

Vegan Ramen Recipe

Soup Base for 2 servings

- A piece of Kombu Seaweed
 - 2 Dried Shiitake Mushrooms
 - 1/2 Onion
 - 1 Clove Garlic
 - Oil for deep frying
 - 1Tbsp. Flour for dusting
1. Put Kombu and Shiitake Mushroom in a jug with 1 Liter of water and refrigerate overnight and strain.
 2. Peel and slice the garlic in 2mm thickness. Deep fry in low heat (160C) for 1 minute or until lightly browned. Take it out and place in a pot.
 3. Chop the onion into 1 cm squares. Dust the onion with flour and deep fry on medium heat (170C) for 2 to 3 minutes or until lightly browned.
 4. Drain and put into a pot.
 5. Add 600 ml of Kombu and shiitake water in the pot and bring to boil. Simmer for 5 minutes. Puree with a blender.

Put the Seasoning Sauce in each bowl and pour the soup base. (The amount is per serving). Other soup bases can be used such as vegetable broth or a broth of your choice.

Tare (Seasoning Sauce)

Shoyu Ramen (Soy Sauce Flavored) Ramen

- 1 Tbsp Soy Sauce
- 1/2 tsp Mirin
- 1/2 tsp Sesame Oil or Negi Oil

Dan Dan Men (Spicy Sichuan Style) Ramen

- 1 Tbsp Tahini or Sesame Paste
- 1/2 tsp Chili Oil
- 1/8 tsp Salt
- Splash of Soy Sauce

Shio (Salt flavor) Ramen

- 1/2 tsp Salt
- 1/2 tsp Sesame Oil or Negi Oil

- A dash of pepper
- 1/2 tsp Grated Garlic (optional)

Miso Ramen

- 1 Tbsp Miso
- 1/2 tsp Sesame Oil
- 1/4 tsp grated ginger
- Splash of soy sauce
- 1/2 tsp Chili Oil (Optional)
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Ajitama (Eggs marinated in soy sauce)

- 2 Eggs
- 4 Tbsp Soy Sauce
- 3 Tbsp Water
- 2 Tbsp Mirin
- 1 Tbsp Sugar

1. Put Soy Sauce, Water, Mirin and Sugar in a pot and bring to boil. Let it cool.
2. Boil a pot of water. Gently add the eggs and cook for 8 minutes.
3. Once it's cooked put it in the ice bath and let it cool. Once the eggs are cool, peel and place it in the marinade sauce. Put it in for 20 min or up to 2 hours. (For longer, add some water to the marinade liquid).
4. Take the egg out of the marinade sauce and cut it egg lengthwise using a thread.

Topping of your choice:

- Spring Onion
- Nori Seaweed
- Corn
- Boiled Spinach

Flavored Oil (Negi Oil)

1 Cup Vegetable Oil

Top of Green Onion (Negi)

Put Oil and green onion in a pot and heat until it bubbles. Keep on low heat for 5 minutes. Cool. Take out the green onion and store in a clean bottle.

Tofu Topping

- 1 Block Tofu (Vegan)
 - 1/8 tsp salt
 - 1 tsp sake (rice wine)
 - 1/2 tsp finely chopped ginger
 - 2 tsp. Sesame Oil (or other vegetable oil)
 - 2 Shiitake Mushrooms finely chopped (Rehydrated Shiitake can be used)
 - 2 Tbsp Green Onions finely chopped
 - 1/2 tsp Chili Oil or Soy Sauce
1. Drain the Tofu by wrapping it in a paper towel and putting a plate on top with a weight. You can also use defrosted frozen Tofu by squeezing out the water.
 2. Heat the oil on medium and fry the ginger until fragrant.
 3. Add chopped mushrooms, tofu, salt, and sake and mix with a spatula on medium high heat until there is no water in the tofu and the texture is crumbly.
 4. Add the chopped green onions and fry for 1 minute
 5. Season with Chili Oil (Dan Dan Men) or Soy Sauce (Other Ramen)
 6. Serve on top of the Ramen.

Assembling the Ramen

Boil a pot of water for boiling the noodles. Meanwhile, prepare the toppings. (Make sure the soup and all the toppings are ready before you start boiling.)

1. Boil the noodles by following the instructions of your noodle.
2. While the noodle is boiling, put the soup in the bowl.
3. Once the noodles are boiled, strain and place it in the soup.
4. Put the topping on and serve immediately.

*If you don't have ramen noodles, you can add baking soda (3g per 2 L of water) and boil noodles with only wheat (pasta, udon, somen noodles).

Goma-ae (Vegetable dressed in Sesame Seed Sauce)

✧ Ingredients (4 servings)

Spinach, Green beans or Asparagus or any other vegetable of your choice

For the dressing:

Soy sauce	1 Tbsp
Sugar	1/2 Tbsp
Mirin	1 Tbsp
Grounded Sesame Seeds	4 Tbsps.

1. Wash and blanch the vegetable of your choice in boiling water.
2. Remove from the pan and place in ice cold water to retain its color.
3. Combine the ingredients for the dressing.
4. Drain and squeeze all the water from the vegetable and cut into 4 cm length. Mix with the dressing until the vegetable is covered evenly.

*Sesame Seeds can be replaced by peanuts, walnuts, or other nuts.

Tools for Making Ramen

- Knife
- Chopping Board
- Frying Pan (Medium Size)
- Medium Size Pot for the Soup Base
- Medium Size Pot for boiling the Ramen
- Small Pot for boiling the eggs and making the soup
- Pot for deep frying
- Blender for pureeing the soup
- Spatula
- Bowl for the Ice Bath
- Thread (to cut the egg)
- Small bowl or Plastic bag for marinating the eggs
- Plastic Bag for dusting the onions.
- Strainer for the noodles
- Fine Grater (for the ginger)
- Mortar and Pestle for grinding the sesame