



Boom Broth

8 inch piece of dashi kombu
3 carrots
1/2 large rutabaga
12 inches of burdock root
4 dried shitake mushrooms, soaked until completely soft
1 bunch kale
12 Cups water
1/2 Cup used bancha tea twigs
Optional dried iriko (small sardines)

1. Soak the kombu in the water for at least 30 minutes. Slashes may be cut along the sides of the kombu strips release more minerals into the water.
2. Slowly bring the water with kombu to very low simmer. Do not boil or the broth will taste fishy.
3. Remove the kombu and save for other uses.
4. Add the soaked shiitake including the soaking water.
5. Add the carrots, rutabaga, burdock and kale.
6. Tie uptake the used tea twigs in cheesecloth or place in a Garni bag. Add to the soup pot. (Do not use fresh twigs capable of making tea, or it will impart a bitter flavor to the broth.)
7. Simmer over medium low heat for about an hour.
8. Strain the broth.
9. This mineral rich broth may be drunk seasoned to taste with shoyu or may be seasoned with miso if used as a base for miso soup.
10. Store the broth in the refrigerator.