

# 5 STEPS TO MAKE JAPANESE DASHI

日本の

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## Standard 5 Steps

- STEP 1** Put ingredients into water
- STEP 2** Heat the pot not to a boiling point
- STEP 3** Put ingredients into hot water
- STEP 4-A** Continue to heat the pot for 5 to 10 min. still not to a boiling point
- STEP 4-B** Stop heating and wait for a few minutes
- STEP 5** Strain ingredients with fine cloth from water

## Right Steps By Ingredient

- Dried Bonito Thin Flake** STEP 2 > 3 > 4-B > 5
- Dried Bonito Thick Flake / Dashi-Pack** STEP 2 > 3 > 4-A > 5
- Kombu / Niboshi** STEP 1 > 2 > 4-A > 5
- Traditional Dashi (Mixed with Thin Flakes & Kombu)** STEP 1 [KOMBU] > STEP 2 > Take KOMBU From Water > STEP 3 [THIN FLAKES] > STEP 4-B > STEP 5

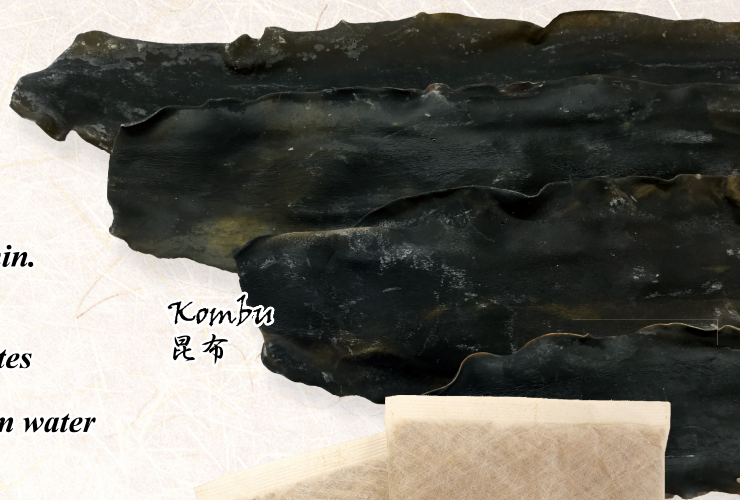
## TIPS

### DASHI INPUT

- 5 to 10 % of ingredients in water is our recommendation. For example , 50g of flakes for 1 litre of water.

### DURATION OF BOILING

- The longer (you cook), the stronger taste and the weaker flavor. Quick boiling makes your Dashi taste weaker and flavor strong. REMEMBER NEVER TO REACH A BOILING POINT ALL THE TIME!



Kombu  
昆布



Dashi-Pack  
だしパック



Niboshi  
煮干

Thin Flake  
薄削り

Thick Flake  
厚削り