

# Shiitake Konbu dashi

## しいたけ昆布だし



<https://www.japanesecookingclub.com/>

**Makes 4 cups**

## Ingredients

- 4 x 5 in. square dried konbu (10 g)
- 5 grams dried shiitake mushrooms 3-6 pieces
- 4 cups of water

### **Mizudashi (水だし cold water method)**

1. Add the konbu, dried shiitake and water to an airtight container and allow to sit in the refrigerator overnight.
2. When the time has passed, strain and use immediately or store in the fridge and use or freeze within 2-3 days.
3. Save the konbu and shiitake to reuse for something like tsukudani or add it to your miso soup.

### **Nidashi (煮だし simmered method)**

1. Using a medium saucepan, add the konbu, shiitake and water. Let it rest and rehydrate at least 30 minutes.
2. After time is up, heat on medium heat and bring the stock to just before a boil. You'll notice tiny bubbles forming near or around the konbu. This indicates that you'll soon need to turn the heat down and maintain that state (avoiding a boil). Keep at this level for at least 10 minutes before removing konbu from the pot.
3. Continue cooking shiitake mushrooms for another 20-30 minutes at a gentle simmer.
4. Strain and use immediately or store in the fridge and use or freeze within 2-3 days.
5. Save the konbu and shiitake as above.

Tips-

- lightly wiping dry konbu with a cloth is optional and in my experience it doesn't affect the flavor, so I don't do it. Note that the white powder you see on the konbu is the good stuff (umami). You may lose some of it if you wipe too aggressively.
- Try not to break or cut slits into your konbu as it can hasten release of bitter flavors and slime.
- For the mizudashi method, reuse the konbu a second time and add katsuobushi to make regular dashi. There's a lot of flavor left in it as the mizudashi method is passive. The same goes for the shiitake, which can be reused in soups or stews.
- Avoid using high heat or cooking for longer than indicated. Overcooking/heating can cause bitter flavors and slime to be released into the broth.

