



WHATSheATE

Hiroko's AMERICAN KITCHEN

Cooking with
Japanese Flavors

6 Easy Sauces
125 Modern Recipes

Kelp Stock from 'Hiroko's American Kitchen



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



2 kcal

SIDE DISH

Ingredients



1 ounce sheets kombu (two 4 by 7-inch sheets)



8 cups water cold

Equipment



bowl



paper towels



sieve



plastic wrap

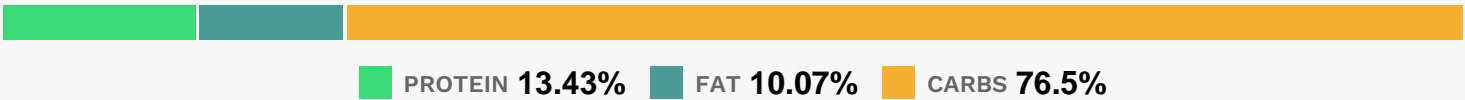


kitchen towels

Directions

- ☐ Pour the water into a large bowl. Wipe the kelp with a moist, clean kitchen towel to remove any sand or impurities. Do not wipe off the white mannite powder.
- ☐ Add the kelp to the bowl (you may need to break the kelp into pieces to fit into the bowl). Cover the bowl with plastic wrap and refrigerate overnight.
- ☐ Remove the kelp from the water and reserve for a second stock preparation. On the ends of the swollen kelp you will see some oozing of a slimy liquid. This is a healthful, dietary fiber and a portion of it has already been dissolved in the stock. If a greenish slimy substance is leaking out into the water and is clouding the stock, it is a sign that you are using poor-quality kelp, as stock prepared from good-quality kelp will be clear in appearance. If necessary, strain the stock through a sieve lined with a moist, sturdy paper towel to remove any impurities. The stock is then ready to be used, or it can be refrigerated for 2 to 3 days or frozen for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.5169565146384%

Nutrients (% of daily need)

Calories: 1.52kcal (0.08%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 20.09mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 2.34µg (2.23%), Copper: 0.04mg (2.12%), Magnesium: 6.65mg (1.66%), Folate: 6.38µg (1.59%), Calcium: 13.05mg (1.31%)