



WARMING VEGGIE RAMEN

Soy eggs crown this delicious veggie ramen recipe, scrumptious for supper any night of the week. Cure the eggs in advance to save time when cooking.

Soy Eggs – inspired by Christina Tosi (Momofuku restaurant)

4 large Clarence Court hens eggs
200ml warm water
A small piece fresh ginger peeled and finely grated
2 tablespoons caster sugar
2 tablespoons sweet vinegar
300ml low salt soy sauce

To make the soup

3 tablespoons vegetable oil
1 brown onion, peeled and sliced
2 cloves garlic, peeled and sliced
1 red pepper, sliced into strips
150g fresh shiitake mushrooms, cut in half
1 red chilli, deseeded and sliced
1 tablespoon brown miso
1 tablespoon peanut butter
225g pack of firm smoked tofu

Broth

2 litres vegetable stock
5cm piece fresh root ginger, peeled
3 cloves garlic, peeled
30g dried mushrooms (shiitake)
2 tablespoons tamari or soy sauce
2 tablespoons dried dulse seaweed (optional)

1 tablespoon cornflour
3 tablespoons sesame seeds, toasted
4 nests ramen noodles
300g mixed sprouting broccoli, sprouting cauliflower
or asparagus, chopped
4 small bok choy, pak choy, cut in half
125g baby spinach
Sesame oil
Your choice of dried seaweed

Start by making the soy eggs. In a large bowl whisk together the warm water, grated ginger and sugar to dissolve. Then stir in the vinegar and soy sauce. Boil the eggs to your liking (soft boiled is preferable with ramen) then run them under cold water until chilled. Carefully peel the eggs and add to the bowl of soy sauce marinade. Place the bowl in the fridge for 2-6 hours.

To make the broth, pour the vegetable stock into a large saucepan, bring to the boil and simmer on a low heat. Place a large frying pan on a medium heat. Add the ginger and garlic to the pan and dry fry for a minute until it is smelling delicious, then tip into the pan of stock. Add the dried mushrooms, tamari or soy sauce and the dried seaweed if using. Leave the broth to simmer on a low heat whilst you make the soup base.

Place another saucepan on a medium heat, add 1 tablespoon of vegetable oil followed by the onions. Stir fry for 3 minutes then add the garlic and peppers. Stir fry for a further 3 minutes then add the mushrooms and chilli. Continue to fry for a further 5 minutes. Then stir in the miso and peanut butter, turn the heat down to low.

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Strain the stock into the pan of fried vegetables. Turn up the heat to bring to the boil then reduce to a simmer whilst you prep the other ingredients. Slice the tofu and dust the slices lightly in cornflour. Place a frying pan on the hob and add 2 tablespoons vegetable oil. Fry the tofu slices in batches on each side until golden. Scatter a few tablespoons of sesame seeds on to a plate and roll the cooked tofu slices in it and place to one side.

Cook the noodles according to packet instructions (usually boil for 1 minute then rinse in cold water) and leave until needed in a saucepan or heat proof bowl.

When it's nearly time to serve, turn up the heat on the soup, add the chopped greens and cook for 1 minute, then add the bok choy halves and cook for a further 4 minutes until tender. Stir in the spinach and turn off the heat.

Reheat the noodles by pouring boiling water on them then draining and tossing in a little toasted sesame oil. Arrange the noodles in your serving bowls then add the cooked vegetables and tofu. Pour over the hot soup. Top with a halved soy egg, seaweed and a sprinkle of toasted sesame seeds.



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FABULOUS EGGS BY FABULOUS BIRDS SINCE 1928




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