

Japanese name

# Katsuobushi

After boiling and smoking blocks of bonito meat, the block is heated and dried repetitively into arabushi, which is then shaved to make the dried bonito shavings. High-quality dried bonito shavings are shaved from sun-dried and molded arabushi.



鰹節

## Dried Bonito

### Season and Taste

Dried bonito and its shavings are available throughout the year. However, the mold-dried bonito, made from bonito caught in early summer – finished in autumn, are the most delicious in particular. In addition, dried bonito shavings are commonly used to make soup stock.

How to Make  
Combined  
Soup Stock of  
Dried Bonito  
Shavings and Kelp



Add 15-20 g of kelp into 1 liter of water, heat it at low heat, and remove the kelp right before it boils. Add more water, add 20-30 g of dried bonito shavings, boil for 10-15 seconds, then filter.

### Nutrition and Health

Dried bonito shavings are high in protein and low in calories. The inosinic acid, which is the taste component, increases metabolism, and since the Edo era, it has been said that dried bonito shavings help with recovery from fatigue. It also contains a good balance of indispensable amino acids, and it is said that by drying it, it condenses nutrients.

From the Japanese  
dinner table

## Noodle Soup Made from Bonito Soup Stock and Somen (Japanese Fine Noodles)

You will need Bonito soup stock for various Japanese foods. Especially it's really important to use good Bonito stock for noodle soup or noodle dipping sauce.

### Ingredients (Serves 4) and Recipe

(i) Add 20 g of dried bonito shavings, 1/2 a cup of light soy sauce and mirin and 2 1/2 cups of water, and heat it over medium heat. Once it boils, reduce the heat to low heat and heat it over medium heat. Once it boils, reduce the heat to low heat and cook it for 3 more minutes. Add 10 g of dried bonito shavings and stop the heat. Leave it alone for 5 minutes and filter using a bamboo sieve.

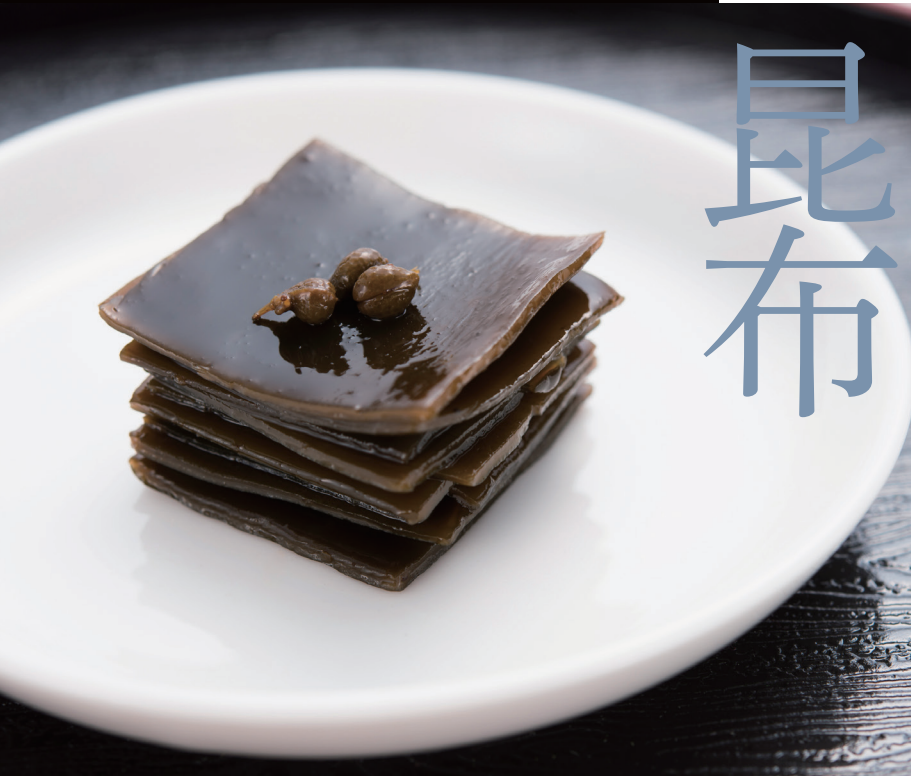
(ii) Take 4 pieces of Shiso basil leaf, cut off the stem, and cut it into thin slices. Grate 1 clove of ginger. Boil plenty of water in a pot, and boil the somen as indicated. Discard the hot water, wash the noodles in ice water, and drain the moisture. Enjoy the noodles with the seasoning of your choice and noodle soup.



Japanese name

# Konbu

Other than for making soup stock, the kelp is a multi-purpose laver that is used in various dishes such as kelp rolls and cooked dishes. Kelp is also used in processed foods such as sukunbu (sour kelp prepared with black vinegar) and tororokonbu (shredded kelp), and it is popular for its rich nutrients.



昆布

## Kelp

### Season and Taste

It is harvested from the summer to fall, but since it is typically dried, it is distributed all year round. It is said that it tastes better if it is left alone for a few years. There are various types of kelp, and it is used according to the requirements of the dish.

### Nutrition and Health

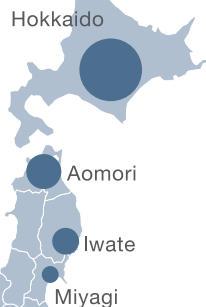
In addition to containing an abundance of vitamins and minerals, it contains fiber, which is known to prevent constipation and the regulation of the function of the intestines. It also contains alginic acid, which helps with the prevention of high blood pressure and diabetes, along with an abundance of iodine that can only be obtained from laver.

From the Japanese dinner table



## Habitat

It is mainly harvested in Hokkaido and along the Sanriku coast. It also grows in Tokyo Bay, and it also helps to clean the ocean.



## Yu-Dofu hot pot

Yu-Dofu hot pot is a simple hot pot dish that is commonly enjoyed in the winter. It is gentle on the stomach and warms you up. The delicate soup stock of kelp matches well with tofu.

### Ingredients (Serves 4) and Recipe

- (i) Add 1 piece of soup stock kelp (12 cm on all sides), 2 tablespoons of sake, 5 cups of water, and leave it alone for 30 minutes. Cut the 2 blocks of silken tofu into 4 pieces each. Cut the two pieces of green onion (thin green spring onions) into small pieces. Grate 1 clove of ginger.
- (ii) Heat the pot in (i) over medium heat, and once it boils, add the tofu and cook it for 3-4 minutes. Serve the tofu on a dish with the soup, and eat it with the appropriate amount of green onion, ponzu and ginger.