

When I Want Miso Soup

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I felt down because of heavy rain that day at the end of April. I went home from university on foot after finishing class. It took about 40 minutes to get to my home. I was so tired to walk with my filled backpack. On my way, I suddenly thought “I want miso soup!” I didn’t know why I thought so, but I felt so melancholy. Then, I noticed I had felt this in my life many times. I think Japanese people have this moment when we want miso soup!

Have you ever tried miso soup? I hear it is served every meal in my friend’s home. I think almost every Japanese person likes it because it makes us so relaxed with its mild taste. Also, it is said that each home has its own taste. Although it isn’t every meal, my mother makes it. She always uses wakame seaweed, tofu, onions, and aburaage. Sometimes she uses potatoes. I love my mother’s miso soup! I have never cooked miso soup. However, I tried recently. It was easier than I imagined. I like okra, so I added it to my miso soup. It was so delicious. I used *awase*-miso (mixed miso with soup stock) this time, but I want to make *dashi* (soup stock) from *kombu* (kelp), *niboshi* (dried fish) and *katsuobushi* (bonito flakes) when I make it next time.

I thought the feeling that we want miso soup comes to us when we have something bad like me that day. For example, when we have trouble with friends or family, when we are suffering from a heartbreak or when we make mistakes at school or workplace. However, looking back on my experiences, I think when we have some good things, we also want it. For example, when we win a game, when we make up with friends and when we do our best at school or workplace. People want to calm both bad and good feelings.

Also, I want miso soup when I go to foreign countries. I have not been abroad, but I know most people who study abroad get homesick. When I can go to foreign countries, I hope to drink miso soup there. Of course, I want to eat the local food. I would like to eat big hamburgers in the U.S. I also want to eat sweet and bitter chocolates in Belgium. However, if I can drink and eat miso soup there, I think I can be strong and enjoy happy days without becoming homesick.

Do you have any food that relaxes you when you eat or drink in your countries? Is it hamburgers in the U.S. and chocolates in Belgium? Perhaps they are completely different from my ideas. I want to know about them and eat them in each country.

People around the world spend tired and painful days now. However, I hope we can go anywhere all over the world and eat delicious foods there. I spent a great time doing my best writing this essay, so, I want miso soup now!