

shiitake mushroom soup with tofu recipe

Shiitake mushroom soup with creamy silken tofu is light yet comforting, packed with umami in an aromatic shiitake broth.

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Soup Cuisine: Asian

Keyword: shiitake mushroom tofu soup, Shiitake mushroom soup

Servings: 4 servings Author: ChihYu Smith



★★★★★
5 from 8 votes

Ingredients

- 8.5 oz fresh shiitake mushroom caps sliced
- 0.6 oz garlic 3 large cloves, finely minced
- 0.4 oz ginger 2 inch piece, thinly sliced
- 3 bulb scallions pound the white parts and slice the green parts
- 1.5 tbsp avocado oil
- 1 tbsp toasted sesame oil divided
- 3.5 cup chicken broth or vegetable broth
- 16 oz silken tofu or half block of firm tofu, cubed
- ½ tsp shiitake mushroom seasoning or chicken bouillon, or dashi powder
- 1 tbsp soy sauce or to taste
- Pinch coarse sea salt or to taste
- Small pinch ground white pepper ground white pepper
- Garnish cilantro optional

Instructions

Fresh shiitake prep:

1. Use a paper towel to wipe the surface of the shiitake. Trim the bottom end of the shiitake stems if they are attached. Then, slice off the stems from the caps. Cut both the caps and stems into thin strips—both parts are edible.

Aromatic prep:

1. Finely mince the garlic and ginger. Cut the scallions to separate the white and green parts. Lightly pound the white part with the back of a knife to release its aroma. Thinly slice the green part into rounds. Set everything aside, ready to use.

Sauté aromatics:

1. Heat 1.5 tbsp avocado oil with 2 tsp sesame oil in a pot over medium heat. Sauté garlic, ginger, and white parts of the green onion for about 1 minute until fragrant.

Cook the mushrooms:

1. Add the shiitake mushrooms and the remaining teaspoon sesame oil. Sauté for 3-4 minutes until soft.

Add broth and simmer:

1. Pour in the chicken broth. Use a wooden spoon to scrape the bottom of the pan to lift up any brown bits. Cover the pot with a slight ajar to bring it to a gentle boil, about 6 minutes, then reduce the heat to medium-low or low and simmer for 10 minutes.

Add tofu:

1. Discard the scallion whites. Add tofu cubes. Simmer for another 5 minutes.

Season to taste:

1. Season with bouillon or dashi powder. Then, taste and adjust with soy sauce, salt, and white pepper.

Garnish and serve:

1. Garnish with cilantro (if using) and the green onion parts. Ladle the soup into bowls and enjoy it warm.

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