Konbu Dashi

Jacob · 30/09/2024



Prep Time

5 mins

Dificult

Easy

Servings

30 mins

Description

Dashi is an essential broth base for most Japanese dishes and can be purchased in most Asian grocery stores For those who want to make it from scratch there are several recipes out there but I find this one is the easiest This recipe uses konbu also spelled kombu a variety of dried edible kelp that is harvested off the coast of Hokkaido and as far south as the Seto Sea This is a good vegetarian broth that enhances the subtle flavors of Japanese cuisine It is also a bit friendlier to the Western chef than katsubuoshi which is made from dried fish flakes and can be very aromatic

Ingredients

— - 1 (4 inch) piece dashi kombu (dried kelp) - 4 cups water

Instructions

1. Wipe kombu with a damp cloth to clean it. Cut into 1-inch pieces and place in a saucepan with water. Bring to a boil; reduce the heat to medium-low and simmer for 20 minutes. Remove from the heat and let stand for a few minutes. Strain through a mesh strainer before using. Cook’s Note Dashi should be pale gold in color and smell like the sea. Store it covered and refrigerated; it will keep for up to 14 days. The stock will smell sour when it has gone bad.You can also make dashi by soaking the konbu in water for 1 to 2 hours.