

## DASHI 出汁 (Standard Sea Stock)



**Dashi** is a subtle broth with the capacity to enhance and intensify the flavor of those foods with which it is cooked or blended. That ability is locked within *kombu* (kelp) and *katsuo bushi* (smoky bonito fish flakes), the two ingredients used to make this basic sea stock: Both are both rich in water-soluble glutamates.

Although it takes only a few minutes to make *dashi*, **timing and temperature control** is important. To extract the full potential of the kelp's flavor-enhancing properties, you need to start the stock from cold water, slowly bringing it barely to a boil – the point at which small bubbles begin to break on the surface, and around the rim of your pot. Then, to prevent the broth from becoming murky, and to hold possible bitterness at bay, you need to remove your pot from the stove before adding the fish flakes. That way, the smoky, full-bodied flavor of the flakes can seep into the broth.

Makes about 1 quart.

1 generous quart cold water; use filtered or bottled water for best results  
6-8 square inches (15 to 20 sq. centimeters) kelp; Hidaka *kombu* is the preferred type)  
1/2 cup loosely packed (2, 5-gram packets) *katsuo-bushi* (dried bonito flakes)

Place the kelp in a pot with the water. If time permits, let it soak for 10 to 15 minutes before placing the pot over medium-high heat. Remove the pot from the burner as soon as small bubbles begin to break on the surface and at the rim of the pot.

Remove the kelp. Add the fish flakes, scattering them across the surface of the broth. After several minutes the fish flakes will begin to sink. The larger the flakes, the longer it will take. Those at the top of a freshly opened bag might take 5 or 6 minutes, while the powdery bits that settle at the bottom of the package could sink almost immediately. To keep the stock from tasting "fishy" it is best to strain the broth through a cloth or paper-lined colander within 3 or 4 minutes of adding the flakes.

Adapted from WASHOKU: Recipes from the Japanese Home Kitchen  
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## Smoky Sea Stock

(*Oi Katsuo Dashi*)

追い鰹だし

This stock lends an extra smoky flavor to foods cooked with it. Two ways to achieve this: by adding more flakes or by adding thicker slices. **The timing (of additional flakes or slices) and temperature (of the stock) are critically important in extracting the sweet smoky goodness of the *katsuo* without releasing extra fishiness.**

### ADDING MORE FLAKES:

Start with already made Standard Sea Stock that has cooled (or been refrigerated for up to 2 days). Place the stock in a saucepan and slowly re-heat until just a few bubbles appear at the rim. Add a large handful (about 1 cup) of *katsuo-bushi* (*hana-katsuo*) flakes. Remove the pot from the heat and allow the fresh flakes to steep for 2 minutes. Strain immediately.



OR

Start with already made Standard Sea Stock that has cooled (or been refrigerated for up to 2 days). Place the stock in a pot and add thick slices of *atsu kezuri* (below, right). Place over medium-high heat. When the liquid begins to bubble, remove the pot from the stove and allow the stock to cool. When there is no more steam rising, strain the stock.

