

# Current situation of Makonbu.

● Makombu, a favorite of Osaka people.

Makombu's hometown is southern Hokkaido. It is collected along the coast. Kelp(kombu) is transported to Osaka via a shipping route (Kitamaebune) that existed during the Edo period. That kelp was Makonbu.



Dried kelp has a nice aroma and is delicious when you chew it. Osaka's dashi culture began with kelp and small fish. The knives, soy sauce, and sake necessary for cooking and processing were readily available.

● There are three ways to grow Makonbu.

- Natural Makonbu (2 years of growth)

It grows naturally in rocky places along the coast.

- Seed rope (2 year growth)

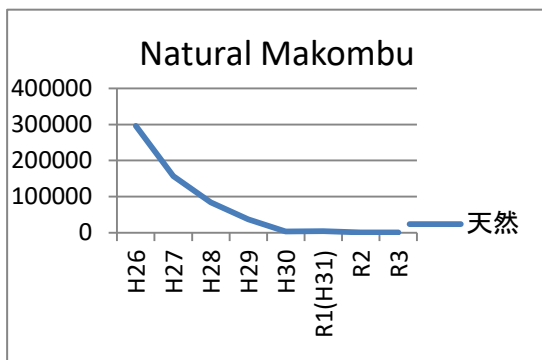
Seeds are sown on ropes and cultivated in the sea

- Seed rope (1 year growth)

Seeds are sown on ropes and cultivated in the sea

The richness of the aroma and flavor of kelp is in the order of natural (2 year) > seed rope (2 year) > seed rope (1 year) .

● Current status of natural Makombu.



Natural Makonbu from the white cut area is popular in Osaka. It has been decreasing since 2014 and was no longer in circulation in 2017. The life cycle of kelp is two years. Makonbu is difficult to grow for two years, and only grows for one year.

● The reason is . . .

The reason is rising seawater temperatures. The cause is probably global warming.

● Making dashi soup that can be extracted richly.



天然真昆布の耳(A piece of leaf from a natural Makombu from folding product area .)70g410円(税込)。

混合だし(Dried fish flakes mix .)200g842円(税込)。

Natural kombu is the best soup stock.

Currently, the natural kelp in folding product area is in relatively good condition. Natural Makonbu is harvested in small numbers and its price has also increased.

So, I will show you how to make cheap and delicious soup stock.

1. Making dashi soup that can be extracted richly.
2. Tsukudani (Cook the kelp after extracting the dashi stock.)

Go to the recipe on the next page !

# 1. Making dashi soup that can be extracted richly.



①Cut kombu  
Cut the kombu if it is too long.  
(20g of Natural Makombu)



⑦Kombu soup  
The kombu soup stock is ready.



②In the pot  
Pour 1 liter of water into the pot.



⑧Fish flakes  
Add 15g of dried fish flakes (bonito, tuna, sardines, etc.).



③Put on fire  
Firepower is extremely low. Cook for 40-50 minutes.  
✕Do not boil. up to 80 degrees Celsius.



⑨Add to a pan  
Bring to a boil over high heat. Adjust the heat so that it doesn't boil over later.



④Bubbles  
Bubbles will come out from the cut end of the kelp.  
(Stop the fire)



⑩Remove lye  
Remove lye (group of white foam).



⑤Stop firepower  
Cover the pot and let stand for 20 minutes.



⑪Boil out  
Boil for 5 minutes.  
(on medium heat)



⑥Take out  
Remove the kombu from the pot.  
(After making the stock, make Tsukudani using the kombu.)



⑫Combi soup  
Filter the soup through a colander to complete the soup stock.★For udon soup, add soy sauce and mirin to this.

upper right ↗

Approximately 700ml of combined soup stock.

## 2. Tsukudani (Cook the kelp after extracting the dashi stock.)



① Cut kombu  
Cut the boiled kombu into squares with a knife.  
(About 80g boiled kombu)



② Boil kombu  
Add 1 liter of water, 50 ml of Combi soup, 50 ml of soy sauce, and 50 ml of mirin.



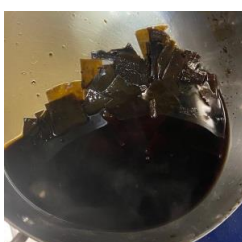
③ Bring to a boil  
Remove the lye and reduce the heat to normal.



④ Boil down  
Leave the lid of the pot slightly open. Adjust the heat so that the broth does not overflow. Simmer for about 1 hour.



⑤ You see kombu  
Eat a piece of kombu to check its softness.



⑥ Simmer further  
If you boil it down too much, the kelp will become hard. At that time, add a little water and cook again.

upper right ↗



⑦ Out the kombu  
Take out the kelp. Place the kelp in a separate container. The remaining broth is 180ml.



⑧ broth to a boil  
Bring the broth to a boil. Adjust the heat so it doesn't burn.



⑨ goes like this  
If it goes like this Stop the fire. If you want sweetness, add 10-20g of sugar while tasting.



⑩ cools down  
After it cools down Mix the broth and kombu.



⑪ completed  
Tsukudani completed "Shio-Kombu"  
Drain the juice and store in the refrigerator. Eat early.

### ★ Materials used

Kombu (⑥ on previous page) after making soup stock. 80~150g, water 1 liter, Combi soup 50ml, soy sauce 50ml, mirin (sweet sake) 50ml, sugar 10~20g  
※If the soy sauce is too salty, reduce the amount of soy sauce.

Approximately 80g of Kombu Tsukudani