start and then heat the water until the flakes submerge. This will give a slightly stronger flavour and colour to the stock, but not as much as Nibandashi.

Nibandashi – for Miso soup and where a more robust flavour is preferable

Put the Konbu and Bonito flakes from first stock into 4 more cups of water and boil for 3 minutes

Strain with cotton cloth