

# Dashi

## Ingredients:

4 cups cold water

1 oz kelp (konbu) approximately a 4-inch x 6-inch piece

1 oz (1-1/2 cups) dried bonito flakes

## Directions:

1. Place the konbu and water in a saucepan and bring to a boil over medium heat. As soon as the water boils, remove from heat and let stand for three minutes.
2. Take out the kelp and bring the stock back to a boil. Remove from heat and add the bonito flakes. Let them sit until they sink to the bottom of the pot. Strain the stock through cheesecloth or a coffee filter.