



Momotaro Foods
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The Japanese Food Network

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Vegetarian Recipe 11 – Tofu and Vegetable hearty soup (Kenchin-jiru)



Description:

This dish contains tofu and vegetables cooked in a shoyu based dashi stock. Konnyaku is a jelly like product made from the roots of a vegetable called 'devil's tongue'. It has no calories but increases the effectiveness of your digestive processes.

Ingredients (for 4 people):

440 ml (4 cups) dashi stock (4gms instant dashi powder)

5 ml (1 teaspoon) shoyu

15 ml (1 tablespoon) cooking sake

15 ml (1 tablespoon) sesame oil

1 block firm tofu

1 packet Konnyaku

1 potato

1 onion

2 small thin leeks

1 carrot

2 spring onions

1 teaspoon or more Japanese dried red chilli flakes (togarashi)

Method:

1. Scrub the potato and cut into 3 cm pieces. Soak in fresh water

- 2. Wash and peel the onion and leek and slice into 3 cm pieces**
- 3. Peel the carrot and cut into roundels**
- 4. Cut the tofu into 2 cm pieces**
- 5. Boil the konnyaku in a saucepan of water for 3 minutes, then rinse and drain thoroughly**
- 6. Cut the konnyaku block in half lengthways, then chop it into bite size pieces like the potato**
- 7. Cut the spring onion into very small pieces**
- 8. Make up the dashi stock**
- 9. Heat the oil in a saucepan or wok and stir-fry the potato, konnyaku, carrot, onion and leek for 2 minutes**
- 10. Add the dashi stock, bring to the boil then add the cooking sake and simmer for 10 minutes, stirring occasionally, and removing any scum from the surface**
- 11. In about a cup of broth, dissolve the miso paste then add back to the pot. Simmer until vegetables are cooked to your taste**
- 12. Add the shoyu and tofu and cook for a further 1 minute then serve garnished with the spring onion and Japanese red chilli flakes**