



Dango-jiru

Autumn

A Japanese-style soup containing boiled flour dumplings, carrots and other ingredients



Ingredients (4 servings):

2 sticks (360 g)	<i>chikuwa</i> (fish paste)
2	eggplants
1/2	medium taro
1/2	medium carrot
2 cups	flour
Suitable amount	soy sauce
Suitable amount	ginger
4 cups	<i>dashi</i> broth

Directions:

1. Peel the taro and eggplants and cut into quarter rounds. Soak in water to remove bitterness.
2. Cut the carrots into quarter rounds.
3. Chop the *chikuwa* into rough pieces.
4. Add 4 cups *dashi* broth and **1, 2, 3**, to a pot and bring to a boil; season with soy sauce.
5. Dissolve the flour in water; drop spoonfuls of the mixture into the boiling pot of soup. Boil at medium heat for 5 to 6 minutes. Switch off the heat and add in grated ginger.

Tips:

- Turn this into a soup that will please the younger crowd by using consommé and bacon.
- The amount of water added to the flour will vary according to the season. Add the water gradually and make into dough with a consistency softer than an earlobe.