



UMAMI STOCK

Ingredients (For 4 people)

- 1.5 l filtered still water
- 50 g kombu seaweed* rinsed in clear water
- 1 tsp powdered wakame seaweed*
- 1 small beer radish, sliced into rounds
- 10 g washed ginger, cut into 3 pieces
- 12 whole washed shiitake mushrooms
- 1 star anise seed
- For the infusion:
 - 1 umeboshi plum*
 - 6 of shiso leaves*
 - 10 g melissa and cress mix
 - 3 tbsp tamari soya sauce

*These ingredients are available in Japanese food stores.

Preparation:

Bring the ingredients to a boil. Lower the heat and allow to simmer, uncovered, for 30 to 45 minutes.

Remove from the heat, add the umeboshi plum, shiso leaves, herbs and tamari sauce. Allow to infuse, covered, for 25 minutes.

Filter and serve as a detox stock, or use as a base for a soup or a sauce, or to poach vegetables.