



すり流し汁
Surinagashi-Jiru
Pureed Soup

Pureed soups, called *surinagashi-jiru* (literally, “grind” and “pour” and “broth”), often showcase seasonal produce on a Japanese menu. The peels, pods and stems that are usually discarded when cooking fresh peas and beans can be used to ramp up the flavor of ordinary dashi stock. In this instance the nutty, sweet essence of fava beans and sugar snap peas shout out that springtime has arrived at table.

In the old-fashioned kitchen, the beans and peas were sieved through an *uragoshi* strainer to mash them. In the modern kitchen, a food-processor easily pulse-processes them to a smooth puree.

Makes 4 portions

- 7 ounces/200 grams *sora mamé* (fresh fava beans), about 10 pods
- 3.5 ounces/100 grams *endō mamé* (sugar snap peas), about 10 pods
- 2-inch/5-cm length *kombu* (kelp)
- 3.5 cups/700ml water
- 1 cup/200ml soy milk
- 1 teaspoon white miso, preferably Saikyō miso
- Pinch of salt (optional)
- Freshly ground black pepper

Begin by prepping your fava beans and peas and making stock from their respective pods: Open the fava bean pods and remove the beans and set them aside. Place the pods in a 2 or 3-quart pot with the kelp and water. Shell the peas and set them aside. Add the pea pods to the same pot as the fava pods. Place that pot on the stove over low heat and gradually bring it to a simmer. Adjust the heat to barely maintain a simmer and cook for 5 minutes. Allow the contents of the pot to cool naturally to enhance the transfer of flavor from the pods to the kelp broth. In the meanwhile, turn your attention to the shelled fava beans.



Make a small slit in the outer “skin” of each of the shelled fava beans; the slit must be made on the side that does NOT have the black line (where the bean had been attached to the pod). This slit will make it easy to remove this skin after blanching the beans.

Bring a large pot of water to a rolling boil and add the beans. Cover the pot and as soon as the water returns a boil, drain immediately. Avoid cold or ice bath baths that will rob the beans of their flavor and nutrients. Instead, to cool them rapidly, use either an *uchiwa* (flat fan), a stiff piece of cardboard, or place them in front of an electric fan. As soon as they are cool enough to handle, peel the beans.

Lightly pinch each bean on the black line end (the opposite end that you slit). The bean will slide out of its skin easily. Continue, one at a time, to remove (and discard) the thin skins before transferring the beans to the bowl of a food processor. Add the shelled peas to the food processor, too.

Pulse-process the beans until they are crushed. Through the feeder tube, slowly add 1 cup of the stock you made from the pods. Continue to pulse-process until the mixture is smooth. Between pulses, scrape down the sides of the bowl to be sure that all the beans and peas are being thoroughly crushed.

Combine the soy milk and white miso in a small bowl before adding it to the food processor through the feeder tube. Continue to pulse-process until well blended. Scrape down sides between pulses, if necessary. Taste. Because the sweetness of light miso varies tremendously from brand to brand, adjust with salt if necessary.

This soup can be served hot, or chilled. Finish with a bit of freshly ground black pepper.

