



## Miso soup

The first thing we eat in the morning sets your taste buds for the rest of the day. Miso soup in the morning really nurtures you, as opposed to sweet cereals, which cause our bodies to crave sugar all day.



**COOKING TIME: 30 mins** | **SERVING: 5**

### Ingredients:

Sesame oil  
1/2 brown onion diced  
1 x good pinch of Olson sea salt  
1-2 carrots thickly sliced  
6 cups vegetable stock  
1 x cooked corn on the cob  
3-4 sticks of soaked wakame seaweed  
3 pre soaked Japanese shiitake mushrooms, slice them and remove the stems (which are too woody)  
1-2 x dessert spoon of Genmai (brown rice) miso paste  
1 x fresh organic ginger (remove skin)  
1 x spring onion  
1 x celery stick (sliced)  
1 cup of homemade pumpkin soup (optional)  
Handful of chopped parsley for garnish

### Method:

Cook corn on cob in salted boiling water. Keep water for stock.  
Heat oil in large saucepan and sauté onion until transparent. At this point add a pinch of sea salt. Adding the salt when the onion is transparent brings out the sweetness from the onion.  
Add chopped carrots and celery. Sauté for 3 mins.  
Add stock (corn on the cob water).  
Add corn (once removed off the cob).  
Add shiitake mushrooms and the soaking water to pot.  
Dissolve miso paste in a tablespoon of hot stock taken from your saucepan of corn, carrots, celery and shiitake mushrooms.  
Add ginger (this is a must as it activates the miso).  
Pumpkin soup (optional).  
Simmer for 10 mins watch that it does not boil it will kill the enzymes.  
Stir in home made pumpkin soup to add sweetness.  
To garnish: chopped parsley and spring onions.