

# Kenchinjiru



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 3 large shiitake mushrooms dried
- ☐ 4 servings japanese shochu
- ☐ 1 pound savory vegetable
- ☐ 2 tablespoons soya sauce
- ☐ 300 grams tofu firm
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups water boiling

- ☐ 0.3 cups frangelico
- ☐ 0.5 teaspoons frangelico
- ☐ 4 servings frangelico
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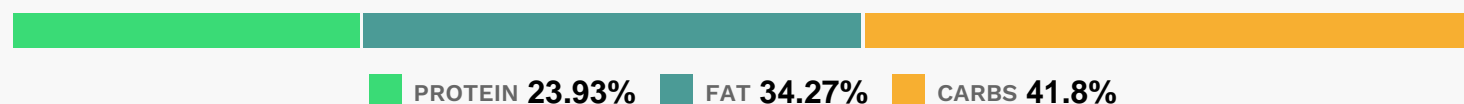
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Lightly rinse the dried shiitake mushrooms and put them in a bowl with 2 1/2 cups of boiling water.
- ☐ Let them soak for 30 minutes. Save the soaking liquid, squeezing out the excess water from the shiitakes and chop them up for inclusion with your other vegetables. Roughly chop your vegetables into sizes that will take just about the same amount of time to cook. For instance carrots are harder than turnips so I cut them smaller. You want a mix of vegetables that have flavor otherwise your soup will be watery. I used a combination of carrots, baby turnips, burdock, edamame, and fresh shiitake mushrooms.
- ☐ Add the oil to a pot and heat over high heat.
- ☐ Add the vegetables along with the brown sugar and stir-fry the vegetables until very fragrant (5-10 minutes). Deglaze the pot with the sake, allowing the alcohol to burn off, then pour the reserved shiitake soaking liquid into the pot, but don't pour in the sediment at the bottom of the bowl in as it will probably contain sand.
- ☐ Add the tofu, kombu, soy sauce and salt to the pot and turn down the heat to maintain a gentle simmer. Cook the kenchinjiru until the vegetables are tender and the soup is flavorful (about 20-30 minutes). Adjust salt to taste, garnish with mitsuba and serve.

## Nutrition Facts



# Properties

Glycemic Index:18.75, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:11.800434809664%

## Nutrients (% of daily need)

Calories: 181.03kcal (9.05%), Fat: 7.31g (11.24%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 14.74g (5.36%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 567.17mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Vitamin A: 5758.96IU (115.18%), Fiber: 5.32g (21.28%), Manganese: 0.33mg (16.66%), Vitamin C: 11.9mg (14.42%), Calcium: 130.33mg (13.03%), Iron: 2.22mg (12.35%), Vitamin B1: 0.15mg (9.73%), Vitamin B3: 1.89mg (9.44%), Copper: 0.18mg (9.08%), Folate: 36.19µg (9.05%), Magnesium: 33.63mg (8.41%), Phosphorus: 81.39mg (8.14%), Potassium: 280.05mg (8%), Vitamin B2: 0.12mg (7.09%), Vitamin B6: 0.14mg (6.77%), Vitamin K: 6.88µg (6.55%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.29mg (1.9%), Selenium: 0.91µg (1.29%)