JAPANESE · SIDE

Tonjiru (Japanese Pork and Root Vegetable Miso Soup)

豚汁

35 min · Serves 3 · 302 kcal a serve

Video 17:30 in Japanese · 【賛否両論】笠原将弘の料理のほそ道

Dairy-free · Nut-free

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Pork belly, burdock, daikon, carrot and konjac in a miso broth: about 12 g protein, 3 g fibre and 14.5 g net carbs a bowl, with under 3 g added sugar (from the mirin). Miso makes it salty, about 880 mg sodium a bowl.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce and a rice or soybean miso (barley 'mugi' miso contains gluten).

Ingredients 13 · SERVES 3

- [ ] 150 g thinly sliced **pork belly** (buta bara), cut into 3 cm pieces
- [ ] 100 g **daikon radish**, peeled and cut into 5 mm quarter-moons
- [ ] 50 g **carrot**, unpeeled, cut into 5 mm quarter- or half-moons
- [ ] 80 g **gobo** (burdock root), sliced 5 mm on the diagonal and rinsed
- [ ] 50 g **konnyaku** (konjac block), cut 5 mm thick
- [ ] ¼ **naganegi** (Japanese long green onion), thinly sliced, to serve
- [ ] 1 tsp **sesame oil**
- [ ] 600 ml **dashi** (kombu and bonito stock)
- [ ] 3 tbsp **miso** (awase or Shinshu-style)
- [ ] 1 tbsp **mirin**
- [ ] 1 tsp usukuchi (light-coloured) soy sauce
- [ ] ½ tsp grated **ginger**
- [ ] a pinch of **ichimi togarashi** (Japanese chilli powder), to serve (optional)

Contains: Gluten, Fish, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the daikon and cut it into 5 mm quarter-moons; cut the unpeeled carrot the same thickness. Slice the burdock 5 mm thick on the diagonal and rinse it briefly. Cut the konnyaku 5 mm thick, slice the long onion and cut the pork into 3 cm pieces. 1:48
2. Put the daikon, carrot, burdock and konnyaku in a pot of cold water and bring to the boil. As soon as it boils, drain: the roots are only half cooked, and the konnyaku loses its smell. 5:18
3. Heat 1 tsp sesame oil in a deep frying pan over medium heat and fry the pork until it changes colour and separates. Add the parboiled vegetables and toss until coated in the pork fat. 8:05
4. Pour in 600 ml dashi and bring to the boil. Skim off the scum (leave some of the fat), turn the heat to low and simmer about 10 minutes until a skewer slides into the burdock. Add a splash of water if it reduces. 9:48
5. Dissolve 3 tbsp miso in a little of the hot broth, stir it in with 1 tbsp mirin, 1 tsp light soy sauce and ½ tsp grated ginger, and heat just briefly so the miso keeps its aroma. Taste and add a little more miso if needed. 11:36
6. Ladle into bowls and top with the sliced long onion and a sprinkle of ichimi chilli. 12:55

> **Tip** Serves 2–3. In Japan it is eaten with rice and pickles; with plenty of vegetables it also makes a light meal on its own. Lean pork leg slices make it lighter. Add mushrooms or napa cabbage in season. Keeps 2 days in the fridge.

The method is a summary in our words, in English — the video (in Japanese) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
302 kcal 1,260 kJ	**12** g 23% of a day	**18** g 14 g net · 6.5 g sugars 6% of a day	**3.2** g 12% of a day	**21** g 6.9 g saturated 26% of a day	**880** mg 38% of a day

Energy from net carbs 19% · protein 16% · fat 65% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 21%

Source of (10–19%) Vitamin B12 18% · Vitamin A 16% · Omega-3 16% · Zinc 13% · Vitamin B6 13% · Vitamin C 12% · Potassium 11% · Selenium 11%

Recipe and video: 【賛否両論】笠原将弘の料理のほそ道 (@sanpiryoron) on YouTube — youtube.com/watch?v=P9Clvf8ikio, published 4 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/tonjiru-pork-miso-soup