



Shiitake broth with soba noodles

Shiitake mushrooms have been a symbol of longevity in Japan for centuries. 'Shiitake' in Japanese translates to 'savory deliciousness'. When buying shiitake mushrooms, make sure they are Japanese. These are grown in aged wood, in forests where they absorb the nutrients of the wood and their surroundings. Chinese shiitake are grown in wood shavings in plastic bags.

Shiitake mushrooms when made into a broth and taken at night time will help you relax and allow your shoulders to let go.

These amazing dried mushrooms are used in macrobiotic cooking for soups, stocks, vegetable dishes, and medical preparations. Shiitake broth provides our bodies with a nourishing source of vitamin D and B. It is the vitamin B that calms you down at night.



PREPARATION TIME: 10 mins | COOKING TIME: 30 mins | SERVING: 4

Ingredients:

3-4 dried shiitake mushrooms
1 tsp grated ginger
1-2 tbs of shoyu
Soba noodles
1tsp salt (Olson sea salt)

Method:

Put 6 cups of water in a pot and heat it.
Add a few strips of wakame; 3-4 dried shiitake mushrooms; a tablespoon of grated ginger.
Scoop the mushrooms out after 10 minutes, slice them, throw the stems out, put the rest back in the pot .
Simmer for 30 minutes.
Add 1-2 tablespoons of shoyu (taste it as shoyu can be very strong) at the end.

Method cont.:

Soba noodles

Bring a pot of water to boil.
Add salt.
Add noodles.
Bring back to boil, pour a cup of cold water, bring it back to boil.
Repeat 2 more times (cold water & bring to boil).
Strain noodles and keep the water (noodle water can be used as stock).
Pour cold water on the noodles to stop the cooking.
Put Soba noodles into the shiitake broth and serve with steamed broccoli.