



**Momotaro Foods**  
桃たろうフーズ

The Japanese Food Network

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## **A bit more effort recipe 1 – Miso soup with pork and vegetables (Buta jiru)**



### **Description:**

Miso shiru is one of the very traditional staples in the Japanese diet. It is also common to add different ingredients to the basic soup, depending on what you have in hand. For example, you could add tofu pieces, or a vegetable such as carrot, daikon (large white radish also known as 'mooli'), aubergine, yam, potato, leek or spinach. For meat, try a little pork or shredded chicken. Some Japanese cooks add *abura-age* (deep fried tofu pouches) too.

This soup is excellent as a main course – serve with a vegetable or hijiki side dish and rice.

### **Ingredients (for 4 people):**

**4 cups Dashi broth**  
**4 tablespoons Miso**  
**2 teaspoons Sake**

**250 gms boneless pork loin**  
**250 gms potatoes (about 2 medium)**  
**1 carrot**  
**4 small thin leeks**  
**250 gms Daikon (also known as 'mooli')**  
**2 cm piece of fresh ginger**

### **Method:**

- 1. Cut the pork, potatoes, carrot, leek and daikon into bite size pieces**
- 2. In a large saucepan, stir-fry the pork for 3 minutes then add the vegetables and continue for a further 3 minutes**
- 3. Pour the water into the pan and bring to the boil and simmer until the vegetables are cooked**
- 4. Sprinkle in the dried dashi powder and stir until dissolved**
- 5. Add the miso paste to the pan and reduce heat to avoid the soup boiling**
- 6. As a final touch, add the cooking sake and serve in individual bowls, garnishing with chopped spring onions**