



AADI Recipe - Dashi

"Dashi" is a Japanese soup broth that is often used in Japanese recipes for cooking and making soups. You may also use this to replace chicken broth in your other recipes as well!



Ingredients:

- 8 cups water
- 1 sheet dried kelp*
- ½ packet bonito flakes*

Directions:

1. Prepare 8 cups water in a large pot. Add the kelp.
2. Gradually heat up the water. Remove the kelp from the water before the water comes to a boil.
3. Add the bonito flakes. Bring the water to a boil.
4. Skim off the film on the surface of the stock.
5. Place a very fine sieve, or a colander lined with a cheesecloth or a coffee filter, over a large container. Strain the broth over the sieve or the colander.
6. Refrigerate the unused broth immediately. Refrigerate up to 3 days.

Servings: 8 cups

* Kelp is a kind of seaweed, also known as *kombu*. Bonito flakes are pieces of shaved dried tuna, also known as *katsuo-bushi*. They are often sold in 3-gram (0.105-ounce) individual packets. You may find these items in Japanese, Korean or online grocery stores.

Nutrition Facts	
Serving Size: 1 cup	
Servings Per Recipe: 8	
Amount Per Serving	
Calories 5	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	