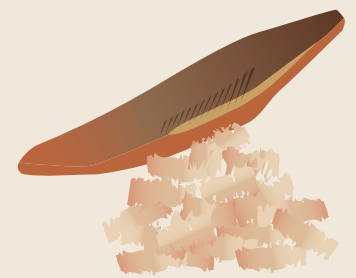
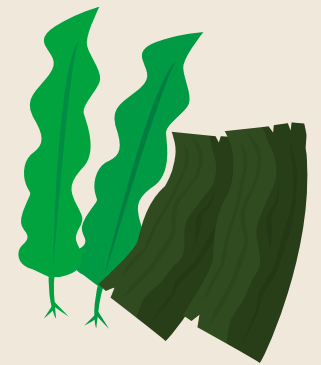


"Dashi": The Foundation of Japanese Cuisine Kombu Kelp and Bonito Flakes

- (1) Simmer the kombu kelp at 60°C for about 20 minutes.
- (2) Remove the kombu kelp and heat the pot up to between 80°C to 90°C.
(Little bubbles will start to form on the inner surface of the pot when the water temperature reaches this temperature range.)
- (3) Put some bonito flakes into the pot.
(Add roughly 100g of bonito flakes to about 1,800 ml of water.)
- (4) After putting in the bonito flakes, turn off the heat.
- (5) Skim the foam (scum) off the surface to get rid of the undesirable flavor.



Now this "Dashi" that goes well with any ingredient is ready!
It is the fundamental flavor of Japanese Cuisine.

