

## Yardbird's Miso Soup

**Matt Abergel**, Chef/Co-owner, Yardbird and Ronin, Hong Kong

Makes about 8 servings

### Mushroom Dashi

12 cups (3 L) cold water  
 4 oz (125 g) dried shiitake mushrooms  
 2 oz (60 g) dried porcini mushrooms  
 1 oz (30 g) dried matsutake mushrooms (see sidebar)  
 12-inch (30 cm) piece of kombu (see sidebar)

Pinch of salt

$\frac{1}{3}$  cup (80 mL) rice miso (see sidebar)  
 $\frac{1}{4}$  cup (60 mL) barley miso  
 $\frac{1}{2}$  unpeeled daikon radish (about 5 oz/150 g), thinly sliced (see sidebar)  
 $\frac{1}{2}$  head napa cabbage, thinly sliced  
 1 bunch mizuna, coarsely chopped (see sidebar)  
 1 tsp (5 mL) finely grated yuzu zest (see sidebar)

### Soup

$1\frac{1}{2}$  tsp (7 mL) light soy sauce (see sidebar)

1. For the mushroom dashi, combine the water, all the dried mushrooms and the kombu in a large pot. Let soak at room temperature overnight. (This helps to extract the most glutamate, the natural component of MSG and the essential element of umami, one of the five basic tastes.)
2. For the soup, bring the mushroom dashi to a boil. Remove the kombu.
3. Boil the dashi until it turns a deep golden brown, about 20 minutes.
4. Reduce the heat to a simmer. Remove and discard the mushrooms. Add the soy sauce and salt.
5. Put both misos in a small fine-mesh sieve. Partially immerse the sieve in the soup. Rub the misos through the sieve into the soup with the back of a spoon (This prevents the miso from becoming lumpy.)
6. Add the daikon, napa cabbage, mizuna and yuzu zest.
7. Ladle the soup into bowls and enjoy.

### Japanese Ingredients at a Glance

**Daikon:** A long, white radish about the size of a very large carrot.

**Kombu:** Dried, edible kelp (seaweed).

**Light soy sauce:** Also called fresh soy sauce, not to be confused with low-sodium soy sauce.

It is a slightly paler color than regular soy sauce and has a higher salt content.

**Matsutake mushrooms:** Expensive dried mushrooms prized in Asian cuisines for their spicy aroma.

**Miso:** A thick, salty paste made by fermenting rice, barley or soy beans.

**Mizuna:** Also called Japanese mustard, a herb resembling arugula with a mild mustard flavor.

**Yuzu:** A tart citrus fruit with a grapefruit/mandarin flavor.

