

Dashi



だし

Basic Techniques

Makes about 3½ cups

Ingredients

2 pieces (5" in length) kombu

0.7 oz. shaved bonito flakes

4½ cups of water

Notes

Wipe the kombu with a slightly damp towel. Add the water and kombu to a large pot and set over a high heat.

When the impurities rise to the surface, remove swiftly with a fine-mesh skimmer. Remove kombu when the water is on the verge of boiling and you see small bubbles rise to the surface.

Wait for the water to come to a rolling boil, then add the bonito flakes and immediately turn off the heat. With chopsticks, gently push down the flakes below the surface of the water.

Leave the pot alone until the bonito flakes sink to the bottom of the pot. Do not stir the flakes or your dashi will become cloudy.

Over a bowl, quietly pour the dashi into a strainer lined with paper towel or a cloth. Squeeze the wet towel, but not too firmly or your dashi will become bitter.