RECIPE

Dry miso soup packets for the trail

A snack for the trail: miso, wakame, shiitake and chives packed dry for a cup of soup from a thermos of hot water, about 360 mg sodium a packet.

MAKES

6 packets US Metric

TOTAL

20 min

Ingredients

- [ ] 3 tbsp white or yellow miso paste
- [ ] 6 g dried wakame, weighed on a scale
- [ ] 6 dried shiitake mushrooms, snipped into thin slivers
- [ ] 6 tbsp freeze-dried chives
- [ ] 2 tbsp sesame seeds, toasted in a dry pan
- [ ] 6 cups hot water (1 cup poured over each packet at the trail)

Method

1. Toast the sesame seeds in a dry pan on medium for 2 minutes, shaking, until they smell nutty. Tip them onto a plate to cool.
2. Weigh the wakame. Snip the dried shiitake with kitchen scissors into slivers about ⅛ inch wide.
3. Stir the wakame, shiitake slivers, chives and cooled sesame together in a bowl. Divide the mix into 6 small bags or jars, about 8 g each.
4. Divide the miso into 6 portions of 1½ tsp (8.5 g) each. Wrap each in a square of parchment, or press it into a very small lidded jar, and pack it with a bag of the dry mix.

5. On the trail, pour 1 cup of hot water from a thermos (near boiling, not boiling hard) into a mug. Drop in the miso and stir with a spoon until it dissolves. Add the dry mix and wait 10 minutes, until the shiitake is tender and the wakame is soft and glossy.

6. Drink it hot within 2 hours of adding the water, or within 1 hour if it is above 90 °F (CDC). Carry the packets dry; do not add water until you are ready to eat.
