



MISO SOUP WITH TOFU CUBES

Imperial (Metric)

A little vegetable oil
 1 onion, chopped
 1 carrot, sliced
 1 stick celery, sliced
 2 pints (1 litre) water
 1 piece seaweed (wakame), rinsed
 and soaked for about 10 minutes
 and finely chopped
 1/2 lb (1/4 kilo) tofu, pressed until firm
 and cut into cubes
 1 tablespoonful miso (or to taste)

American

A little vegetable oil
 1 onion, chopped
 1 carrot, sliced
 1 stick celery, sliced
 5 cupsful water
 1 piece seaweed (wakame), rinsed
 and soaked for about 10 minutes
 and finely chopped
 1 cupful tofu, pressed until firm
 and cut into cubes
 1 tablespoonful miso (or to taste)

1. Brush a little oil onto the base of a large pan and *sauté* the onion for a couple of minutes.
2. Add the carrot and celery and *sauté* them for a few more minutes.
3. Add the water and *wakame*, bring the soup to the boil and cook until the vegetables are done — about 20 minutes or so.
4. At the end of cooking, add the tofu cubes, bring the soup back to the boil briefly, then remove the pan from the heat and mix the miso with a small amount of soup stock to dissolve it.
5. Add this to the soup or put the miso into individual bowls and ladle the soup into the bowls; this way amounts of miso can be adjusted to each person's taste or needs.

