



Wa-Shokuiku – Learn. Cook. Eat Japanese!

Lesson: Soy Recipes



Originally from China, ramen noodles have been adapted and are some of the most popular dishes in Japan. Chefs have their own special secret recipes for the tasty broth that often take days to make. Our recipe using miso, made from fermented soybeans, will only take you minutes, is easy and very tasty. To add

some spice to your ramen bowl, you can add chili oil (raiyu), and or chili crisps.

Miso Ramen - Serves 4

Ingredients

2 hard boiled eggs

4 2-inch strips roasted seaweed (nori)

2 scallions

2 cloves garlic

2 slices fresh ginger

1 tablespoon soy sauce

1 teaspoon sugar

1 teaspoon sesame oil

3 tablespoons miso paste

1 tablespoon canola oil

1/2 pound ground pork (chicken, turkey or beef)

8 ounces fresh bean sprouts or 1/4 medium cabbage, chopped

1 cup corn kernels

4 cups water

1 pound fresh or dry ramen noodles

Salt and pepper to taste



Procedures

1. Slice hard boiled eggs in half. Cut roasted seaweed into 2-inch by 4-inch pieces. Set aside. Set up 4 serving bowls.
2. Prepare a bowl of cold water. Slice the scallions into thin shreds. Place the scallion shreds into the bowl of water. Set aside.
3. Mince the garlic and ginger and place in a small mixing bowl. Add the soy sauce, sugar, sesame oil and miso. Mix well and set aside.
4. In a large saucepan, add the oil and heat on medium heat. Add the ground pork, beansprouts and corn. Stir-fry until the pork is no longer pink and the beansprouts have wilted.
5. Add 4 cups of water and bring the mixture to a simmer. Continue cooking on low for about 5 minutes. Add the miso sauce and mix until completely incorporated. Taste and add salt and pepper if needed. Turn off heat.
6. Meanwhile in another large saucepan, bring 8 cups of water to a boil. Add the ramen and cook according to package directions.
7. Remove the scallions and place on a paper towel to drain.
8. To serve: With tongs, divide the ramen among 4 bowls. With a ladle, scoop out soup and add to ramen bowls. Spoon pork and vegetable mixture onto the top of the ramen.
9. Add a hard boiled egg half and piece of seaweed.
10. Add the scallion shreds to the top of each bowl of ramen.