

## Tonjiru 豚汁 (Miso and Pork soup)

This simple soup is quick to make, healthy and is especially good for winter. The ingredients are really cheap and easy to find in all good supermarkets in Japan.



### Ingredients (Makes 4-5 servings):

1,200ml of *dashi* (powdered dashi is easiest to use)  
225g of thinly-sliced belly pork (cut into small pieces)  
4-5tbsp Miso (use a mild, light-coloured miso if this is your first time cooking with it)  
1 onion  
½-1 carrot  
5cm of daikon  
2 sataimo (Japanese taro) (Potato also works well)  
1 tsp minced ginger  
1 green onion/scallion  
1 tbsp neutral oil (canola/vegetable/olive oil *not extra-virgin olive oil*)

### Method:

1. Prepare the dashi stock and set aside
2. Cut the vegetables. If you're being traditional, cut them as follows:
  - Carrot- into semi-circles slices (~1cm thick)
  - Daikon and sataimo/potato- into quarter circle slices (~1cm thick)
  - Onion- fine slices (~½-1cm thick)
3. In a frying pan, fry the meat and ginger on a medium heat until browned and set aside.
4. In a large pot, gently sauté the onion until slightly softened, then add all the other vegetables, mix and cook gently for 1-2 minutes.
5. Add the meat and dashi into the pot with the vegetables and bring to the boil. Before the pot comes to a boil, skim off any fat and scum, and then simmer for 15-20 minutes until the vegetables are soft.
6. Add the miso paste to a strainer and submerge into the pan. Gently mix the miso until fully dissolved.
7. This soup can be kept in the fridge for up to 3 days. When reheating, do not boil the soup, as the miso's flavor will be lost. When serving, top with finely chopped green onions/scallions

*By Joni Longden*