

# Monkfish Miso Nabe

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 4 cups water
- 4 inches dashi kombu Length of, kelp for making dashi stock
- 2 tablespoons mirin
- 1/4 cup kasu Sake
- 1/3 cup miso
- 1 pound monkfish cut into large pieces
- 1 carrot sliced into long thin strips
- 1/2 gobo burdock,, sliced into long thin strips
- 1 Tokyo negi or a small leek, cut into 1" lengths
- 2 ounces shimeji mushrooms trimmed
- 1 package shirataki noodles rinsed and drained
- 1/2 bunch shungiku tough stems trimmed and cut in half lengthwise
- 3 leaves napa cabbage halved lengthwise, then cut into large pieces
- 1 bunch mitsuba roughly chopped