

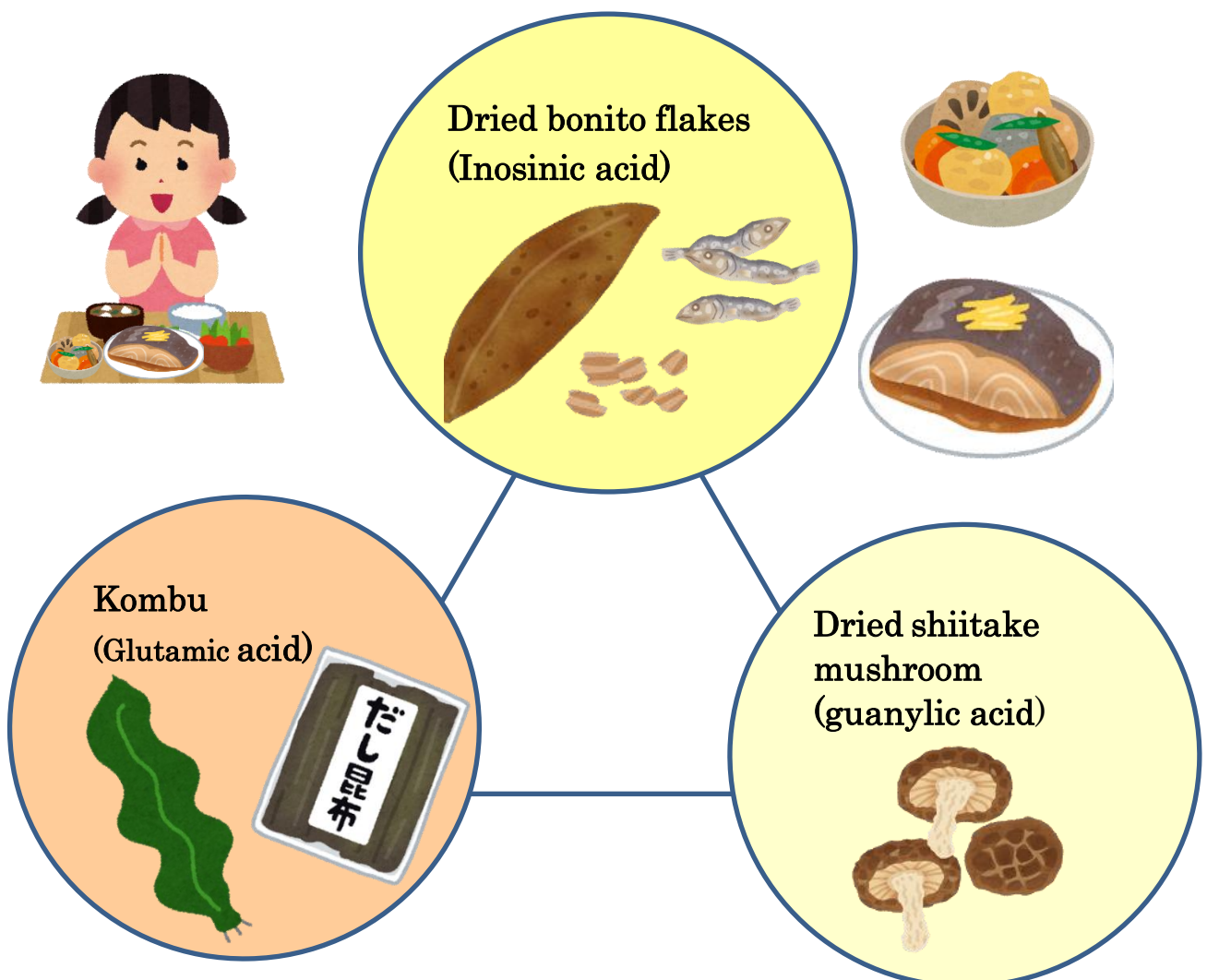
Information of Dashi broth

The base taste of Japanese cuisine, "Dashi" broth

We have the Japan's traditional cuisine called "Washoku, or 和食". It generally consist of "Ichiju-sansai, or 一汁三菜" such as soup, rice, one main dish, and two small side dishes. "Dashi" broth is indispensable for making soup. Unlike French and Chinese dishes which are used with food ingredients extracted for several hours, we mainly make soup for much shorter time using a various types of "Dashi" broth of dried bonito flakes, kombu (kelp) and/or dried shiitake mushroom.

Japanese people are accustomed to take "Dashi" broth from early childhood. Every family has its own unique taste of the broth. Japanese calls that taste Umami.

The most major broth is a combination of dried bonito flakes with kelp. Addition of two different Umamis at the same time causes synergistic effects that amplify Umami taste many times.



In this seminar, we have Maitake rice and Kenchin soup using "Dashi" broth. "Dashi" is used for many Japanese dishes.

How do you feel the taste of Umami?

We hope that you enjoy making and having Japanese cuisines using "Dashi" with reference to today's recipes. Thank you.