

JAPANESE DASHI & MISO SOUP SERIES

CHAPTER 1

Discover the heart of Japanese home cooking by learning how to make authentic dashi from scratch using natural umami-rich ingredients. In this workshop, we will prepare, Kombu & Katsuobushi, Kombu & Niboshi, and Kombu & Dried Shiitake Dashi.

BEFORE THE CLASS:

To help everything run smoothly, please:

- Gently wipe the surface of your kombu with a clean, dry cloth or paper towel.
- Place the kombu in 2 L of filtered water at least 30 minutes before class.
- Wash and prepare all vegetables in advance.
- Measure all ingredients before class.
- Organize ingredients by recipe.
- Prepare your tools based on the equipment list.

Optional but recommended:

Prepare steamed rice before class to enjoy with your freshly made miso soup and furikake.

IMPORTANT NOTES:

- This class focuses on traditional homemade dashi using natural ingredients.
- Results may vary depending on ingredient quality and personal taste preferences.
- Different brands of kombu, katsuobushi, and miso will create unique flavor profiles.
- Ingredient substitutions may alter the flavor, texture, and overall outcome of the recipes.
- If you have questions about ingredient substitutions or equipment, please contact us before class at info@kojiandmore.com.
- One ticket is valid per device. Multiple participants may attend together using the same screen; separate devices require separate tickets.

INGREDIENT SHOPPING LIST

Below is a list of ingredients needed for the recipes included in this class packet. To help you prepare with ease, we've also included a curated Amazon shopping list featuring ingredients and recommended items that may be helpful for class.

You can browse the recommended ingredient list here (or scan the QR code):

<https://amzn.to/3Sfa9MZ>

Dashi Ingredients

Makes about 500ml Kombu & Katsuobushi Dashi, 1,000ml Kombu & Niboshi, and 500ml Kombu & Dried Shiitake Dashi

- ☐ 20 g Kombu
- ☐ 10 g Katsuobushi (bonito flakes)
- ☐ 7-8 Dried Niboshi (dried sardines)
- ☐ 2 Dried shiitake mushrooms
- ☐ 2 L Filtered water

Yield: 2 Servings

Homemade Miso Soup

- ☐ Miso paste (preferably unpasteurized)
- ☐ Baby spinach

Select one or more from below:

- ☐ Shimeji mushrooms
- ☐ Enoki mushrooms
- ☐ Shiitake mushrooms
- ☐ Maitake mushrooms
- ☐ Fried tofu

Salt Koji Pickles

- ☐ 2 pieces napa cabbage
- ☐ 1 small carrot
- ☐ 2 tbsp **salt koji**

If you don't have salt koji:

- ☐ Natural sea salt

Katsuobushi Furikake (rice topping)

- ☐ 1 tsp soy sauce or ½ tbsp **soy sauce koji**
- ☐ 1 tbsp “hon” mirin or sugar
- ☐ Toasted sesame seeds (optional)
- ☐ Finely chopped walnuts (optional)
- ☐ Sesame seed oil (optional)

Optional for Serving

- ☐ Steamed rice



EQUIPMENT CHECKLIST

Below is a checklist of kitchen tools and equipment recommended for the best class experience.

Having these items prepared in advance will help ensure a smooth and enjoyable cooking session.

- ☐ Large pot (at least 2.5 L capacity)
- ☐ Fine mesh strainer
- ☐ Ladle
- ☐ Heat-resistant measuring cup
- ☐ Small pan (at least 600 ml capacity)
- ☐ Frying pan
- ☐ Cutting board
- ☐ Chef's knife
- ☐ Measuring spoons
- ☐ Measuring cups
- ☐ Mixing bowls
- ☐ Kitchen scale (recommended)
- ☐ 2 Heat-resistant storage containers or glass pitcher for dashi
- ☐ Serving bowls and chopsticks

CONTINUE YOUR JAPANESE “DASHI” JOURNEY

If you are joining Chapter 2, please reserve:

- Kombu & Niboshi Dashi
- Kombu & Shiitake Dashi

You will use these homemade dashi stocks to prepare comforting Japanese dishes in the next class.

If you are not attending Chapter 2, you can still explore more recipes and inspiration on our blog.

Questions about substitutions? Please contact us at info@kojiandmore.com.