

Katsuo Dashi

Ingredients

60 gms Katsuo Bushi (Dried Bonito Flakes)
1 liter water

Note:- If Katsuo Bushi is not available buy a large piece of fresh Tuna Fish which is available at almost any Fish Market. Freeze the Tuna until it is hard but not rock solid. Make thin slices of this using an electric meat slicer. Put this on a tray covered with aluminum foil and put this in the oven which is pre-heated to around 80C. Leave this in the oven till the Tuna Slices are dry. This is a Substitute for Katsuo Bushi

Procedure

- 1) Bring the water to boil in a pot
- 2) Turn off the heat
- 3) Add the bonito flakes
- 4) Let the mixture settle at room temperature for about 5 minutes till the bonito flakes sink to the bottom of the pot and strain
- 5) Use a double layered strainer or cheese cloth to strain the mixture. The strained broth is Katsuo Dashi