

## *Basic Nabe*

*This warming soup that symbolises the Japanese winter is cooked as it is eaten. Vary the ingredients as wished.*

*Serves 3-4*

1 small fish, cleaned, scaled  
and cut into serving size  
pieces, or 1 small salmon  
steak per person, or 2  
chicken breasts  
1 daikon, finely grated  
(optional)  
1 block of silken tofu, cubed  
2 spring onions, sliced  
1 Chinese cabbage  
6 shiitake mushrooms  
1 carrot sliced  
1 bunch of shimeji  
mushrooms  
ponzu sauce and shichi-mi  
seasoning to taste

### Stock

4 cups (1 Litre) water  
1 strip of konbu  
a splash of mirin  
a splash of Japanese soy  
sauce  
1 packet of dried hondashi

If a gas burner suitable for use at table is available, use a Japanese nabe or pot suitable for direct heat. If a gas burner is unavailable, use an electric frypan. Add all stock ingredients to pot or frypan and bring to the boil. Reduce heat and let simmer for 30 minutes to release the flavour of the konbu. Adjust flavour if necessary.

At table add the fish or chicken to the soup and cook on a low heat. Gradually add and remove all ingredients as they cook. Serve immediately.

Serve with white rice and Japanese sake.