

Japanese Inspired Immune Boosting Soup

Makes four servings

- 1 piece of kombu (2x2 inches)
- 2 cups sliced Shitake mushrooms
- 1 piece ginger (2 inches long, peeled and grated)
- 1 large sweet potato (peeled and cut into 1 inch cubes)
- 2 cups chopped bok choy
- 7 ounces firm tofu (cut into 1 inch cubes)
- 3 green onions (sliced)
- 1 Tablespoon miso paste (white or red)
- 1 Tablespoon liquid aminos (Braggs)
- 1 Tablespoon toasted sesame seeds (white and/or black)

Optional Ingredients & Substitutions

- 2 eggs cooked until jammy (see notes)
- 10-12 oz soba noodles
- Furikake / Nori Komi seaweed seasoning
- Shichimi togarashi red pepper spice mix
- 5 cups miso broth can be substituted for water
- 2 cups spinach can be substituted for bok choy

In a large stock pot combine kombu, sliced mushrooms, ginger and cubed sweet potato with 5 cups of water or miso broth. Simmer broth for 20 minutes. While soup is cooking toast sesame seeds in a non-stick pan or on a baking sheet in the oven.

After 20 minutes the sweet potatoes should be firm, but tender. Add chopped bok choy, cubed tofu and the white parts of green onions. Simmer on low an additional 10 minutes until sweet potato is completely cooked. Be care full not to overcook.

If using noodles and eggs: While soup is simmering during the last ten minutes cook soba noodles according to directions, and make jammy eggs (see notes below). Set aside.

The trick to making this soup is to not boil the probiotic properties out of the miso paste. There are important nutrients and healthy bacteria we don't want to kill by boiling. Spoon miso paste into a separate small bowl. Add a small amount of cooled broth and make a slurry.

To assemble the bowls. Place some miso slurry in each bowl, then add a little liquid aminos to each bowl. Add broth making sure to get all ingredients into each serving. If using, add soba noodles. Top broth with 1/2 a jammy egg, toasted sesame seeds, and chopped green onions. Serve with optional furiaki seasoning and shichimi togarashi red pepper spice mix.

Notes/

All it takes to make a jammy egg is boiling water and six and half minutes. That's the magical number for an egg with a completely cooked white and a firm but gooey yolk that you can add to ramen and miso based soups.

Recipe created by Chef Lisa Núñez-Hancock