



Miso Soup with Daikon Radish

Serving:

4-6

Type:

vegan soup

Author:

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Notes:

This traditional Asian-style soup is simple to make and nourishing, supplying essential minerals and vitamins. Just make sure the soup is not boiling when adding the miso, since it will destroy any health benefits. Miso paste may vary in salt content from brand to brand, so be sure to taste the soup before adding any at the end, to avoid over-salting.

Ingredients:

2 teaspoons sesame oil

1 teaspoon vegetable oil

1 large daikon radish, peeled and ½-inch diced (about 1 cup)

1 to 2 medium carrots, peeled and ¼-inch diced (½ to 1 cup)

1 small onion, ¼-inch diced (about ½ cup)

1 tablespoon peeled grated fresh ginger

3 garlic cloves, minced

8 cups water

10 ounces extra-firm tofu, or more if desired, ½-inch diced

2 cups stemmed finely ribboned spinach, arugula, or mustard greens

1 to 1¼ cups white miso paste, to taste

Salt (optional)

Directions:

1. Heat the oils together in a large, heavy-bottomed pot or saucepan over medium heat until shimmering and fragrant. Add the daikon, carrots, onion, ginger, and garlic and sauté for 5 minutes, stirring continuously to prevent burning the ginger and garlic. Increase the heat to high, add the water, and bring to a boil.

2. Once the soup has come to a boil, turn off the heat and let the boiling subside. Add the tofu and greens to the pot, and stir to combine. The heat from the soup will wilt the greens and warm the tofu. Add 1 cup of miso paste, whisking until fully dissolved into the soup. Taste and whisk in up to ¼ cup of additional miso, if desired. Add salt to taste, if necessary, before serving.