

Emerald Soup

by Lemon Drop from A Recipe Reborn

- Prep time: 20 minutes
- Cook time: 2.5 hours
- Broth yields approximately 4 quarts/4 liters of broth
- Soup yields 4 servings

Vegetable Broth

US	Ingredients	Metric
3 tbsp	white miso paste	45 g
2 tbsp	vegetable oil	20 g
4 quarts + 2 tbsp	water, divided	4 liters + 30g
1 oz	dried shiitake mushrooms, crushed	30 g
½ oz	kombu, crushed	15 g
2	medium onions, thinly sliced	2
1	celery stalk, thinly sliced	1
1	medium carrot, thinly sliced	1
1	head of garlic, halved crosswise	1
6 sprigs	parsley	6 sprigs
1 tsp	peppercorns	3 g
1	bay leaf	1

1. Preheat the oven to 300°F/150°C.
2. In a medium bowl, whisk together the miso paste, oil and 2 tbsp/30 g water until smooth.
3. Add the celery, carrot, garlic, parsley, mushrooms and kombu and toss to coat them in the miso mixture.
4. Transfer the vegetables to a rimmed baking sheet and bake for 1 hour. Toss and stir the vegetables with tongs halfway through cooking.
5. Fill a stock pot with the remaining water.
6. Add the roasted vegetables, peppercorns, bay leaf and bring them to a boil.
7. Set the heat to medium, simmer uncovered, stirring occasionally until the broth is reduced to half the volume, about 1 hour.
8. Pour the broth through a fine mesh sieve into a large bowl and discard the solids. For a very clear broth, line the sieve with cheesecloth.

Emerald Soup

US	Ingredients	Metric
1 tsp	sesame oil	5 mL
1	onion, chopped	1
2 cloves	garlic, chopped	2 cloves
2 cups	soy beans	350 g
2 cups	fava beans	350 g
4 cups	vegetable broth	1 liter
to taste	pink Himalayan salt or Kosher salt	to taste
to taste	black pepper	to taste
1 tbsp	sesame seeds	3 g
1 tbsp	chives, chopped	2 g

1. Set approximately 20 beans aside for garnishing.
2. Set a medium sauce pan over medium heat then add the sesame oil. Wait until the oil shimmers, about 3 minutes.
3. Add the onions and garlic and cook until they become fragrant and golden, about 2 minutes.
4. Stir in the broth, cover the pot and bring it to a boil.
5. Set the heat to medium, add the beans, cover and cook them until they are very tender, about 30 minutes.
6. Using a hand blender or a standing blender, purée the soup.
7. Season the soup with salt and pepper to your taste. Optional: add more sesame seed oil to your taste.
8. Serve the soup and garnish each bowl with a few beans, sesame seeds and chives.

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