UMAMI

JAPANESE · MOTHER BASE · BASE / STOCK

# Dashi Ichiban & Niban (Thermomix TM6)

The liquid foundation of Japanese cooking — konbu + katsuobushi, extracted in two passes. The TM6 holds 60 °C for konbu perfectly, where the stovetop can't. Zero-waste: one charge, two dashis, a season of umami.

Protein None | Serves Makes 1 L ichiban + 800 ml niban (from one ingredient charge)

Difficulty Beginner | Active 10 min (hands-on across both extractions)

Total 45 min (ichiban) + 20 min (niban) + optional 4–12 h cold soak

THE STORY

## The Liquid That Makes Everything Else Make Sense

Pablo's name means this. Umami — the fifth taste, the savory depth, the thing that makes stock taste like stock and miso taste profound. And the purest expression of umami in any kitchen is dashi: two ingredients, ten minutes of actual work, and a broth so clean it changes how you think about flavor.

The secret is a single number: **7–8×**. Glutamate from konbu (one of the most glutamate-rich foods on earth — 2,000–3,000 mg per 100 g dry) combines with inosinate from katsuobushi (dried, fermented, smoked bonito), and the perceived umami multiplies by seven to eight times what either ingredient delivers alone. This is *umami synergy*, and it's the most powerful flavor amplification in cooking. It's why dashi doesn't taste like kelp water or fish tea. It tastes like the background of every great Japanese meal.

Dashi on the stovetop is finicky. Konbu wants 60 °C — a narrow window where glutamate extracts maximally and the slimy alginate polysaccharides stay in the kelp. Above 65 °C the konbu goes bitter and gluey. Below 55 °C the extraction stalls. Nobody holds 60 °C on a home burner. The TM6 does it to the degree, for 30 minutes, without supervision. This is the cleanest example in the kitchen of the machine being objectively better than the alternative — not faster, not easier, *better*.

And then: zero-waste. The spent konbu and katsuobushi still hold flavor. A second extraction (*niban*, "second number") pulls everything else out — a deeper, earthier, less refined broth that is perfect for miso soup, braises, and cooking rice. One ingredient charge, two dashis, one full week of Japanese cooking in the fridge.

AT A GLANCE

## Specs

| | | | |
|---|---|---|---|
| YIELD<br>1 L ichiban + 800 ml niban | BASE<br>Konbu + Katsuobushi + filtered water | KEY TEMP<br>`60 °C konbu hold → 100 °C boil → 30 sec bonito steep` | DIFFICULTY<br>Beginner<br>●○○○○ |
| ACTIVE TIME<br>10 min total (both passes) | PASSIVE TIME<br>45 min ichiban + 20 min niban | MAKE-AHEAD<br>Fridge 3 days · freezer cubes 3 months | CUISINE<br>Japanese |
| UNLOCKS<br>Miso soup, chawanmushi, ponzu, onsen egg broth, braises, rice | STORAGE<br>Freeze as ice cubes, 20–25 ml each | | |

UMAMI ADAPTATION

## What Changed & Why

The classical method — cold-soak konbu, heat to just-before-boil, add katsuobushi, steep — is a 500-year-old temple-kitchen technique. It works, but it asks the cook to babysit a pot and judge by sight. The Umami TM6 adaptation solves the one hard part: holding 60 °C on the konbu for 30 minutes, where glutamate extraction peaks and alginate release (slime, bitterness) stays locked in the kelp. The 🔴 tier upgrades to single-source Rausu konbu + honkarebushi thick-cut katsuobushi and adds an optional overnight cold soak that doubles glutamate yield over hot extraction alone.

| CHANGE | ORIGINAL | UMAMI VERSION | WHY |
|---|---|---|---|
| TECH | Stovetop 'watch the pot' — heat konbu to just-before-boil by eye | TM6 holds 60 °C exactly for 30 min — the konbu sweet spot for glutamate extraction | 60 °C maximizes glutamate release while minimizing mannuronic acid (slime) and guluronic acid (bitterness). Home burners can't hold this temp; the TM6 locks it to the degree. |
| ADD | Single-pass extraction, discard konbu + katsuobushi | Ichiban + Niban — one ingredient charge produces two dashis | Spent konbu + katsuobushi still hold 40–50% of their extractable umami. A 20-min second simmer pulls it out. Zero-waste; doubles yield. |
| ELEV | 30-min cold soak before heat | Optional overnight (4–12 h) fridge soak for ichiban | Cold glutamate extraction delivers up to 2× the yield of hot extraction alone (Japanese food-science literature). No downside except planning ahead. |
| SUB | Instant dashi granules (Hondashi) | 🟢 tier allows Hondashi as weeknight backstop · 🔴 tier insists on whole-ingredient dashi | Hondashi works as a pantry emergency but contains MSG + salt + stabilizers and misses the subtlety. Real dashi freezes into cubes — make once, use for weeks. |

INGREDIENTS

# What You Need

## 🟢 Everyday

**For Ichiban (First Dashi, 1 L)**

- 10 g konbu (dried kelp) — any Japanese grocery or Whole Foods Japanese shelf; one 10 × 10 cm square is ~10 g
- 20 g katsuobushi (bonito flakes) — ~2 loose handfuls; the standard thin-flake variety works
- 1 L filtered water — tap water works if it's not heavily chlorinated; filtered is safer

**For Niban (Second Dashi, 800 ml)**

- Spent konbu + katsuobushi from the ichiban (do NOT discard)
- 800 ml fresh filtered water

**Substitution Notes**

- *No konbu or katsuobushi?* Instant dashi (Ajinomoto Hondashi) in 1 tsp per 400 ml of hot water delivers 70% of the experience. Acceptable weeknight backstop; not the real thing.
- *Kombu-only (vegan) dashi?* Skip the bonito entirely. Use 15 g konbu per 1 L water, cold-soak 8 h, heat to 60 °C / 30 min, strain. You lose the inosinate synergy (7–8× multiplier drops out) but you get a clean vegan umami base.
- *Tap water is heavily chlorinated?* Chlorine interferes with glutamate extraction. Filter or let water sit uncovered 4 h to off-gas. Do not use softened water (sodium displaces extraction).

🔴 **No Limits**

**Konbu — Single-Source**

- 10 g **Rausu konbu** (Hokkaido, deeper and more assertive than Rishiri) — Whole Foods Brickell or Coral Gables Japanese shelf · online: Umami Mart, The Japanese Pantry, Marky's Caviar imports
- Alternative: **Rishiri konbu** — cleaner, more refined; choose for delicate applications (chawanmushi, clear soups, ponzu base)
- Storage: airtight, dark, cool — konbu keeps *years* dry. The white powder on the surface is mannitol, the flavor itself; never rinse it off.

**Katsuobushi — Honkarebushi**

- 20 g **honkarebushi katsuobushi** (fully fermented with Aspergillus glaucus, the most refined grade) — Yamaki, Marutomo, or Yamahigashi brands. Avoid arabushi (smoked-only, no fermentation) — cheaper but one-dimensional.
- **Thick-shaved (atsu-kezuri)** for ichiban — deeper extraction, more body; **thin-shaved (hana-kezuri)** for niban + garnish — delicate perfume.
- Source: Whole Foods Brickell, Umami Mart, Korin.com, Marky's

**Water — Infrastructure**

- Filtered water (Pablo has ✓ — standard fridge filter is fine). For obsessive excellence: low-mineral spring water (Volvic) gives the cleanest extraction profile.
- Never use softened water (sodium interferes).

EQUIPMENT

## Your Kit

- [ ] Thermomix TM6 (Pablo ✓)
- [ ] Fine-mesh sieve + cheesecloth or clean tea towel (for straining)
- [ ] Large measuring pitcher (for catching strained dashi)
- [ ] Silicone ice-cube tray (20–25 ml wells, ~40 cubes per batch — for freezer storage)
- [ ] Mason jars or vacuum-seal bags for fridge storage (glass is better; dashi picks up plastic flavor)
- [ ] Kitchen shears (for scoring the konbu)

MISE EN PLACE

## Before You Start

- [ ] Konbu wiped lightly with a damp cloth (NOT rinsed — the white mannitol powder IS the flavor)
- [ ] Konbu scored with kitchen shears: 3–4 shallow cuts across the surface (opens the surface for extraction without breaking the structure)
- [ ] Katsuobushi weighed and ready in a small bowl nearby
- [ ] Filtered water measured (1 L for ichiban, 800 ml for niban)
- [ ] Ice cube trays on a sheet pan, ready to receive strained dashi
- [ ] Optional: if cold-soaking overnight, start the konbu + water in the TM6 bowl and refrigerate the whole bowl (or transfer to a container) up to 12 h ahead

MAKE-AHEAD

## Timeline

**T-12:00 — (Optional) Cold soak**
Konbu + 1 L water in TM6 bowl. Refrigerate overnight (4–12 h). Up to 2× glutamate yield vs hot extraction alone.

**T+0:00 — Start the konbu hold**
If not cold-soaked: konbu + 1 L water into TM6 bowl. Set 60 °C / Sp 1 / 30 min. Measuring cup seated (this is a hold, not a reduction).

**T+30:00 — Remove konbu**
Lift konbu out with tongs. Save it for the niban pass. Do NOT let it boil — boiled konbu releases bitter alginate polysaccharides.

**T+30:30 — Boil**
Without konbu: 100 °C / Sp 1 / 5 min. Bring water to a full rolling boil.

**T+35:30 — Add katsuobushi**
Turn TM6 OFF (not just stop — OFF). Add 20 g katsuobushi through the measuring cup hole. Let the bonito sink naturally (60–90 sec).

**T+37:00 — Strain ichiban**

Set up sieve lined with cheesecloth over pitcher. Pour TM6 contents through. Do NOT press or squeeze the bonito — pressing extracts bitter pyrazines.

**T+40:00 — Reserve ichiban**

1 L clear, golden-amber dashi. Taste: clean umami, subtle smoke, no bitterness. Into fridge (3 days) or ice cube trays (3 months).

**T+40:00 — Start niban**

Return spent konbu + katsuobushi to the TM6 bowl. Add 800 ml fresh water. 100 °C / Sp 1 / 20 min. Cup seated.

**T+60:00 — Strain niban**

Through cheesecloth again. Darker, earthier, slightly smokier than ichiban. Discard solids now — they're spent.

**T+65:00 — Portion + store**

Ichiban → labeled jar or cube tray (for clear soups, chawanmushi, ponzu). Niban → separate jar (for miso soup, braises, rice water). Label: date + which dashi.

METHOD

# The Cook

## 1 Prep the Konbu

1. Wipe the konbu lightly with a damp cloth — just enough to remove visible debris.
2. **Do NOT rinse the konbu under running water.** The white powder on the surface is mannitol — the flavor itself. Rinsing washes away what you're paying for.
3. Score the konbu with kitchen shears: 3–4 shallow cuts across the surface (do not cut through — just open it up). This increases surface area for extraction.
4. Place scored konbu in the TM6 bowl with `1 L filtered water`.
5. **(Optional, recommended for 🔴 tier):** Cover and refrigerate 4–12 h. Cold extraction pulls up to 2× the glutamate of hot extraction alone. Plan ahead once; reap the reward every time.

> 🔬 **WHY THIS WORKS**
>
> Konbu's glutamate is locked inside cell walls. Two mechanisms release it: (1) cold diffusion over hours — slow, clean, maximum yield; (2) hot extraction at 55–65 °C — faster, 50% of the cold-extraction yield, still excellent. Above 80 °C, cell walls rupture and release mannuronic acid and guluronic acid polysaccharides — slime, bitterness, gluey texture. This is why konbu must never boil. The mannitol powder on the surface contributes additional glutamate and is water-soluble; rinsing it off is pure loss. Reference: Sauces & Condiments §Dashi; Food Science Core §Umami Synergy.

## 2 Konbu Hold at 60 °C (30 min)

1. Set: **60 °C / Sp 1 / 30 min**. Measuring cup seated in place (this is a hold, not a reduction — no evaporation needed).
2. Walk away. The TM6 maintains 60 °C to within 1 °C for the full 30 minutes. This is the most important advantage of the TM6 for dashi — no stovetop can hold this window.
3. At T+30 min: lift the konbu out with tongs. Save it on a small plate or in a bowl nearby — it's going into the niban pass.
4. The water should be pale gold, slightly viscous, and smell clean and marine (*not* fishy or briny). If it smells briny: konbu got too hot; next batch drop to 58 °C.

> 🔬 **WHY THIS WORKS**
>
> Glutamate extraction from konbu peaks in the 55–65 °C range. At 60 °C (TM6 lock), you get maximum glutamate with minimum alginate release. The cell wall stays intact, so the polysaccharides (mannuronic, guluronic) that would cause slime and bitterness stay locked inside. The TM6 is measurably better than the stovetop here because (a) it holds the temp exactly, and (b) reverse-rotation Sp 1 provides gentle circulation that beats static steeping for extraction. Cold soak + 60 °C hold combined is the gold standard. Reference: Sauces & Condiments §Dashi; Thermomix TM6 Mastery §Temperature Precision.

## 3 Boil, Add Katsuobushi, Strain Ichiban

1. With the konbu removed: **100 °C / Sp 1 / 5 min**. Bring the water to a full rolling boil.
2. At the boil: **turn the TM6 OFF** (full stop, not just 0 speed). Heat off; residual water temp ~95 °C.
3. Immediately add `20 g katsuobushi` through the measuring cup hole. Replace the cup. Do not stir.
4. Let sit **30 sec–2 min maximum**. The flakes will sink naturally. Do not agitate.
5. Set up a fine-mesh sieve lined with cheesecloth (or a clean, unscented tea towel) over a pitcher.
6. Pour the TM6 contents through the sieve. **Do not press or squeeze the bonito.** Pressing extracts bitter pyrazines (the same class of compounds that make burnt coffee bitter).
7. Transfer the spent katsuobushi + the reserved konbu back to the TM6 bowl — they're the start of the niban.
8. You now have ~1 L of clear, golden-amber ichiban. Taste: clean, savory, subtle smoke from the katsuobushi, no bitterness, no fishiness.

> 🔬 **WHY THIS WORKS**
>
> Katsuobushi steeping is a race. Inosinate extracts fast (30 sec–2 min); bitter compounds (pyrazines, some amines) extract slower but accelerate past 3–4 minutes. The flash-steep window captures umami without the bitterness. Pressing the flakes ruptures their structure and releases bitter and astringent compounds trapped inside — this is why classical Japanese technique insists on gravity-drain only. The 7–8× umami synergy (glutamate × inosinate) kicks in at this moment — before this, you had seasoned water; now you have dashi. Reference: Sauces & Condiments §Dashi; Food Science Core §Umami Synergy.

## 4 Niban — The Second Extraction

1. Return the reserved konbu + spent katsuobushi to the TM6 bowl.
2. Add `800 ml fresh filtered water`.
3. Set: **100 °C / Sp 1 / 20 min**. Cup seated.
4. At T+20 min: strain through cheesecloth again. You'll get ~700–800 ml of darker, earthier, slightly smokier broth.
5. Discard the solids now — they're spent. Compost if you're composting.
6. Niban is your workhorse dashi: use it for miso soup (it handles the miso without getting overwhelmed), for braising, for cooking rice, for any dish where dashi is part of a bigger flavor structure rather than the star.

> 🔬 **WHY THIS WORKS**
>
> Spent konbu and katsuobushi still hold 40–50% of their extractable umami after the ichiban. A second, longer, hotter extraction pulls most of it out — but the profile shifts. Niban is darker (more Maillard and melanoidin extraction from the katsuobushi's smoked surfaces), earthier (more amino acids), and slightly more assertive. It's not inferior — it's different, and matched to its own applications. Professional Japanese kitchens separate ichiban (clear soups, chawanmushi, ponzu) and niban (miso soup, cooking liquids, braises) by design. Reference: Sauces & Condiments §Dashi §Niban.

## 5 Portion, Store, Label

1. **Ichiban — clear-soup use:** glass jar, fridge 3 days. Label with date + 'ichiban'.
2. **Niban — workhorse use:** separate glass jar, fridge 3 days. Label with date + 'niban'.
3. **Freezer cubes (recommended):** Pour into silicone ice cube trays (20–25 ml per well). Freeze. Transfer to labeled zip bags. Keeps 3 months. One cube = one seasoning shot for a braise, a pan sauce, or a rice cook.
4. Never store dashi in plastic for more than 24 h — it picks up plastic flavor faster than almost any other stock because the flavor itself is so subtle.

QUICK REFERENCE

# Timing Cheat Sheet

| STEP | TIME | CUE |
|---|---|---|
| Optional cold soak (overnight) | 4–12 h hands-off | Water goes pale gold before you even turn on the TM6 |
| Wipe + score konbu | 2 min | NEVER rinse — the white powder IS the flavor |
| Konbu hold | 30 min hands-off | 60 °C exactly. Pale gold, clean marine smell, NOT briny |
| Remove konbu | 30 sec | Before boil — konbu must never boil |
| Bring to boil | 5 min | Full rolling boil at 100 °C |
| Add katsuobushi (TM6 OFF) | 30 sec–2 min | Flakes sink naturally, do not stir |
| Strain ichiban (no pressing) | 2 min | Gravity only — pressing = bitterness |
| Niban extraction | 20 min hands-off | Spent solids + 800 ml fresh water at 100 °C |
| Strain niban + discard solids | 2 min | Darker, earthier — expected |
| Portion: jar + cube trays | 5 min | Label ichiban vs niban separately |

TROUBLESHOOTING

# Emergency Protocols

### 🚨 DASHI TASTES FISHY / BRINY / UNPLEASANTLY MARINE

Konbu got too hot. Either the TM6 overshot 60 °C (unlikely but possible — check calibration) or the konbu stayed in during the boil phase. Next batch: drop the hold to 58 °C, and make absolutely sure the konbu is out before you hit 100 °C. This batch is not recoverable — the alginates have released. Use it for a robust miso soup where miso will mask it.

### 🚨 DASHI IS BITTER / SLIGHTLY ASTRINGENT

Two possible causes: (1) you pressed or squeezed the katsuobushi during straining — bitter pyrazines. (2) The katsuobushi steeped longer than 2 min. Next batch: gravity-drain only, and turn the TM6 OFF before adding bonito (residual heat is enough). This batch: dilute 1:1 with fresh water and use for rice cooking or braise liquid, where other flavors will dominate.

### 🚨 DASHI IS CLOUDY / SLIMY

The konbu boiled at some point — alginate release. The dashi is not dangerous but it has a gluey mouthfeel. Unrecoverable for clear soup applications. Use as niban-equivalent for miso soup or braises. Next batch: watch for the boil moment and remove konbu BEFORE the surface breaks with bubbles.

### 🚨 DASHI TASTES FLAT / WEAK

Usually under-dosed katsuobushi. Standard ratio is 2 g katsuobushi per 100 ml water. For stronger dashi (koi-dashi, used in restaurants) go 3 g per 100 ml. Also verify the konbu grade — old konbu (>2 years in a warm pantry) loses potency. This batch: reduce by 25% on the stovetop to concentrate, or add 1 tsp white miso to boost umami.

### 🚨 WHITE FOAM / SCUM ON THE SURFACE DURING BOIL

Normal — it's a combination of denatured proteins and fine particles. Skim with a spoon if you're making the cleanest possible clear-soup ichiban; ignore otherwise. The final strain through cheesecloth removes residual.

### 🚨 TM6 BOWL HAS A FISHY RESIDUE AFTER STRAINING

Fill with water + 1 tsp baking soda. Run 90 °C / Sp 5 / 3 min. Rinse. Fishy smells in the bowl transfer to the NEXT thing you cook — never leave dashi residue in the bowl.

DEEP DIVES

# Technique Notes

## 🟡 Umami Synergy — The 7–8× Multiplier

FLAVOR SCIENCE · UNIVERSAL · APPLIES TO ALL DASHI-STYLE STOCKS

Glutamate (konbu) alone delivers umami. Inosinate (katsuobushi) alone delivers mild umami. Combined, the perceived umami multiplies 7–8×. This is not additive — it's synergistic, and it's been documented in food-science literature since Kikunae Ikeda's original 1908 umami research. The mechanism: glutamate and inosinate bind to different sites on the umami receptor (T1R1/T1R3), and their simultaneous presence potentiates the signal far beyond the linear sum. Practical use: every time you want to amplify umami, pair a glutamate source (tomato, konbu, parmesan, aged cheese, mushroom) with an inosinate source (katsuobushi, dried sardines, cured meats, chicken). This pairing is why miso + dashi is more umami than either alone, why parmesan + anchovy is a flavor bomb, and why a splash of Worcestershire hits so hard. Reference: Food Science Core §Umami; Sauces & Condiments §Dashi.

## 🟡 The 60 °C Konbu Window

TM6 TECHNIQUE · TEMPERATURE PRECISION · UNIVERSAL

Konbu releases glutamate through slow diffusion across its cell walls. Two variables determine yield and quality: temperature and time. At 55–65 °C, glutamate extraction is maximum and alginate release (slime, bitterness) is minimum. Below 55 °C, extraction stalls. Above 65 °C, cell walls begin to rupture and alginates leach out. Above 80 °C, full slime. This is the narrowest temperature window of any base stock in any cuisine — and no home burner can hold it. The TM6's ability to lock 60 °C exactly for 30 minutes is the single clearest case in the kitchen of the machine being objectively better than the alternative. If you try this on the stovetop, you will either under-extract (safer) or over-extract (slime). If you have the TM6, use it here every time. Reference: Sauces & Condiments §Dashi; Thermomix TM6 Mastery §Temperature Precision.

### 🟡 The No-Press Strain

**CLASSICAL JAPANESE TECHNIQUE · UNIVERSAL**

When straining katsuobushi, NEVER press, squeeze, or agitate the flakes in the sieve. Use gravity only. Pressing ruptures the flake structure and releases bitter pyrazines, astringent tannins, and phenolic compounds that were trapped inside the fermented fish. This is the most common amateur error in dashi-making, and it's the main reason restaurant dashi tastes cleaner than home dashi. If you have time, let the strain go slowly — 2–3 minutes. If you're in a hurry, lift the cheesecloth edges and let it hang-drain over the pitcher. The last 10% of liquid that would come out under pressure is the bitter 10%; you do not want it. Reference: Sauces & Condiments §Dashi; Sensory Calibration §Bitterness.

### 🔴 No Limits: Overnight Cold Soak (Yield-Doubler)

**ADVANCED EXTRACTION · PLANNING · EXTENDS PREP PHASE**

Start the konbu + water in the TM6 bowl the night before. Cover, refrigerate 4–12 hours. Cold water pulls glutamate out of konbu more efficiently than hot water over the same timeframe — Japanese food-science measurements put the yield gain at up to 2× versus hot extraction alone. No downside except planning ahead once. Then proceed with the 60 °C hold the next day — this adds the final 20% of extraction that cold water can't reach, without risking alginate release. This two-step method (cold + warm) is the restaurant standard for kaiseki-grade dashi. For Pablo: start before bed; wake up, run the TM6; coffee is ready when the dashi is. No extra labor. Reference: Sauces & Condiments §Dashi §Advanced.

### 🔴 No Limits: Honkarebushi + Rausu — The Single-Source Dashi

**INGREDIENT QUALITY · JAPANESE SOURCING · REFINES BASE INPUTS**

Commodity katsuobushi is arabushi — smoked bonito only, no fermentation. It's cheaper, one-dimensional, and fishy-forward. Honkarebushi is the full process: smoked, then fermented with Aspergillus glaucus in repeated cycles (6–24 months). The mold digests fats and proteins, transforming them into the dense, almost-fruity, profoundly umami flake that defines top-tier dashi. Price: 2–3× arabushi. Impact: the dashi tastes like a different preparation. Pair with Rausu konbu (Hokkaido, deeper, more assertive than Rishiri) and the dashi carries itself — no miso, no soy, no mirin needed to make it taste finished. This is the tier Pablo serves when the dashi IS the dish (chawanmushi, clear soup, sashimi broth). Sourcing: Umami Mart, The Japanese Pantry, Korin, Marky's Caviar (Miami). Reference: Pantry & Staples §Japanese Shelf.

### 🔴 No Limits: The Dashi Freezer Bank

INFRASTRUCTURE · DINNER PARTY PREP · EXTENDS STORAGE PHASE

One batch: 1 L ichiban + 800 ml niban. Portion into 20–25 ml silicone ice cube wells — about 75 cubes total. Freeze, bag, label by type (ichiban / niban) and date. Keeps 3 months, loses <5% potency. One cube dropped into a pan sauce adds the 7–8× umami multiplier. Two cubes melted into a braise replace half the stock and add instant depth. Four cubes + 2 tbsp white miso = miso soup for two in 3 minutes. The freezer bank transforms dashi from 'a thing I make sometimes' to 'a thing I always have.' Make a batch every 4–6 weeks. Pablo's rule (same as sofrito): the second batch is free — a double batch is the same 70 minutes. Store on the door of the upright freezer; it's the key-used pantry item in a Japanese-inflected kitchen. Reference: Sauces & Condiments §Dashi §Storage; Sofrito TM6 §Freezer Bank.

PAIRING

## What to Drink

### 🍷 Wine — Not Applicable

Dashi is a base, not a course

*See the Menu Context section for pairings of downstream dishes (miso soup, chawanmushi, ponzu-dressed sashimi, etc.).*

### 🥃 Cooking Companion

Sencha green tea (while the TM6 does the hold)

*Dashi-making is a 65-minute meditation. Brew a pot of sencha at 75 °C (the same Japanese temperature discipline), sit, read, or stare at the TM6. The Japanese kitchen rewards patience; dashi is where you practice it.*

CONTEXT

# Menu Ideas

### Downstream #1 — Miso Soup (niban dashi)

4 cubes niban (100 ml) + 300 ml hot water + 2 tbsp shinshu miso + cubed silken tofu + wakame + thinly sliced scallion. 3 minutes from cube to bowl. The miso suspends better in niban than ichiban — this is exactly the application niban was designed for.

### Downstream #2 — Chawanmushi (ichiban dashi)

Savory egg custard: 2 eggs + 300 ml ichiban + 1 tsp soy + 1 tsp mirin + pinch of salt. Strain. Steam in cups 10–12 min at 85 °C (TM6 Varoma tray works perfectly). Garnish: shrimp, ginkgo nut, mitsuba. The clarity of ichiban is essential — niban would muddy the custard visually and flavor-wise.

### Downstream #3 — Ponzu (ichiban dashi)

100 ml soy + 50 ml rice vinegar + 50 ml yuzu juice + 50 ml ichiban dashi + 15 ml mirin. Rest overnight. Strain. Sashimi dip, tataki base, grilled-fish sauce. The dashi gives ponzu a depth that straight soy+citrus can't reach. Reference: Sauces & Condiments §Ponzu.

### Downstream #4 — Onsen Egg Broth (ichiban)

Pablo's sous vide onsen eggs (64 °C / 45 min) served in a shallow bowl, covered with 100 ml warm ichiban dashi + 1 tsp soy + 1 tsp mirin + grated ginger + sliced scallion. Crack the egg into the broth tableside. This is the purest expression of Japanese simplicity — three ingredients, one technique, perfection. Reference: UMAMI-3 (Sous Vide) — Onsen Egg when filed.

### Downstream #5 — Japanese Rice (niban)

Swap the water in a rice cook for niban dashi (1:1.1 rice to dashi, by weight). Result: rice with ambient umami that doesn't need seasoning to stand alone. Works for sushi rice base, donburi, or as a side for grilled fish. Reference: Grains, Starches & Legumes §Japanese Rice.

YOUR NOTES

# Cook Log

### Session Notes

Date: _____ · Serves: ____ · Rating: __ / 5

*Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.*