



Sugar Kelp Miso Soup

20 min

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Ingredients

4 cups water

3/4 cup blanched sugar kelp

7 ounces soft or silken tofu

4-5 tablespoons miso

1 green onion

Start by thoroughly rinsing your fresh kelp.

Once rinsed well, place 1/4 cup of the sugar kelp in a pot with 4 cups of water and bring it to a simmer for 5 to 10 minutes.

Strain out kelp and reserve the broth; this is called dashi and it will be your soup base.

Return the dashi to the pot and heat over medium, making sure it doesn't boil.

In a separate bowl, add 4-5 tablespoons of miso paste and mix with a small amount of dashi until completely dissolved.

Then, add the dissolved miso back into the pot.

Cut your silken tofu into 1/4 to 1/2 inch cubes and add it to the miso soup with remaining 1/2 cup of kelp and chopped green onion before serving.

Recipe and photo by Claire Bastarache, [National Seaweed Hub](#)

Species Group
Seaweed