JAPANESE · LUNCH · DINNER · SIDE

Kenchinjiru (Japanese Tofu and Root Vegetable Soup)

50 min · Serves 4 · 225 kcal a serve · Video 3:35 · Just One Cookbook

Vegan · No nuts listed

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A plant-based soup with about 12 g of protein and 6 g of fibre a serve, and a good source of calcium from the tofu, in a light kombu and shiitake broth with no added sugar.

Diet notes: Low saturated fat (1.2 g, 5% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients 15 · SERVES 4

- [ ] **Dashi (homemade)**: kombu dashi: 1200 ml water with a 10 × 10 cm piece of kombu (kombu removed)
- [ ] 240 ml **water** for soaking the shiitake (the soaking liquid goes into the soup)
- [ ] 3 **dried shiitake mushrooms**, soaked, stems removed, caps quartered
- [ ] 200 g **firm tofu**, drained
- [ ] ½ package **konnyaku** (konjac), about 130 g, torn into bite-size pieces
- [ ] 200 g **daikon radish**, sliced
- [ ] 1 **carrot** (100 g), sliced
- [ ] 3 **taro roots** (satoimo), about 150 g, peeled and sliced
- [ ] ½ **gobo** (burdock root), 100 g, scraped and sliced
- [ ] 1 tbsp **toasted sesame oil**
- [ ] 3 tbsp **sake**
- [ ] ½ tsp **Diamond Crystal kosher salt**
- [ ] 2 tbsp **soy sauce**
- [ ] 2 **green onions**, sliced, to garnish
- [ ] **shichimi togarashi**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the kombu dashi: soak the kombu in 1.2 L of water (overnight if you have time), heat slowly and remove the kombu just before it boils. Soak the dried shiitake in 240 ml of water, squeeze them out and strain the soaking liquid. 0:03
2. Press the tofu between paper towels for 30 minutes. Tear the konnyaku into bite-size pieces with a spoon, boil for 2–3 minutes and drain. 0:21
3. Peel and slice the daikon, carrot and taro (soak the taro to remove the sliminess); scrape, slice and soak the burdock for 5 minutes. Remove the shiitake stems and quarter the caps. 0:48
4. Heat the sesame oil in a large pot and sauté the daikon, carrot, taro, burdock and konnyaku. Add the shiitake, tear the tofu into the pot by hand and stir until coated in oil. 1:58
5. Pour in both dashis, bring to a boil, then simmer for 10 minutes, skimming off any foam. 2:18
6. Add the sake and salt and cook until the vegetables are tender, then stir in the soy sauce. Serve topped with green onions and shichimi togarashi if you like. 2:39

> **Tip** Sansho pepper is the other traditional topping. Keeps 2–3 days in the fridge. Potato can stand in for taro, and extra daikon or carrot for burdock.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
225 kcal	12 g	28 g	6.5 g	8 g	740 mg
940 kJ	24% of a day	21 g net · 4 g sugars	23% of a day	1.2 g saturated	32% of a day
		10% of a day		10% of a day	

Energy from net carbs 41% · protein 24% · fat 35%

High in (20%+ of a day) Calcium 31% · Vitamin A 24% · Vitamin B6 21% · Omega-3 21% · Magnesium 20%

Source of (10–19%) Potassium 18% · Vitamin C 18% · Vitamin K 18% · Selenium 18% · Iron 14% · Folate 14% · Zinc 12% · Vitamin E 10%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=M1uP4rJBsDE, published 28 January 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kenchinjiru-vegan-root-vegetable-soup