

PLANT-BASED RAMEN

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Ramen is one of my favourite dishes and this recipe gets me really excited every time I make it.

Now, Ramen is not the quickest thing in the world to make. It takes time and to make a really good Ramen dish you really have to respect that time to get a truly tasty depth to the broth, but once you know how it goes it's super easy.

I have come up with this recipe to make my Ramen healthier and plant-based too. It's 100% vegan and free of nasty things. I swapped out the normal ramen noodles for buckwheat soba noodles which go really really well with this recipe. I also used vegan miso.

Ramen is a traditional Japanese dish that can be made in so many different varieties so I hope you'll have fun making my plant-based version and I cannot wait to hear what you think. I know for sure you're gonna feel so proud of yourself once it's done – true story! 😊

 **Makes 2 servings**  **Total Time: 2h 30min**  **Prep: 30min**

Ingredients

For the ramen:

- 1 tablespoon of **sesame oil**
- 5 cloves garlic, roughly chopped
- 1 3-inch piece ginger (peeled and diced)
- 1 medium red onion (coarsely chopped)
- 1.5 litres vegetable stock (see recipe to make yourself in module 4)
- 2 tablespoons **tamari** or **soy sauce** (plus more to taste)
- 50g dehydrated or fresh shiitake mushrooms
- 1 tablespoon **white miso paste** (ensure it says "Vegan" on the jar)
- 8 ounces ramen noodles (I used **buckwheat soba noodles**)

Method

- Heat a large pot over medium-high heat.
- Once hot, add oil, garlic, ginger, and onion. Sauté, stirring occasionally for 5-8 minutes or until the onion has developed a slight brown colour.
- Add 250ml of the vegetable broth to deglaze the bottom of the pan. Use a whisk (or wooden spoon) to scrape up any bits that may have stuck to the bottom to enhance the flavour of the broth.
- Add remaining 1250ml of vegetable broth, tamari or soy sauce, and dehydrated/fresh shiitake mushrooms – stir well
- Bring to a simmer over medium heat, then reduce heat to low and cover. Simmer on low for at least 1 hour, up to 2-3, stirring occasionally. The longer it cooks, the more the flavour will deepen and develop.
- Taste broth and adjust seasonings as needed, adding more soy sauce or sesame oil if desired. Add the miso paste at this time.
- When you're 30 minutes from serving, prepare any desired toppings.

For the noodles:

- Fill a large saucepan or pot with water and bring to a boil. Once boiling, add ramen noodles (depending on the size of the pan, you may need to do this in two batches //

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Toppings (optional):

- 5 chopped spring onions (for garnish)
- 200g **firm tofu**
- Miso-glazed carrots
- Miso-glazed baby Pak Choi

Miso Glaze for carrots and Pak choi:

- 2 tbsp **miso paste**
- 2 tbsp **rice vinegar**
- 1 tbsp **tahini**
- 1 tbsp **maple syrup**
- 1 garlic, minced
- 1-2 tbsp water

Equipment needed:

Chopping board, knife, large saucepan x 2, wooden spoon, sieve, baking tray, oven, tongs, whisk

use fewer or more batches if altering batch size) and cook according to package instructions – about 4-5 minutes. Drain and set aside.

- Strain off the broth and reserve mushrooms for serving. (Save onions and ginger for serving as well, if desired)
- To serve, divide ramen noodles between four (amount as original recipe is written // adjust if altering batch size) serving bowls. Top with strained broth and desired toppings, such as carrots, Pak Choi, green spring onion, or seared tofu. Add some extra chopped chilli or chilli sauce too if you like it spicy.
- Best when fresh, though the broth can be stored (separately) in the refrigerator for up to 5 days and in the freezer for up to 1 month.

For the Miso glaze:

- Whisk together the miso paste, rice vinegar, tahini, maple, minced garlic and water. Taste and add more rice vinegar and/or water as needed. It shouldn't be too thick, slightly runny but not watery
- I roast my veggies in the oven first with a little oil, salt and pepper then when done and a little coloured I take them out and glaze.
- Then finish them in the oven for about another 5 minutes and then serve on to the Ramen.