

Basic Japanese Stock - Kombu and Bonito Dashi

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-kombu-recipe>

Ingredients:

- 2 quarts cold water soft water is preferred
- 2/3 ounce kombu dry kelp
- 1 ounce katsuobushi 20 g to 30 g shaved, also called hana-katsuo; smoked and dried bonito flakes

Nutrition:

1. Calories: 20 calories
2. Cholesterol: 5 milligrams
3. Protein: 4 grams
4. Sodium: 50 milligrams

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