FRESH & COOL

Ginger Miso Fish Soup

PREP	COOK	SERVES
10 min	15 min	4

A quick, clear broth with white fish, mushrooms and ginger, finished with miso.

Ingredients

- 1 litre dashi (or 1 litre water with a 10 cm strip of kombu)
- 3 tbsp white miso paste
- 400 g firm white fish (cod, pollock or hake), cut into 3 cm chunks
- 150 g shiitake or chestnut mushrooms, sliced
- 2 cm fresh ginger, grated
- 2 handfuls baby spinach
- 2 spring onions, thinly sliced
- 1 tsp soy sauce
- 1 tsp toasted sesame oil
- To serve: cooked rice (optional)

Method

1. Bring the dashi to a gentle simmer with the ginger and mushrooms. Cook for 5 minutes.
2. Slide in the fish and simmer very gently for 4 to 5 minutes, until it turns opaque and flakes easily. Do not let the soup boil hard.
3. Take the pot off the heat. Ladle a little hot broth into a small bowl, whisk in the miso until smooth, then stir it back into the pot.
4. Add the spinach and soy sauce and let the spinach wilt for a minute.
5. Ladle into bowls, scatter over the spring onions and finish with a few drops of sesame oil.

Cook's tip

Never boil miso. Heat dulls its flavour, so always stir it in at the end, off the heat.