

Soba Noodle Ramen

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients:

For the Kombu dashi:

2 pieces dried kombu

4 quarts water, cold

For the Tare:

½ cup reduced-sodium soy sauce

2 tablespoons dry sake

1 tablespoon Mirin

For the pork and stock:

1 pound boneless pork shoulder

Salt and pepper (for seasoning pork)

2 tablespoons vegetable oil

2 pounds chicken necks, backs, and/or wings

2 bunches scallions, chopped thin slices

2 carrots peeled, cut into ¼ inch cubes

2 each garlic, peeled and halved horizontally

1 1-inch slice ginger, peeled, sliced thin

¼ cup bonito flakes

For the ramen and garnishes:

3 eggs, large

2 12-ounce packages dried soba noodles

6 scallions, thinly sliced

3 toasted nori sheets, torn in half

3 cups extra firm tofu, cubed

Chili oil, to taste

Toasted sesame oil, to taste

Shichimi, to taste

Togarashi (optional)

Method of preparation:

Two days ahead - make the Kombu Dashi and Tare

1. In a large bowl, combine Kombu and water. Cover and let sit at room temperature at least 8 hours and up to 12 hours.
2. For the tare, combine soy sauce, sake, and Mirin in a small bowl; cover and chill.

One day ahead – prepare the pork and stock

1. Season the pork shoulder with salt and pepper. Roll up and tie with kitchen twine at 2-inch intervals. (This helps keep the meat intact while cooking and makes for round, compact slices.)
2. Heat oil in a large heavy pot (at least 8 quarts) over medium-high heat. Brown pork shoulder, turning, until brown all over, 10-12 minutes.
3. Add the chicken, scallions, carrots, garlic, ginger, and bonito flakes.
4. Meanwhile, go back to the kombu dashi mixture and remove the kombu pieces and throw them away.
5. Then, add as much of the kombu dashi mixture as will fit into the boiling pot of pork and stock. Reserve remaining dashi, which will be added later.
6. Bring pork and stock back to a boil, reduce heat, and simmer, skimming the surface occasionally and adding remaining dashi as liquid reduces, until pork shoulder is tender and stock has reduced to about 2 quarts. This step will take between 2 ½ -3 hours.
7. Remove pork shoulder from stock and let cool. Wrap tightly in plastic and chill until ready to use. (Chilling pork will make meat easier to slice.)
8. Strain stock through a fine-mesh sieve into another large pot or a large bowl or container; discard solids (including ribs and chicken). Cover and chill.

Day of – ramen and garnishes

1. Prepare the eggs: Bring a medium pot of water to a boil. Carefully add whole eggs one at a time and boil gently for 7 minutes.
2. Drain eggs and transfer to a bowl of ice water to stop cooking; let cool. Peel; set aside. (Eggs can be cooked 1 day ahead. Keep unpeeled eggs covered in cool water. Cover and chill. Note: Egg yolks should be shiny yellow; egg white should be just set.)
3. Prepare the pork: Take the pork and remove string and thinly slice pork; cover and set aside.
4. When ready to serve, bring stock to a simmer; it should be very hot.
5. For the noodles: Divide the noodles among 6 deep bowls; add the sliced pork, placing it off to one side.
6. Add tare to hot stock and ladle over the noodles and pork to warm through (Soba noodles should be fully cooked within 2-3 minutes).
7. Place the eggs, tofu, scallions and nori in the bowl on top of the soba noodles.
8. Serve ramen with chili oil, sesame oil, shichimi and togarashi (optional).

Nutritional analysis (*per serving*):

Calories:	548	Carbohydrates:	43 g	Folate:	0 mcg
Total Fat:	19 g	Fiber:	5 g	Calcium:	0 mg
Saturated Fat:	5 g	Cholesterol:	0 mg	Iron:	0 mg
Protein:	4 g	Vitamin B-12:	0 mcg	Sodium:	489 mg