

Long Livo

Vegan Umami Broth Recipe for Soups and Stews

15 min Prep time	**2 h** Cook time	**2 h 15 min** Total time
8 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Base Ingredients

- [ ] 1 ounce dried shiitake mushrooms
- [ ] 1 large piece kombu (about 4x6 inches)
- [ ] 1 large yellow onion, quartered
- [ ] 3 cloves garlic, smashed
- [ ] 1 large carrot, chopped roughly
- [ ] 2 quarts cold water

Finishing Ingredients

- [ ] 2 tablespoons soy sauce
- [ ] 2 tablespoons white miso paste
- [ ] 1 teaspoon salt (or to taste)
- [ ] Fresh parsley or thyme sprigs (optional)

Instructions

1. Place the dried mushrooms in a bowl and cover with warm water. Let them soak for 30 minutes until softened. Meanwhile, wipe the kombu with a damp cloth but don't rinse off the white residue.
2. In a large stockpot, combine the soaked mushrooms (with their soaking liquid), kombu, onion, garlic, and carrot. Add the cold water and bring to a very gentle simmer over medium-low heat.
3. Reduce heat to low and simmer very gently for 1 hour. Don't let it boil - you want just occasional bubbles breaking the surface. After 1 hour, remove and discard the kombu.
4. Continue simmering for another hour. The broth should reduce by about a quarter and become richly colored and fragrant.
5. Remove from heat and strain the broth through a fine mesh strainer lined with cheesecloth. Press gently on the solids to extract all the liquid.
6. In a small bowl, whisk the miso paste with a cup of the warm broth until smooth. Stir this back into the main pot along with the soy sauce.
7. Taste and add salt if needed. The broth is now ready to use or store. I love using it right away in something like that healthy cabbage soup for dinner.

Nutrition per serving

25 kcal Calories	**2 g** Protein	**4 g** Carbs	**0 g** Fat

Tips & notes

- Save the rehydrated mushrooms - they're delicious chopped and added to other dishes
- The broth freezes beautifully for up to 3 months
- For clearer broth, don't press too hard when straining
- Adjust salt at the end since reduction concentrates flavors