



Veggie Ramen

Serves 24 - 30 tastes
Source: bbcgoodfood.com



Ingredients

2 garlic cloves
1 & ½ tablespoons white miso paste
1 tablespoon tahini
1 teaspoon minced ginger
5 dried shitake mushrooms
6 cups vegetable stock
2 tablespoons soy sauce
2 bundles of ramen style noodles
250g firm tofu, diced
1 tablespoon cornflour
1 tablespoon canola oil
3 bok choy, sliced finely
2 spring onions sliced
2 carrots grated

Equipment

Measuring cups and spoons

Large pot for soup
Slotted spoon
Small pot to boil noodles

Knives
Chopping boards
Box grater
Fine microplane for ginger

Serving bowls

What to do:

- In a large saucepan combine the stock, ginger, garlic, mushrooms, miso, tahini and soy sauce. Bring to the boil and simmer for 5 minutes.
- Use a slotted spoon to remove the mushrooms, dice the mushrooms very finely and return them to the pot. Bring back to a simmer.
- Dice the tofu (into enough pieces for everyone in the room), and toss in the cornflour, set aside
- Slice the bok choy, grate the carrots, slice the spring onions
- Bring a pot of water to the boil, cook the noodles as per the packet instructions
- Add the carrot, bok choy and spring onions to the stock.
- Quickly stir fry the tofu in canola oil
- Assemble the ramen in individual bowls by placing noodles in the bottom of the bowls.
- Top each one with a piece of tofu and spoon over the broth and vegetables
- Serve while hot

(At home try the soup topped with your choice of the following: crumbled nori, crushed peanuts, boiled egg, coriander & finely diced chilli)

