



Kathrin Narrell

The Essential **Ramen** Cookbook

Simple Homemade Ramen
Noodles Recipe Book for Beginners

THE ESSENTIAL RAMEN COOKBOOK

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Recipe Book for Beginners*

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INTRODUCTION

At least once in your life you've heard the mysterious Japanese word "ramen." Ramen isn't just a popular Japanese meal, but something people love to eat worldwide. If you're one of those people who hasn't yet tried this delicious bowl of noodles, now you can!

Take the first step to an amazing journey in the ramen culinary world – open your heart and mind to learn all the secrets of cooking the tastiest bowl of ramen. Once you have learned the basics, feel free to experiment with all your favorite flavors! You won't be disappointed with a warm bowl of ramen because it's just so good!

Here goes one of the most modern collection of ramen recipes. In this book, you will find everything you want and need to know about the art of cooking ramen. So, let's get started!



CHAPTER 1. HISTORY OF RAMEN

ORIGIN OF RAMEN AND ITS CULTURE

Cultural significance can be found in various shapes, forms, and sizes of noodles from around the world. The noodle has, without a doubt, succeeded in establishing intimate relations with the culture and history of Japan as well. Through a particular form of noodle dish, ramen, one bond can be analyzed.

The exact origin of the first bowl of ramen is unknown, and myths and mysteries surround it.

Shu Shunsui, a scholar from China, is known as the one who brought the ramen recipe to Japan.

Shu Shunsui was a Ming government refugee from China who came to serve as an advisor to Tokugawa Mitsukuni, a Japanese feudal lord. Historical records state that Mitsukuni was advised by Shu Shunsui about what to add to his udon soup to make it taste better. This dish is rumored to be the first instance of Japanese ramen.

The next myth links the origin of ramen with the opening of Japan's ports to the outside world.

Chinese travelers brought a noodle soup called laa-mein to Japan. Although laa-mein had no toppings and was not a meal in itself, much unlike contemporary ramen, this dish serves as a potential predecessor to ramen.

The last and most plausible theory links the origin of ramen to a store in Tokyo during the 1900s called Rai Rai Ken.

and the store served a noodle dish called Shina Soba, which combined ingredients such as roasted pork, Japanese fish cake, and nori seaweed—all ingredients of today's ramen.

The industrialization and urbanization of Japan helped to make ramen popular. Shina Soba was cheap and filling, giving Japanese urban workers plenty of calories. Furthermore, by this time, mechanical noodle-making machines were in general use, shortening preparation time. All these circumstances made ramen the ideal food to eat. At the right time, it was the right food.

Although ramen was deeply engraved in urban life during the early 1900s, it almost disappeared during World War 2.

Rationing in Japan did not allow the consumption or sale of ramen as it was seen as a luxury. Famine and food shortages led the government to lay down heavy food supply regulations and ban profits from the sale of food. This period of war was one of the worst periods of starvation in the history of Japan.

After World War 2, Japan experienced an economic boom. The time of rapid economic growth and development contributed to the revitalization of ramen. Numerous construction projects required a large number of construction workers, who consumed large quantities of energy providing ramen bowls. Many restaurants specializing only in ramen have become increasingly popular in Japan. Ramen has once again become a staple dish in the fast-growing country that Japan has become.

Ramen has extended its global reach around the globe. Traditional ramen is still an integral part of Japanese culture, but many ramen shops have opened in the United

States. Nevertheless, it can still be difficult to get authentic Japanese ramen.

Although ramen has become a global trend, Japan's history will always be attached to it. Thanks to the historical events that have happened in Japan, and the people inspired by those events, ramen has come to be what it is today.

REGIONAL VARIATIONS

There are four main types of Japanese ramen, defined by the taste, or base flavor: shio (ramen based on salt), shoyu (ramen based on soy sauce), miso (ramen flavored with soy paste), and tonkotsu (pork bone broth ramen). While any of these ramen flavors can be found almost anywhere you go in Japan, various areas are known for their own unique regional variations. Here are some of Japan's most famous and satisfying regional ramen styles:

SAPPORO MISO RAMEN

Sapporo, the capital of Hokkaido, the northernmost prefecture of Japan, is known as the birthplace of ramen in the miso style. In fact, among locals, Miso ramen is so popular that the city has not one but two “alleys” of ramen: Ganso Ramen Yokocho and Shin Ramen Yokocho. Fragrant soybean paste is sauteed along with ginger and blended with pork broth for a hearty bowl of ramen that hits the spot, especially on the coldest winter days. Chashu pork, bamboo shoots, and bean sprouts are among the toppings. You may also add two local

Hokkaido specialty products, corn and a creamy pat of butter.

HAKATA TONKOTSU RAMEN

A unique style of ramen made from pork bones boiled at a high temperature until they release their collagen is tonkotsu ramen from Hakata (modern-day Fukuoka), creating a rich and milky broth that is cut with seafood stock. Thin, straight noodles cooked to just below al dente are topped with thick slices of roasted pork, garlic, sesame seeds, and pickled ginger . If you finish the noodles quickly, ordering a second helping, called kaedama, is common practice. Although tonkotsu ramen originated in Kyushu, it easily spread throughout Japan and to many countries around the world.

KITAKATA RAMEN

The Kitakata area of Northern Fukuoka is known for its hand-cut fat, wavy egg noodles. Together with simple toppings, it is served in a shoyu (soy sauce) based soup with a few pieces of chashu pork, bamboo shoots, and naruto, a pink and white spiral fish cake. Although the ingredients may

seem fairly basic, a bowl of Kitakata ramen fits the quintessential image of what ramen looks like for many Japanese people.

WAKAYAMA RAMEN

In Wakayama Prefecture, asking for chuka soba, or “Chinese-style noodles,” rather than ramen, is common practice among the locals. You’ll get a tonkotsu-shoyu ramen bowl that combines the pork bone broth popular in western Japan and the ramen broth based on soy sauce popular in eastern Japan. Similar to Hakata ramen, the noodles are thin and stick straight and are topped with scallions and a slice of the pink-and-white naruto fish cake that usually comes with shoyu ramen. It’s also common to have your ramen with a side of hay-zushi here, a traditional pressed sushi made with pickled mackerel in Kansai style.

OKINAWA SOBA

Okinawa, an island chain off the southwestern tip of Japan, was once an independent archipelago known as the Ryuku Kingdom, separate from the rest of Japan. Ryuku had a distinctive language, culture, and food of its own, including its

own ramen style called Okinawa soba. The noodles themselves, called soba, are similar to udon flour noodles, but are served with pork, bonito fish flakes, and kelp in a ramen-style broth. Okinawa soba also uses unique toppings, including bone-in pork rib and pig trotters.

KURUME RAMEN

The original style of Kyushu ramen, which predates even the highly popular Hakata tonkotsu ramen, is Kurume ramen. Ramen from the area of Kurume City also uses a tonkotsu pork bone broth, but one with an even stronger pork aroma that is even richer and heavier than Hakata ramen.

WAKAYAMA RAMEN

Wakayama has not had much time in the limelight, usually overshadowed by the neighboring town of Osaka, until a popular Japanese TV show shone the spotlight on a humble ramen shop, Ide Shoten, and its Wakayama ramen, which has a thick tonkotsu-shoyu broth with thin noodles. The locals call it chuka soba, not ramen, which translates to “Chinese noodles.”

TSUKUMEN

In this dish, the noodles and soup are served separately. This is a fairly new entrant to the ramen hall of fame. Considering its viscosity and heavy-handed seasoning, the term ‘soup’ could be used. The idea is to dip cold noodles in a thick, flavorful sauce, resembling soba or udon. To gradually dilute the intensity of the sauce, a dashi is often served with the Tsukemen so that it can eventually be drunk at the end of the meal.

TOKYO RAMEN

For a long time, Tokyo ramen was the country’s definition of a bowl of ramen. The flavors of seafood and chicken provide us with an indication of the humble beginnings of the Tokyo ramen, which is likely to be served in a simple dashi soup for workers. The dashi is now simmered in chicken stock and shoyu, giving the signature dark toffee color to the Tokyo ramen.

HIYASHI CHUKA

Hiyashi Chuka is a dish made with cold ramen noodles and topped with sliced omelet, ham, cucumber, carrot, and chicken, dressed in a light vinegar and soy-based

sauce. Hiyashi Chuka is directly translated as “cold Chinese.”

CHAMPON RAMEN

Champon is sort of ramen cousin. It originates in Nagasaki and is produced in a viscous soup made from pork and seafood and served with thick noodles. It's considerably thicker than regular ramen and more stew-like.

TOKUSHIMA RAMEN

The small, remote Shikoku region may be better known for udon thanks to Kagawa Prefecture, but the ramen style of Tokushima Prefecture can definitely hold its own! For its broth base, Tokushima ramen typically utilizes soy sauce, so that the soup is often dark brown. To improve the flavor, pork and/or chicken bones are also mixed in.



CHAPTER 2. HOW TO BUILD A BOWL OF RAMEN

ESSENTIAL INGREDIENTS

BROTH

The broth is the basis of any ramen bowl that is good. It gives a good bowl of ramen its literal and figurative heartwarming quality. The soup begins with basic ingredients, often made up of chicken, pork, seafood, and/or vegetables. Extracting flavor and body from ingredients is the key to a good broth.

The flavor tends to be extracted from meat and vegetables, while the soup's body or mouthfeel comes from the bones, fat, and connective tissue.

Ramen broth has different personalities and colors, just like the people who drink it. Chintan, or 'clear soups,' are extracted at low temperatures from ingredients and are commonly found in shio and shoyu ramen. There are also paitan, or white soup broths, such as tonkotsu ramen or tori paitan, on the other end of the spectrum. To achieve their thick and cloudy characteristics, to create emulsions between the higher collagen and

fat content, ingredients must be heated at higher temperatures.

TARE

The tare is the broth's sauce or seasoning, and gives the soup a lot of umami and saltiness. This is every ramen chef's ace in the hole. Common ingredients are soy sauce, wine, sake, kombu (kelp), niboshi (dried sardines), miso, or salt, just to name a few. Without the tare, the broth would just be meaty soup water. Not the world's most appealing thing.

Tare used is often used as a preface to Ramen: Miso Ramen - Miso Tare, Shoyu Ramen - Soy Sauce Tare, Shio Ramen - salt tare.



NOODLES

While the broth is a soul of a bowl of ramen, the noodles distinguish ramen from any other dish of noodle soup. Ramen noodles are made up of water, wheat flour, and kansui, or alkaline water, at their core. Through starch and gluten bonds, the water and wheat form the structure of the noodles, while the kansui communicates with the protein in the flour that gives the noodles their distinct chewy texture and yellow hue. Salt, which brings out a little bit of noodle flavor and strengthens the structure, is often added. Eggs can add tenderness and bounce from their proteins and fat in their fresh or powdered form.

The hard part of making ramen noodles is getting the ratio right. Many restaurants buy noodles, even in Japan. Tokyo style noodles

are yellow and curly, Hakata Tonkotsu style noodles are pale, straight and stiff. The ratio of flour to water to solution or alkaline salts determines the texture and flavor of noodles. It is also highly dependent on many other factors, such as the protein content of flour, water hardness, and the composition of the alkaline salts used. For amateur cooks, the process is very frustrating, but very rewarding when done correctly.

TOPPINGS

Chashu, green onions, menma (bamboo shoots), seaweed, and the prized ajitsuke tamago are the most common (marinated egg).

Everyone has their own taste and opinion of what is the best way to dress their ramen. Most restaurants allow clients to add additional toppings.

OIL

The oil on the surface of a bowl of ramen is often overlooked. Oil can be dropped on the broth surface and flavored with garlic and other flavorings. Oil's hydrophobic nature gives it a greater ability to extract flavors

that are lost in water. When the noodles are immersed in the broth, the flavored oil coats them and, when swallowed, they take on a smooth texture.

Oil also acts as an insulator and prevents the temperature from dropping rapidly.



ESSENTIAL EQUIPMENT

CHEF'S KNIFE

The kitchen knife is the first, as cutting is the basis for the preparation of food. Although you might have one, make sure you have a good and sharp all-purpose knife that can cut and slice well. Most of the cutting process in ramen can be managed by a single 8-inch Shun Knife that even beginners can use. Kitchen scissors, a cutting board, a peeler, and other small items will come in handy as well.

KITCHEN SCALE

In order to make delicious ramen, it is most important to measure the ingredients precisely in order to obtain the exact quantity of ingredients and seasonings. A scale that can weigh up to about 5 kg is helpful.

SOUP LADLE

In order to transfer the correct amount of ramen broth and ramen sauce/tare for serving, a soup ladle is mainly used. It is ideal to have two ladles: one small (about

30-50ml) for sauce/tare, and one larger for ramen broth (about 250-360ml).

STOCK POT (ZUNDO)

For up to 10 servings of ramen soup, which is good for beginners, a 12-quarter pot (about 11 liters) should be enough.

STRAINER

A strainer is required during the cooking process to separate the ramen soup or tare from the skin that forms on the broth.

NOODLE MACHINE

Typically, an authentic Japanese ramen noodle machine is only sold in Japan and may be expensive and big. It is better to start with a compact pasta machine that is easy to get and not too expensive.

NOODLE STRAINER (RAMEN TEBO)

A type of deep noodle strainer that is used to boil ramen noodles is known as ramen tebo. You can use this for boiling a noodle serving, and then drain it.

Finding the correct instruments and utensils for making ramen can be daunting, especially if you don't live in Japan. Try

ordering through Amazon as you can purchase everything in one trip.



COMMON MISTAKES AND TIPS HOW TO COOK RAMEN LIKE IN THE BEST RAMEN SHOPS

MISTAKE NO. 1: DON'T USE HOT WATER THAT IS NOT FULLY BROUGHT TO A BOIL

People start to cook instant noodles when they see bubbles starting to form in the pot.

However, the temperature of the water is only 80°C (176°F) when you begin to see bubbles.

It needs to be 100°C (212°F).

The noodles absorb water too quickly and the outside of the noodles get soggy if you start to cook them before the water really boils.

MISTAKE NO. 2: TOUCHING NOODLES WITH CHOPSTICKS WHILE BOILING

If you divide noodles with utensils while you boil them, the noodles will form microscopic surface cracks. Some parts will be too hard, while others are too soggy.

You should boil your noodles evenly so that the noodles have a consistent chewiness,

bounce and smooth surface.

6 COOKING TRICKS TO ENHANCE THE TASTE OF YOUR RAMEN NOODLES

1. COOK BROTH AND NOODLES SEPARATELY.

One of the best ways to enhance the taste of your instant noodles is to cook soup and noodles independently.

Putting hot water, noodles and soup into your pot at the time is very easy and convenient, but it has a dramatic effect on the taste of your noodles.

Do not use the hot water you used to boil the noodles when you make soup. Why? The waxy taste of the noodles remains in the water.

Heat the soup separately with clean, fresh water, and put the noodles into the soup.

2. PUT NOODLES INTO HOT WATER THAT HAS COMPLETELY COME TO A BOIL.

There is a huge difference between cooking noodles for 3 minutes in warm water and cooking noodles for 3 minutes in hot boiling water.

Cooking in boiling hot water prepares noodles evenly, and gives a nice texture and chewiness to your noodles.

3. COOK NOODLES IN A LARGE POT OF HOT WATER.

You will avoid a drop in the water temperature by using a lot of hot water to boil your noodles. Due to the starch of the noodles, this will prevent your noodles from getting sticky.

4. DO NOT TOUCH NOODLES WHILE BOILING

You should not touch, mix, or poke your noodles during the boiling process for at least the first minute.

The surface of the water will break if you touch it and the noodles will absorb too much water and not cook evenly.

5. FOLLOW THE BOILING TIME.

For each noodle, there is an appropriate amount of time to cook. What the brands recommend is always the best boiling time (ex. the time on the recipe). Do not cook noodles according to your gut.

6. PUT HOT WATER IN RAMEN BOWL BEFORE SERVING.

Ramen has to be hot. You can't take pleasure in warm ramen.

You should heat up your ramen bowl prior to making the soup. To heat up your bowl,

simply fill your bowl with hot water for a few minutes.

Get rid of the hot water after heating the ramen bowl, and serve the ramen.

After reading all 6 simple tips for making the best instant ramen, you probably know that following the cooking guide on the back of the package is essential.

CHAPTER 3. BASE RECIPES

RAMEN NOODLES

MENTSUYU NOODLE BASE

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 15 min.



CARBS: 2 g | FAT: 0 g | PROTEIN: 1 g |
CALORIES: 31

INGREDIENTS

- *1/3 cup sake*
- *1 1/8 cup mirin*
- *1 cup soy sauce*
- *1 2x2-inches piece kombu*
- *1 cup dried bonito flakes*

DIRECTIONS

1. Pour sake into a saucepan over medium heat and let it boil until alcohol has evaporated.
2. Add kombu, mirin, soy sauce, and bonito flakes. Bring it to a boil again.
3. Switch to low and simmer for 5 minutes. Turn off and let the mixture cool.
4. Pass mixture through a fine-mesh sieve before use.

GLUTEN FREE RAMEN NOODLES

SERVINGS: 6 | PREP TIME: 20 min. | COOK
TIME: 3 min.



CARBS: 33 g | FAT: 8 g | PROTEIN: 7 g |
CALORIES: 240

INGREDIENTS

Wet ingredients:

- 2 large pasture raised eggs
- 3 large pasture raised egg yolks
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kansui
- 3/4 cup alkaline water

Dry ingredients:

- 1 1/3 cup organic gluten free flour blend
- 3/4 cup tapioca flour
- 2 tablespoons raw, grass-fed whey
- 2 teaspoons xanthan gum
- 1 teaspoon guar gum
- 1/2-1 teaspoon extra fine pink Himalayan salt
- 1/2 tablespoon acacia fiber

DIRECTIONS

1. Beat eggs, oil, and kansui with a whisk in a small bowl until well combined. If mixture does not equal 160 ml, add enough water to get it there. If you have more, remove some mix. Do not to add too much water or your dough will not extrude properly.
2. Whisk all dry ingredients in a medium bowl.
3. Turn on your pasta maker. Follow the directions for your machine using the liquid with egg function for 2 knead cycles if its duration is 3 minutes, and 1 cycle if the duration is 6 minutes.
4. Then transfer your needles to boiling water. Cook noodles for 2-3 minutes.

EGG RAMEN NOODLES

SERVINGS: 12 | PREP TIME: 1 h 30 min. |
COOK TIME: 2 min.



CARBS: 23 g | FAT: 1 g | PROTEIN: 4 g |
CALORIES: 127

INGREDIENTS

- 3 cups all-purpose flour
- 1 teaspoon fine sea salt
- 1 teaspoon baking soda
- 2 large eggs beaten
- 1/2 cup warm alkaline water

DIRECTIONS

1. Mix salt, flour, and soda in the bowl of a stand mixer with a dough hook.
2. Add eggs and warm water.
3. Mix at the lowest speed until all ingredients are moistened. Then increase the speed one or two clicks and mix until it comes together. When a dough ball has formed, knead for 5 minutes with dough hook, until smooth.

4. Transfer dough to a floured surface and form a rectangle. Cover with plastic wrap and refrigerate for at least 1 hour.
5. Take a rimmed baking sheet and dust it generously with flour.
6. Divide dough into 6 equal portions on floured surface and cover with plastic wrap. Flatten each piece into a rough rectangle, about 1/2-inch thick, with your palm, then rub it with flour. Feed one end through a pasta machine, starting from the thickest setting. Set to the next setting and run again. Do the same at the next two settings.
7. Attach pasta cutting attachment and run dough through spaghetti-sized cutter. Dust prepared noodles with flour and place on prepared baking sheet. Repeat with remaining dough pieces.
8. Cook noodles for 1-2 minutes in a large amount of water until cooked through.

HOMEMADE RAMEN NOODLES

SERVINGS: 4 | PREP TIME: 1h. | COOK
TIME: 30 min.



CARBS: 56 g | FAT: 1 g | PROTEIN: 8 g |
CALORIES: 256

INGREDIENTS

- 3 1/2 cups all-purpose flour
- 2 teaspoons baked baking soda
- 1 1/2 cups cold alkaline water

DIRECTIONS

1. Sprinkle soda on a parchment lined baking sheet and bake at 250°F for 1 hour. Reserve 2 teaspoons for the noodle recipe, transfer remaining to an airtight container and keep in cool pantry.
2. Mix flour, soda and water in the bowl of a stand mixer with a dough hook attachment. If your dough is very sticky, add flour 1 tablespoon at time. If it's very dry, add water 1 tablespoon at time. You should get a smooth dough that pulls away from the sides of the bowl and forms a ball.

3. Place dough on a floured surface and divide into 4-6 portions.
4. Flatten each portion with your hands and feed it through widest setting of a smooth side pasta roller. Fold the dough and repeat 3 times. Feed through next thinner setting, and subsequent settings until you get a 2-3 millimeters thickness. Let sheets air dry for 20 minutes or more side by side. If it's too hard to work with sheets, you can half them.
5. Feed the dough through the spaghetti setting, flour the strands and set aside while working on remaining portions. Toss strands in a little of flour and make 4-6 piles as you go.
6. Bring a pot with water to a boil and salt it. Boil noodles for 1-2 minutes. Strain in colander, and rinse with cold water until cooled.
7. Note: if you don't cook your noodles right away, freeze them. Drop frozen noodles into a pot of boiling water and cook for 30 seconds longer than fresh noodles. This tip can be used for any noodle recipe.

RAMEN TOPPINGS

AJITSUKE TAMAGO EGGS

SERVINGS: 3 | PREP TIME: 5 min. | COOK
TIME: 6-7 min.



CARBS: 4 g | FAT: 4 g | PROTEIN: 5 g |
CALORIES: 94

INGREDIENTS

- 3 eggs
- Water, as needed

For the marinade:

- 1/4 cup shoyu (Japanese soy sauce)
- 2 teaspoons sugar
- 2/3 cup dashi

DIRECTIONS

1. Bring water to a boil and add eggs. Let simmer for 6 minutes for a soft center, or for 7 minutes to cook them through.
2. Drain off the hot water and transfer eggs to a bowl with ice.

3. Mix all marinade ingredients in another bowl and place peeled eggs in the marinade mixture. Refrigerate for 1 day, changing the position of eggs for every couple of hours.
4. Serve on top of your ramen or alongside.

CHICKEN CHASHU

SERVINGS: 6 | PREP TIME: 20 min. | COOK
TIME: 35 min.



CARBS: 25 g | FAT: 3 g | PROTEIN: 12 g
| CALORIES: 278

INGREDIENTS

- 1 lb boneless chicken thighs, skin on
- 2 1/2 cups water
- 2 cups dark soy sauce
- 1/2 cup dry white wine
- 3/4 cup sugar

DIRECTIONS

1. Roll your chicken thighs into tight rolls, skin-side out, and secure using cooking twine.
2. Over medium heat, brown all sides of rolled chicken in a large skillet.
3. Mix water, soy sauce, wine, and sugar in a large stockpot. Stir until sugar dissolves completely, then add chicken.
4. Bring to a boil, switch to medium heat and simmer for 25 minutes.

5. Remove from heat and leave the meat to cool to room temperature, rotating chicken in the liquid every 10 minutes until it chilled enough.
6. Once cooled, remove chicken from the liquid. Slice and serve with ramen.

BENI-SHOGA

SERVINGS: 1 | PREP TIME: 3 h. 10 min. |
COOK TIME: 5 min.



CARBS: 2 g | FAT: 0.1 g | PROTEIN: 0.3
g | CALORIES: 11

INGREDIENTS

- *1 cup ginger, peeled and thinly julienned*
- *1/2 cup plum vinegar*
- *2 cups water*

DIRECTIONS

1. Bring a pot of water to a boil.
2. Add ginger and cook for 10 seconds, then drain.
3. Spread ginger on a paper towel and let cool for 10-15 minutes.
4. Transfer to a container and cover with the plum vinegar. Store in the fridge for 3-4 hours or 1-2 day.

NITAMAGO EGGS

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 6-7 min.



CARBS: 14 g | FAT: 12 g | PROTEIN: 13
g | CALORIES: 230

INGREDIENTS

- 2 eggs
- Water, enough to cover the eggs
- 1 pinch of salt or 1 tsp vinegar

For the marinade:

- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons mirin
- 1/2 tablespoon sugar

DIRECTIONS

1. Bring pot of water to a boil. Add salt or vinegar to prevent the cracking of the eggshells.
2. Once the water is boiling, add eggs to the pot and boil for 6 minutes 30 seconds – 7 minutes on low heat.

3. When eggs are ready, quickly transfer them into bowl of iced water and peel.
4. Mix marinade ingredients in a Ziploc bag and put eggs inside. Squeeze out the air and seal bag. Soak eggs overnight.

SHIO KAKUNI PORK

SERVINGS: 6 | PREP TIME: 10 min. | COOK TIME: 2 h.



CARBS: 1 g | FAT: 7 g | PROTEIN: 3 g | CALORIES: 76

INGREDIENTS

- 3 lb pork belly
- 5 oz scallions, cut into 4-inch pieces
- 1 1/2-inch length fresh ginger, sliced into coins
- 4 large cloves garlic
- 0.35 oz niboshi
- 3 cups water
- 3/4 cups sake
- 3 tablespoons evaporated cane sugar
- 2 tablespoons soy sauce
- 2 teaspoons salt

DIRECTIONS

1. Bring water to a boil and add pork belly. Lower the heat and simmer for 30 minutes.
2. Drain, rinse out the pot, and scrub all coagulated proteins off the meat surface.

3. Cut pork into 2-inch cubes and return them to the pot, then add remaining ingredients.
4. When boiling, turn to low and simmer for 1 hour 30 minutes, partially covering with a lid.

MENMA

SERVINGS: 6 | PREP TIME: 10 min. | COOK
TIME: 30 min.



CARBS: 4 g | FAT: 0 g | PROTEIN: 0 g |
CALORIES: 18

INGREDIENTS

- *1/2 cup bamboo shoots*
- *2 cups water*
- *1/2 cup teriyaki sauce or Chashu seasonings*
- *1/4 cup mirin*
- *1 handful bonito flakes*

DIRECTIONS

1. Mix bamboo shoots, water, teriyaki and mirin in a saucepan.
2. Bring to a boil, then add bonito flakes and reduce heat. Let simmer for 25 minutes.
3. Turn off heat and let it cool.
4. Transfer shoots and liquid to an airtight container and refrigerate overnight.
5. Can be stored in the fridge for a week

SOY SAUCE STEWED EGGS

SERVINGS: 4 | PREP TIME: 40 min. | COOK
TIME: 20 min.



CARBS: 4 g | FAT: 5 g | PROTEIN: 5 g |
CALORIES: 63

INGREDIENTS

- 3-4 hard boiled eggs, peeled
- 2 cup water
- 1/2 cup soy sauce
- 1 tablespoon brown sugar
- 1/4 tablespoon five spice powder

DIRECTIONS

1. Add water, soy sauce, sugar and five spice to a saucepan and bring the mixture to a simmer.
2. Add peeled eggs. Use a spoon to base the eggs to coat them evenly on all sides.
3. Simmer the eggs in the mixture for 15-20 minutes.
4. Transfer eggs to a bowl and add a little bit of the sauce over it. Let them rest for 5-10 minutes.
5. Serve soy sauce stewed eggs warm or cold with ramen.

TERIYAKI PORK TENDERLOIN

SERVINGS: 4 | PREP TIME: 15 min. | COOK
TIME: 30 min.



CARBS: 7 g | FAT: 11 g | PROTEIN: 25 g
| CALORIES: 243

INGREDIENTS

- *1/4 cup soy sauce*
- *1/4 cup mirin*
- *1 tablespoon brown sugar*
- *1/2 cup water*
- *1 tablespoon vegetable oil*
- *1 1/2 lbs pork tenderloin, rinse and pat dry with paper towels*

DIRECTIONS

1. Mix brown sugar, mirin, soy sauce, and water in a bowl.
2. Heat oil in a deep fry pan. Brown each side of pork tenderloin for 5 minutes.
3. Pour the sauce into the pan. Cover with lid, switch heat to medium low and cook for 30 minutes, turning once

half way through. If needed, add another 1/4 cup water to avoid burning.

4. Remove pork from pan and slice after it has cooled enough.

CHASHU PORK

SERVINGS: 4-6 | PREP TIME: overnight |
COOK TIME: 3 h.



CARBS: 6 g | FAT: 16 g | PROTEIN: 29 g
| CALORIES: 286

INGREDIENTS

- 2 lbs slab pork shoulder
- 10 cups water
- 4 1/4 cups dark soy sauce
- 2 1/2 cups sugar
- 3/4 cup mirin
- 1 clove garlic
- 1 green onion, chopped
- 1 tablespoon ginger, grated

DIRECTIONS

1. Cut pork into 4-5-inch wide long strips, rolled up into a round bundle and trussed with cooking string to keep its shape.
2. Mix shoyu, water, mirin, sugar, garlic, onion, ginger and pork in a large pot. Bring to a boil, switch heat to

low and simmer for 4 hours until pork is tender. Skim any scum off the surface.

3. Check the doneness of pork with a thick wooden skewer. Insert it into the center the of meat. The pork is done when it comes out clean. Leave it to cool to the room temperature. Remove string when it's chilled.
4. Put pork in the liquid in the fridge to rest for 2 hours or overnight (it will make the meat easier to slice). Do not throw the liquid away – save it for other ramen recipes!
5. Slice pork into ¼-inch rounds and saute in a skillet for 1-2 minutes to render the fat and make slices crispy before serving on top of ramen.

TAMAGOYAKI JAPANESE OMELET

SERVINGS: 1 | PREP TIME: 5 min. | COOK
TIME: 10 min.



CARBS: 12 g | FAT: 11 g | PROTEIN: 15
g | CALORIES: 206

INGREDIENTS

- 4 eggs
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 1 tablespoon sugar
- 1 pinch of salt
- cooking oil, as needed

DIRECTIONS

1. Beat eggs well in a bowl using a fork, or chopsticks.
2. Add soy sauce, mirin, sugar and salt to the egg mixture.
3. Add cooking oil to a pan and bring it up to medium heat. Keep some paper towels handy to help keep the pan oiled during cooking.
4. Pour a little of egg mixture into the heated pan. Once it has cooked slightly and the top is still slightly

uncooked, push it over to the other side of pan.

5. Oil the pan with a paper towel and add another small amount of the egg mixture to the pan. Wait until it's cooked a little, but before set on top, and roll the first bit of egg over the mixture that has been just put in the pan until you get a small roll of egg. Keep adding the egg in new layers until you have used it all up.
6. REMOVE AND LET IT COOL BEFORE SLICING.

CHAPTER 4. RAMEN RECIPES

REGIONAL RAMEN

KURUME RAMEN

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 20 min.



CARBS: 70 g | FAT: 35 g | PROTEIN: 36
g | CALORIES: 744

INGREDIENTS

For the broth:

- 4 cups pork broth
- 2 tablespoons mirin
- 1 tablespoon sake
- salt, to taste
- 1 tablespoon chili oil, if desired

For the ramen:

- 0.5 lb chashu pork, sliced
- 4 nori sheets
- 1 green onion, sliced
- 1/4 cup bamboo shoots
- 2 portions ramen noodles
- 2 halved ramen eggs

- *Beni-shoga, to taste*

DIRECTIONS

1. Mix broth, mirin, and salt in a pot. Simmer for 10 minutes on medium low.
2. Boil noodles according to package in another pot. Drain, and divide between 2 bowls.
3. Add broth to the bowls. Top with bamboo shoots, pork, eggs, beni-shoga, scallions, and nori.
4. Serve with chili oil.

TSUKEMEN RAMEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK
TIME: 40 min.



CARBS: 60 g | FAT: 20 g | PROTEIN: 43
g | CALORIES: 841

INGREDIENTS

For the ramen:

- 2 servings ramen noodles
- 1/2 lb sliced pork belly, cut into 1-inch pieces
- 1/2 inch ginger, minced
- 3 cloves garlic, minced
- 2 shiitake mushrooms, sliced
- 1/2 shimeji mushrooms, sliced
- 2 green onions/scallions, chopped
- 1 tablespoon sesame oil
- 1 tablespoon spicy chili bean sauce or broad bean paste
- 1 package dried bonito flakes

For the seasonings:

- 1/3 cup Mentsuyu

- *1 cup water*
- *1 teaspoon miso*
- *1 teaspoon soy sauce*
- *1 1/2 tablespoons rice vinegar*

For the toppings:

- *1 tablespoon sake*
- *2 soft/hard-boiled egg*
- *2-3 slices Narutomaki*
- *nori sheet*

DIRECTIONS

1. Heat sesame oil in a saucepan over medium-high heat.
2. Once hot, add ginger and garlic and cook for 30 seconds. Add chili bean paste and stir constantly to avoid burning it. Next, add meat and cook for 3-4 minutes, or until no longer pink. Add shimeji mushrooms and cook until wilted.
3. Pour in Mentsuyu and water and bring to a boil.
4. Skim off the scum and foam with a fine sieve if necessary.
5. Reduce heat to medium-low, add miso and soy sauce, and simmer for 5 minutes.
6. Add green onions and rice vinegar. Turn off heat and set aside.
7. Prepare all the toppings, then bring a large pot of water to a boil and cook noodles, following directions in the recipe or on the package. Drain and rinse the noodles to remove starch. Place noodles in a bowl of ice water and soak to cool. Drain and divide into bowls. Serve noodles with all toppings.
8. Pour the hot soup in separate bowls, sprinkle with bonito flakes and serve alongside with cold noodles and toppings.

KITAKATA RAMEN

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 15 min.



CARBS: 10 g | FAT: 61 g | PROTEIN: 15
g | CALORIES: 646

INGREDIENTS

For the ramen:

- 3 cups pork broth
- 2 tablespoons soy sauce
- 1 1/2 tablespoons mirin
- 2 tablespoons dried sardines
- 2 servings noodles

For the toppings:

- 1/2 lbs pork belly
- 1/2 cup menma
- 1/2 cup scallions
- 4 slices naruto fish cake

DIRECTIONS

1. Heat pork broth in a pot and add soy sauce, mirin, and dried sardines. Bring to a simmer and cook for 15 minutes, until you prepare other toppings.
2. Bring another pot of water to boil and cook noodles. Boil for 12 minutes, or follow directions on the package, stirring occasionally. Strain noodles and portion into bowls.
3. While noodles are boiling, prepare the toppings. Slice fish cake and pork belly into thin slices, chop the scallions.
4. Strain sardines from the broth and pour into bowls. Add noodles and toppings, then serve!

HAKATA TONKOTSU RAMEN

SERVINGS: 12 | PREP TIME: 45 min. |
COOK TIME: 1 h. 20 min.



CARBS: 39 g | FAT: 23 g | PROTEIN: 31
g | CALORIES: 479

INGREDIENTS

For the broth:

- 2 pig trotters, cleaned well
- 1 big white onion, finely diced
- 1/4 cup oil
- 5 cloves garlic, crushed
- 5 cm fresh ginger, crushed
- 6 cups water

For the ramen:

- 1 tablespoon oil
- 2 cloves finely grated garlic
- 1 teaspoon salt
- 1 teaspoon mirin
- 3 slices boiled char siu
- 2 teaspoons dried wakame

- *10-15 strips kombu*
- *1 portion ramen noodles*

For the toppings:

- *1 Nitamago egg*
- *1 stock spring onion, finely chopped*
- *1 teaspoon toasted white sesame seeds*
- *2 teaspoons mayu*
- *1 slice toasted seaweed*
- *pickled red ginger, as needed*

DIRECTIONS

1. Bring a pot of hot water to a boil, then add pig trotters and cook for 15 minutes in boiling water. Discard water and clean the pot thoroughly. Cut to open pig trotters a little in a basin of cold water, and let out as much of blood as possible. Repeat this step 3 times, until water is clear of blood and other impurities.
2. Bring a large pot of water to boil, and add pig trotters. Reduce heat to medium and let simmer.
3. Meanwhile, heat up some oil in a pan. Stir ginger and garlic for 30 seconds. Add them to the stock.
4. With the same oil in the pan, stir fry onion until brown and caramelized. Add to the stock.
5. Cover and simmer stock for 6 hours on low heat, until trotters open up completely and soup is rich, sticky and thick. Strain it through a fine strainer. The soup base is ready.
6. Heat up oil and saute garlic in a pot. Add 3 ladles of soup base and bring to a boil.
7. Add 3 slices of skinny pork belly, dried wakame, kombu, mirin, and salt and pepper to taste.
8. In another pot, cook ramen noodles. Drain and serve in a bowl.
9. Pour soup into the bowl. Top with boiled pork, spring onions, mayu, toasted sesame seeds, sliced pickled red ginger, seaweed and nitamago egg.

TOKYO RAMEN

SERVINGS: 4 | PREP TIME: 11 h. | COOK
TIME: 15 min.



CARBS: 108 g | FAT: 10 g | PROTEIN: 17
g | CALORIES: 510

INGREDIENTS

- 2 portions ramen noodles
- 2 cups chicken stock
- 2 tablespoons shoyu soy sauce
- Spinach, to taste
- Nori, to taste
- 1 bunch green onion, chopped, if desired
- 1/4 cup Dashi

For the Egg:

- 4 eggs
- 1/2 cup soy sauce
- 2 tablespoons brown sugar
- 1/3 cup water
- 3 tablespoons rice vinegar
- 3 tablespoons sliced green onion
- 1 tablespoon sliced ginger

For the toppings:

- *Nori, to taste*
- *Chopped Green Onion, to taste*

DIRECTIONS

1. Mix soy sauce, brown sugar, water, and rice vinegar in a small bowl. Add ginger and green onion, mix again. Set aside until ready to use.
2. Pour 4 cups water in a small pot and bring to a boil. Add 4 eggs and lower heat to medium. Cook for 7 minutes uncovered. Transfer eggs to ice water. Cool for 5 minutes and then peel.
3. Put eggs in the soy sauce mixture and cover with plastic wrap. Be sure the eggs are completely covered with marinade. Put in fridge for 4-8 hours, depending on desired saltiness.
4. Preheat oven to 300°F.
5. Heat oil in a frying pan over medium heat. Add pork belly fat side down. Cook until golden brown, 4 minutes per side. Transfer pork belly (fat side down) to a deep baking dish.
6. Add soy sauce, sake, water, honey, garlic, ginger, and green onions to the dish with pork belly. Toss everything together until all ingredients are incorporated.
7. Bake for 3 hours, flipping the meat halfway through.
8. Remove from oven and let cool in the brine. Cover and refrigerate overnight.
9. Slice the pork belly into 1-inch thick pieces.
10. Cut the eggs in half.
11. Pour 2 cups water in a pot and bring to a boil. Add ramen noodles and stir for 2 minutes until cooked. Take out noodles and assemble in bowls.
12. Blanch some spinach in the same water and add to bowls.
13. Heat 2 cups chicken stock in another pot and add dashi to it. Bring to a boil.
14. Add shoyu soy sauce and chicken stock to each bowl.

15. Place ramen into bowl and top with sliced pork, marinated eggs, and menma.

TOKUSHIMA RAMEN

SERVINGS: 4 | PREP TIME: 10 min. | COOK
TIME: 10 min.



CARBS: 66 g | FAT: 18 g | PROTEIN: 10
g | CALORIES: 475

INGREDIENTS

- 4 portions uncooked noodles
- 300 grams thinly sliced pork belly
- 1 bag bean sprouts
- 1/2 bunch chopped green onion
- 2 tablespoons weipa
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons sake
- 2 tablespoons soy sauce
- 4 halved ramen eggs (p.)

DIRECTIONS

1. Bring 4 cups water to a boil. Add Weipa and 2 tablespoons soy sauce. Cook according to the directions on the Weipa can.

2. Meanwhile, heat sesame oil in a frying pan and stir-fry bean sprouts for 2 minutes. Season them with salt and pepper. Set aside bean sprouts and wipe out the pan.
3. Add vegetable oil and stir-fry the sliced pork. When the meat changes color from all sides, add 2 tablespoons soy sauce, sugar and sake.
4. Cook noodles in another pot following the directions on the package.
5. Ladle the soup base in bowls and add noodles, sprouts, pork belly and sprinkle with chopped green onions. Top with a halved ramen egg and serve.

WAKAYMA RAMEN

SERVINGS: 2 | PREP TIME: 1 d. 9 h. | COOK
TIME: 30 min.



CARBS: 81 g | FAT: 61 g | PROTEIN: 49
g | CALORIES: 1096

INGREDIENTS

For the broth:

- 4 cups pork broth
- 2 1/2 tablespoons soy sauce
- 1 tablespoon sake
- 1 tablespoon bonito flakes
- 2 teaspoons roasted sesame oil

For the toppings:

- 6 naruto fish cake slices
- 1/4 lb chashu, sliced
- 3 green onions, sliced
- 1 soft boiled ramen egg
- 2 portions ramen noodles

For the pickled mackerel:

- *1/2 lb mackerel (or herring)*
- *2 1/2 cups water*
- *1/2 cup salt*
- *1 cup white vinegar*
- *1/6 cup sugar*
- *1 tablespoon miso paste*
- *1 teaspoon black peppercorns*

DIRECTIONS

1. To prepare mackerel, heat 2 cups water enough to dissolve salt. Then, let it cool to room temperature. Submerge mackerel in the brine in the jar.
2. Boil remaining 1/2 cup water, vinegar, pepper, and sugar in another pot. Add miso once it cools.
3. When the pickling liquid is cool enough (room temperature), pour it over brine and fish and in a jar. Close and leave overnight.
4. Mix broth ingredients in a pot and simmer for 30 minutes on medium low heat. Strain bonito flakes out before serving.
5. Boil naruto fish cake for 5 minutes. Take out of water and slice thinly.
6. Cook noodles following directions in the recipe or on the package. Strain.
7. Add broth to bowl, then noodles, and toppings. Serve fish on the side.

SAPPORO MISO RAMEN

SERVINGS: 6 | PREP TIME: 20 min. | COOK
TIME: 2 h. 35 min.



CARBS: 73 g | FAT: 36 g | PROTEIN: 16
g | CALORIES: 734

INGREDIENTS

For the ramen:

- 6 oz soy bean sprouts, ends trimmed
- 12 oz ramen
- 1 teaspoon sesame oil
- 2 tablespoons vegetable oil
- 3 green onions, sliced
- 1/3 cup shiro miso
- 1/3 cup aka miso

For the toppings:

- 12 slices of teriyaki pork tenderloin
- 1 cup corn kernels
- 4 ramen eggs, sliced into half lengthwise
- 4 tablespoon chili bamboo shoots
- 2 green onions, finely sliced

- *Garlic chili oil, to taste*
- *2 sheets nori*

For the broth:

- *1 lb pork bones*
- *10 cups water*
- *1-inch ginger, peeled and smashed*

For the corn kernels:

- *2 tablespoons butter*
- *1 cup frozen corn kernels*

For the garlic chili oil:

- *2 cloves garlic, minced*
- *1 teaspoon red pepper flakes*
- *3 tablespoons vegetable oil*

DIRECTIONS

1. Bring one half a pot of water to boil. Add pork bones and boil them for 5 minutes. Take out the bones with thongs and rinse of scum. Discard water and rinse the pot.
2. Pour 10 cups water into the pot and bring to a boil. Add ginger and bones to the pot. Once it's boiling, switch heat to low and simmer for 2 hours.
3. Melt butter in a saucepan. Add corn kernels and cook them for 3 minutes. Remove and set aside.
4. Mix pepper flakes, garlic, and oil in a small microwavable dish. Microwave for 1 minute 30 seconds. Remove and set aside.
5. Bring one more large pot of water to boil. Scald bean sprouts for 20 seconds. Remove and set aside.
6. Add noodles and cook according to instructions. Drain noodles and rinse under cold water. Add sesame oil and toss.
7. Divide noodles into 4 bowls. Top with teriyaki pork tenderloin, bean sprouts, corn kernels, and chili bamboo shoots.

8. Add shiro and miso in a bowl. Pour 1 cup boiling stock over miso. Mix to melt miso and set aside.
9. Add 2 tablespoons oil in a large pot and heat it. Add green onions and cook for 2 minutes.
10. Add in 8 cups stock in a pot. When it's boiling, reduce heat to low.
11. Gradually stir in melted miso back into pot. Do not let it boil. Turn off heat.
12. Pour miso over noodles in each bowl. Sprinkle with green onions and garlic chili oil before serving

HIYASHI CHUKA COLD RAMEN

SERVINGS: 2 | PREP TIME: 15 min. | COOK TIME: 5 min.



CARBS: 47 g | FAT: 34 g | PROTEIN: 20 g | CALORIES: 575

INGREDIENTS

For the ramen:

- 2 portions ramen noodles
- 1/2 cucumber, thinly sliced
- 4 sticks crab meat, shredded into thin strips
- 1/4 lb shrimp, shelled and deveined
- 1/2 tomato, sliced
- 50 g ham, cut into strips
- 2 eggs

For the sesame dressing:

- 1 teaspoon Chicken gara soup stock powder
- 100 ml hot water
- 4 tablespoon white sesame seeds paste
- 2 tablespoons soy sauce
- 3 tablespoons sugar

- *3 tablespoons rice wine vinegar*
- *2 teaspoons sesame oil*
- *2 teaspoons Sesame seeds*

For the soy sauce vinaigrette:

- *1 teaspoon Chicken gara soup stock powder*
- *1/3 cup ml hot water*
- *6 tablespoons soy sauce*
- *3 tablespoons vinegar*
- *3 tablespoons sugar*
- *2 tablespoons sesame seed oil*

For the garnish:

- *2 tablespoons pickled ginger*
- *1 tablespoon chopped scallions*
- *1 tablespoon Japanese kewpie mayonnaise*
- *1/2 teaspoon mustard*
- *1 teaspoon white sesame seeds*

DIRECTIONS

1. Mix chicken gara powder and hot water until fully dissolved in a bowl.
2. Add remaining ingredients for soy sauce vinaigrette and mix. Chill in the fridge.
3. Fry eggs in a thin layer and cut it into thin strips. Set it aside to cool down.
4. Cook noodles per instructions and let cool.
5. Assemble by placing chilled noodles in a bowl, then top with shrimp, crab meat, egg, cucumber, tomato, and ham.
6. Garnish with ginger, lemon slice, and scallion. Pour sesame dressing over the top and sprinkle with sesame seeds.

Serve with Japanese mayonnaise and mustard.

OKINAWA SOBA

SERVINGS: 3 | PREP TIME: 15 min. | COOK
TIME: 1 h. 30 min.



CARBS: 51 g | FAT: 19 g | PROTEIN: 9 g
| CALORIES: 400

INGREDIENTS

For the broth:

- 14 oz pork belly block
- 4 cups water for pre-boiling
- 6 cups water for the broth
- For the Katsuo Dashi:
 - 2 cups water
 - 1 cup katsuobushi

For the soup broth:

- 1/2 tablespoon sea salt
- 2 teaspoons soy sauce

For the stewed pork belly:

- 2 tablespoons black sugar

- *2 tablespoons awamori*
- *2 tablespoons soy sauce*
- *2 tablespoons water*

For the Okinawa Soba:

- *2 servings noodles*
- *green onion/scallion, chopped, to taste*
- *sliced fish cakes, to taste*

DIRECTIONS

1. Put pork belly in a large pot and add enough water to cover the meat. Bring the water to a boil.
2. Once boiling, switch heat to low and simmer for 3-5 minutes, until foam and scum floats on the surface. Drain and rinse the pork and the pot under running water.
3. Return meat to the same pot, and add 6 cups water. Bring it to a boil.
4. When it's boiling, simmer for 1 hour, skimming off scum and foam from the surface.
5. In the same time, bring 2 cups of water to a boil in a small saucepan. Turn heat to low, add katsuobushi, and let simmer for 15 seconds. Turn off heat. Set aside to steep until ready to use.
6. Remove pork from pot and cover it with foil. Set aside to cool.
7. Strain the broth through a fine sieve. Put 4 cups pork broth back in the pot.
8. Strain bonito flakes water through the sieve. Bring the broth to a boil.
9. Once boiling, switch to low heat and add 2 teaspoons soy sauce and 1 tablespoon salt. Mix well and adjust salt if needed. Turn off and cover the pot with a lid. Set aside.
10. When pork belly is cool enough, cut into thin 1-inch slices.
11. Add 2 tablespoons black sugar, 2 tablespoons awamori, 2 tablespoons soy sauce and 2 tablespoons water. Mix

well and bring to a boil. Lower heat and add pork slices, quickly coating with sauce.

12. Cover with lid and cook for 25-30 minutes on low, until sauce is almost evaporated.
13. Cook noodles according to the package directions. Drain the noodles.
14. Place the noodles in a bowl. Pour soup broth over the noodles and top with pork belly slices, green onions and fish cake.

CHAMPON RAMEN

SERVINGS: 2 | PREP TIME: 20 min. | COOK
TIME: 20 min.



CARBS: 101 g | FAT: 25 g | PROTEIN: 39
g | CALORIES: 641

INGREDIENTS

For the soup:

- 2 cups chicken broth
- 1 cup dashi
- 1 tablespoon sake
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1/4 cup whole milk
- 1/8 teaspoon white pepper powder
- 1/2 teaspoon sea salt

For the meat and seafood:

- 2 slices pork belly slices
- 4 shrimp
- 2 oz squid
- 1 tablespoon sake, divided

- *1 teaspoon soy sauce*

For the toppings:

- *6 pieces dried wood ear mushrooms*
- *2 inches carrot, cut into thin slabs and in half lengthwise*
- *1/4 onion, sliced*
- *5 oz cabbage, core removed, cut in strips*
- *1 oz sweet corn*
- *1/3 kamaboko fish cake, sliced*
- *4 oz bean sprouts*
- *1 tablespoon roasted sesame oil*
- *freshly ground black pepper*
- *1/8 teaspoon sea salt*
- *11 oz champon noodles*

DIRECTIONS

1. Mix 2 cups chicken broth and 1 cup dashi in a medium pot.
2. Add 1 tablespoon soy sauce, 1 tablespoon sake, 1 teaspoon sugar and bring it to a boil.
3. When it's boiling, add 1/4 cup whole milk and 1/8 teaspoon white pepper. Taste the soup and adjust saltiness if needed.
4. Slice pork belly into 1-inch pieces. Add 1 teaspoon sake and 1 teaspoon soy sauce.
5. Add 2 teaspoons sake in a bowl with shrimp and squid. Leave for 5 minutes to remove the smell.
6. Cut diagonal lines on squid to score in a crisscross pattern.
7. Add dried mushrooms in a small bowl and cover them with water to re-hydrate them. When they are soft, remove the water and cut into small pieces.
8. Add 1 tablespoon sesame oil to a wok and heat it on medium high.
9. When it's hot, add pork belly and cook for 2-3 minutes until no longer pink. Add shrimp and squid and cook until no longer opaque.

10. Add carrot and onion, and stir fry for 1 minute. Add mushrooms and cabbage and stir fry for 1 minute more. Add fish cake, bean sprouts, and corn and cook for another minute. Season with black pepper and mix well to combine.
11. Add soup to the wok. Taste and see if you need to adjust with salt.
12. Cook noodles according to the recipe or directions on the package. Drain the noodles and place them in serving bowls. Add a ladle of soup to each bowl and serve with all toppings.

KURUME RAMEN

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 20 min.



CARBS: 70 g | FAT: 35 g | PROTEIN: 36
g | CALORIES: 744

INGREDIENTS

For the broth:

- • 4 cups pork broth
- • 2 tablespoons mirin
- • 1 tablespoon sake
- • salt, to taste
- • 1 tablespoon chili oil, if desired

For the ramen:

- • 0.5 lb chashu pork, sliced
- • 4 nori sheets
- • 1 green onion, sliced
- • 1/4 cup bamboo shoots
- • 2 portions ramen noodles
- • 2 halved ramen eggs
- • Beni-shoga, to taste

DIRECTIONS

1. Mix broth, mirin, and salt in a pot. Simmer for 10 minutes on medium low.
2. Boil noodles according to package in another pot. Drain, and divide between 2 bowls.
3. Add broth to the bowls. Top with bamboo shoots, pork, eggs, beni-shoga, scallions, and nori.
4. Serve with chili oil.

TONKOTSU RAMEN

HOMEMADE TONKOTSU RAMEN

SERVINGS: 4 | PREP TIME: 30 min. | COOK
TIME: 12 h. 35 min.



CARBS: 108 g | FAT: 71 g | PROTEIN: 33
g | CALORIES: 1262

INGREDIENTS

For the broth:

- 6 lbs pork bones
- 1 onion, peeled and halved
- For the miso tare:
 - 1/2 cup shiro miso
 - 1/4 cup sake
 - 1/4 cup mirin
 - 1 tsp kosher salt

For the ramen:

- 8 cups homemade pork broth
- 12 oz dried ramen noodles
- 4 large hard-boiled eggs

- *12 chashu pork slices*
- *2 oz dried shiitake mushrooms*
- *1/2 cup bamboo shoots*
- *1 green onion, sliced*
- *4 nori sheets*

DIRECTIONS

1. Cover pork bones with cold water in a large stockpot. Bring to a boil over medium heat, then discard water and rinse bones in cold water. Return bones to the stockpot, cover with water, and bring to a boil. Then lower heat to medium.
2. Add onion, and cover the pot. Cook for 10-12 hours over medium heat, adding water as needed to keep the bones covered.
3. Remove bones, strain the broth, and let it to cool to room temperature.
4. Add miso, sake, mirin, and salt in a small saucepan. Bring to a simmer and cook for 5 minutes. Set aside.
5. Cook noodles, following directions on the package.
6. Rehydrate mushrooms in boiling water and set aside.
7. Heat a large skillet and brown sliced pork on all sides.
8. Divide the miso tare into four bowls. Top with 1/2 cup broth and mix well.
9. Add noodles and 1 1/2 cups broth.
10. Top with egg, nori, mushrooms, pork, and green onions.
11. Can be stored for 4 months in the freezer.

TONKOTSU MISO RAMEN

SERVINGS: 4 | PREP TIME: 15 min. | COOK
TIME: 25 min.



CARBS: 73 g | FAT: 24 g | PROTEIN: 21
g | CALORIES: 600

INGREDIENTS

For the broth:

- 2 1/2 cups Tonkotsu base
- 2 tablespoons white miso
- 1 tablespoon tahini
- 2 teaspoons sesame oil
- 2 cloves garlic, grated
- 1/2 cup water
- 2 tablespoons pork fat, minced

For the toppings:

- 1 tablespoon ground sesame seeds
- 1/2 ramen noodles
- 12 chashu pork slices
- garlic chives
- 1 bunch scallions, chopped

- *1/4 cup sweet corn*
- *2 oz dried shiitake mushrooms, rehydrated and sliced*
- *1 ramen egg*
- *2 large dried scallops*

DIRECTIONS

1. Heat Tonkotsu Base in a medium saucepan.
2. Mix miso, sesame oil, tahini, and garlic in small bowl, whisk in water. Pour the mixture into hot Tonkotsu Base and whisk well. Once it's creamy and smooth without any chunks, add pork fat and whisk. Adjust salt to taste. If it's too concentrated, thin it out with water.
3. Divide cooked noodles between two bowls. Add ground sesame seeds to the soup and whisk one more time, then pour over noodles.
4. Top with listed or toppings and grate dried scallop over each bowl before serving.

CREAMY TONKOTSU RAMEN

SERVINGS: 6 | PREP TIME: 25 min. | COOK TIME: 12 h.



CARBS: 50 g | FAT: 20 g | PROTEIN: 12 g | CALORIES: 397

INGREDIENTS

- 1 large onion, skin on, chopped
- 1 3-inch knob ginger, chopped
- 2 whole leeks, washed and chopped
- 2 dozen scallions, chopped
- 6 halved ramen eggs
- 2 tablespoons vegetable oil
- 12 garlic cloves
- 6 oz enoki mushrooms
- 1 lb slab pork fatback
- 2 lbs chicken carcasses and backs, skin and fat removed
- 3 lbs pig trotters, cut crosswise into 1-inch disks

DIRECTIONS

1. Heat oil in a nonstick skillet over high heat. Add garlic, onions, and ginger. Cook for 15 minutes,

tossing occasionally. Set aside.

2. Add chicken and pork bones to a large stockpot and cover with cold water. Bring to a boil over high heat, then remove from heat and discard water.
3. , Wash all bones under cold water, removing coagulated blood or any bits of dark marrow. Bones should become uniform grey or white after scrubbing.
4. Return bones to pot with pork fatback, scallion whites, charred vegetables, leeks, and mushrooms. Cover with cold water. Bring to a rolling boil over high heat, skimming off any scum. Wipe any scum off from around the rim of the pot with paper towel. Switch heat to low, let simmer, and place a heavy lid on top.
5. Check the broth after 15 minutes. If it's not a slow rolling boil, increase or decrease heat to adjust boiling speed. Boil for 4 hours, until fatback is fully tender.
6. Remove pork fat with a slotted spatula and place in a sealed container in the fridge.
7. Cover the pot and cook for 6-8 hours, until broth is opaque with the texture of light cream, adding more water to keep bones covered.
8. When broth is ready, turn to high heat and cook until reduced to 3 quarts. Strain into a clean pot. Repeat if you want cleaner broth. Discard any solids and fat with a ladle. Roughly chop pork fatback and whisk into broth.
9. To serve, season soup with condiments of choice and serve with cooked ramen noodles and preferable toppings.

TONKOTSU TORIDASHI RAMEN

SERVINGS: 4 | PREP TIME: 30 min. | COOK
TIME: 15 min.



CARBS: 62 g | FAT: 22 g | PROTEIN: 49
g | CALORIES: 656

INGREDIENTS

- 10 oz ramen noodles
- 2 tablespoon 2 tablespoon sesame oil
- 10 shiitake mushrooms, cut into slithers
- 4 1/2 pints toridashi stock
- 1oz ginger, cut into 4 slices
- 3 1/2 oz shimeji mushrooms
- 1 carrot, cut into matchsticks
- 7 oz soya beansprouts
- 1 1/2 bamboo shoots, sliced
- 2 garlic cloves, sliced
- 3 1/2 oz enoki mushrooms
- 16 slices chashu pork
- 4 spring onion, cut on the diagonal
- 7 oz choy sum, trimmed and cut in half
- 1 red chili, finely sliced on a diagonal
- 4 whole tomago eggs, halved

For the serving:

- *Japanese chili oil*
- *shichimi togarashi (Japanese seven-spice seasoning)*
- *dried tuna flakes*

For the Toridashi stock:

- *3lb 5oz chicken wings*
- *3lb 5oz pork bones*
- *10g piece dried kombu*
- *2 thick slices fresh root ginger*
- *9 fl oz sake*
- *1 medium onion, cut in half*
- *1oz bonito flakes (katsuobushi)*
- *6 dried shiitake mushrooms*

DIRECTIONS

1. Preheat oven to 375°F.
2. Arrange pork bones and chicken wings in a roasting pan and roast for 30-40 minutes, turning them halfway through, until golden-brown.
3. Place wings and bones in a large sieve, then pour boiling water over bones to remove excess grease.
4. While chicken is in the oven, rinse kombu under cold water. Soak kombu in a large pot for 30 minutes in 4 1/2 pints cold water.
5. Remove kombu from water and cut into three long strips. Return to the stockpot and bring to a simmer. Remove from heat and discard kombu.
6. Add wings, bones, and all remaining ingredients to kombu water. Bring it to a boil, cover with lid and simmer for 2 hours on low.
7. Strain the stock through a fine mesh strainer. Leave for 10 minutes to drain, cool and set in the fridge until you need it.
8. Cook noodles following the directions on the packet. Drain and drizzle with a sesame oil.
9. Heat stock in a pan with ginger, garlic, mushrooms and carrots. Simmer for 5-8 minutes. Add shimeji

mushrooms.

10. Place noodles, bamboo shoots, beansprouts, enoki mushrooms, choi sum and sliced pork in serving bowls. Ladle stock over the noodles. Sprinkle with spring onions, shichimi togarashi, and sliced chili. Top with halved tomato egg and serve.

TONKOTSU SHIO RAMEN

SERVINGS: 6 | PREP TIME: 35 min. | COOK
TIME: 16 h.



CARBS: 65 g | FAT: 20 g | PROTEIN: 27
g | CALORIES: 562

INGREDIENTS

- 10 oz ramen noodles
- 4 lbs pork feet, cut to expose bone marrow
- 6 ramen eggs
- 12 chashu pork slices
- 1 cup sweet corn
- 1 bunch chopped green onion
- For the Shio tare:
 - 2 tablespoons sea salt
 - 2 tablespoons sake
 - 1 tablespoon mirin
 - 2 teaspoons sesame oil
 - 1 teaspoon soy sauce
 - 1 garlic clove, crushed

DIRECTIONS

1. Place pork feet in a big stock pot and cover with water (1-2 inches above the bones). Boil for 15 min, stirring. Remove all the junk from the surface.
2. Remove from heat and strain the bones. Clean coagulated blood or dark marrow with the end of chopstick or tooth brush.
3. Return bones to the pot and cover with water a few inches above them. Bring to a rolling boil, lower the heat and simmer for 16 hours.
4. Mix together all tare ingredients and add a spoonful to the bottom of each serving bowl. Add the broth and season with more tare if needed.
5. Boil noodles according to the directions on a package and drain them.
6. Divide noodles between bowls, top with sliced pork, ramen egg, sweet corn, and chopped green onion.

INSTANT POT TONKOTSU RAMEN

SERVINGS: 4 | PREP TIME: 14 h. | COOK
TIME: 3 h.



CARBS: 121 g | FAT: 146 g | PROTEIN:
45 g | CALORIES: 709

INGREDIENTS

For the broth:

- 3 lbs pork bones, with some meat
- 1 onion, peeled and halved
- 4 cloves garlic
- 1-inch ginger root, peeled

For the ramen:

- 8 cups Tonkotsu pork broth
- 12 oz dried or fresh ramen noodles
- 12 slices chashu pork slices
- 4 large ramen eggs
- 3 oz dried shiitake ore enoki mushrooms, rehydrated
- 1/2 cup bamboo shoots, if desired
- 1/2 cup sweet corn, if desired
- 1/2 cup green onions, thinly sliced

For the miso tare:

- *1/2 cup shiro miso*
- *1/4 cup sake*
- *1/4 cup mirin*
- *1 1/2 teaspoons kosher salt*

DIRECTIONS

1. Add pork bones to a large stockpot and cover with cold water. Let sit for 12 hours.
2. Pour 2 cups water into a large saucepan and bring to a boil over medium-high heat.
3. Meanwhile, transfer pork bones to an instant pot, cover them with boiling water and set to Sauté on High. Simmer for 10 minutes and press cancel.
4. Drain water, place bones in a bowl of cold water, and then remove any fat. Clean the inner pot.
5. Add garlic, ginger, and onion, then return bones to the inner pot. Fill with water to the 3-4 fill line.
6. Lock the lid, set the valve to sealed. Cook on High pressure for 90 minutes (manual), then do a natural release.
7. Mix all ingredients for miso tare in a saucepan and simmer for 5 minutes on low heat.
8. Boil the ramen noodles per package instructions.
9. Rehydrate mushrooms in hot water until just softened. Drain mushrooms.
10. Heat oil in a nonstick skillet over medium heat. Brown pork slices on both sides.
11. Add 1/4 miso tare to each serving bowl. Add a ladle of tonkotsu broth, noodles and add another ladle of broth. Top with ramen egg, bamboo shoots, chashu pork slices, sweet corn and chopped green onion.

SHOYU RAMEN

SHOYU CHICKEN RAMEN

SERVINGS: 4 | PREP TIME: 25 min. | COOK
TIME: 25 min.



CARBS: 33 g | FAT: 5 g | PROTEIN: 16 g
| CALORIES: 245

INGREDIENTS

For the ramen:

- 2 teaspoons sesame oil
- 3-cm-piece fresh ginger, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 green shallots, thinly sliced, white and green parts separated
- 8 cups Massel chicken style liquid stock
- 1/3 cup soy sauce
- 6 whole dried shiitake mushrooms, soaked, drained
- 2 tablespoons cooking sake
- 2 tablespoons mirin
- 2 chicken breast fillets
- 270g pkt dried somen noodles

- *1 sweetcorn cob, kernels removed*
- *1 bunch choy sum, trimmed*
- *4 ramen eggs*

For the sprinkling:

- *1 tablespoon sesame seeds*
- *2 teaspoons dried chili flakes*

DIRECTIONS

1. Add oil to a large saucepan over medium heat. Add ginger, garlic and white part of shallot. Cook for 2 minutes until softened, stirring.
2. Add soy sauce, stock, sake, mushrooms, and mirin. Bring to a boil, then turn heat to low.
3. Add chicken to the soup. Simmer for 13-15 minutes, until cooked through. Remove chicken and set aside for 5-10 minutes before slicing. Strain into a bowl and reserve the mushrooms.
4. Cook noodles according to your recipe or directions on the package and drain them.
5. Return stock to the pan over medium-high heat. Add choy sum and corn. Cook for 2 minutes to make them tender-crisp.
6. Heat a frying pan over medium heat. Add sesame seeds and chili and cook for 1-2 minutes, stirring.
7. Divide noodles, chicken and mushrooms among individual bowls. Pour a ladle of stock into each bowl. Top with egg and sprinkle with sesame-chili mixture and green parts of shallot.

SPICY SHOYU RAMEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK
TIME: 30 min.



CARBS: 136 g | FAT: 16 g | PROTEIN: 31
g | CALORIES: 754

INGREDIENTS

- 2 portions ramen noodles

For the soup:

- 1 tablespoon roasted sesame oil
- 2 cloves garlic, minced
- 1 1-inch ginger, minced
- 2 teaspoons spicy chili bean sauce
- 2 cups chicken broth
- 2 cups dashi
- 2 1/2 tablespoons soy sauce
- 1/2 tablespoon sake
- 1 teaspoon sea salt
- 1 teaspoon sugar

For the toppings:

- *4 slices Chashu pork*
- *1 soft-boiled egg*
- *4 slices Narutomaki*
- *2 tablespoons Menma*
- *1 green onion, chopped*
- *1/2 sheet nori, seaweed, cut in half*
- *white pepper powder, to taste*
- *Korean Chili Thread, to taste*
- *la-yu (Japanese chili oil), to taste*

DIRECTIONS

1. Add garlic and ginger to a hot oiled pan and saute for 1 minute.
2. Add spicy chili bean paste and cook for 15 seconds, stirring.
3. Add chicken broth, sake, soy sauce, dashi, salt, and sugar and bring to a boil. Then reduce heat to a simmer for 3-4 minutes. Adjust salt to your taste if needed.
4. Keep soup simmering, not boiling, until it's time to serve.
5. Cook noodles according to the package instructions, then drain.
6. Place noodles in serving bowls. Pour soup over each bowl and arrange your toppings. Serve.

FIVE-MINUTE SHOYU RAMEN

SERVINGS: 1 | PREP TIME: 10 min. | COOK
TIME: 35 min.



CARBS: 59 g | FAT: 22 g | PROTEIN: 19
g | CALORIES: 528

INGREDIENTS

- *1 package instant ramen, prepared*
- *2 teaspoons soy sauce*
- *1 tablespoon butter*
- *2 sheets toasted nori snack, sliced*
- *1 soft-boiled egg, halved*
- *3 slices thick bacon, cooked*
- *2 teaspoons scallions, thinly sliced*
- *salt, to taste*
- *pepper, to taste*
- *toasted black sesame seeds, to taste*

DIRECTIONS

1. Pour 2 cups water into a pot and bring it to boil. Add ramen seasoning packet and butter. Stir until the butter melts. Add noodles and cook for 2 minutes, until tender. Pour ramen into a bowl.

2. Add soy sauce to the prepared ramen and stir well.
3. Top with egg, nori, scallions, bacon, sesame seeds, and season with salt and pepper

HALAL SHOYU RAMEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK
TIME: 40 min.



CARBS: 47 g | FAT: 8 g | PROTEIN: 14 g
| CALORIES: 390

INGREDIENTS

- 2 portions ramen noodles
- 2 1/4 cups water
- 500g chicken wings
- 1 chicken breast
- 2 scallions, roughly chopped
- 3 garlic cloves
- 6 ginger slices
- 2 cups chicken stock
- 2 8-inch pieces kombu
- 2 tablespoons oil

For the tare sauce:

- 1/4 cup shoyu
- 2 tablespoon mirin-style seasoning (teriyaki or sukiyaki)
- 1 garlic, minced

- *1/2-inch ginger, minced*
- *1 tablespoon roasted sesame oil*

For the toppings:

- *4 chashu chicken slices*
- *2 ramen eggs*
- *1 bunch scallions, finely sliced*

DIRECTIONS

1. Add chicken wings to a hot oiled pan over medium heat and cook for 5 minutes until lightly brown.
2. Add garlic, water, ginger, chicken breast, spring onion, chicken stock and kombu. Bring to a boil, lower the heat, cover with a lid and let simmer for 20 minutes.
3. Remove chicken breast and set aside. Cover again and simmer for 1-2 hours. Skim any excess fat from the surface. Add more water if you need to cover the meat.
4. When it's cooked, adjust seasoning to taste. Strain the soup through a colander over another pot to get a clear broth.
5. Meanwhile, heat oil in a small pan over medium heat. Add garlic, ginger and cook for 1 minute. Add soy sauce and mirin-style seasoning. Bring it to a boil, and simmer for 10 minutes on low heat. Strain and set aside.
6. Cook ramen noodles and drain them.
7. Add 2-3 tablespoons tare to each bowl. Add 1 1/2-2 cups of broth, and mix well. Add noodles, then top with listed toppings.

BLACK-GARLIC SHOYU RAMEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK
TIME: 35 min.



CARBS: 96 g | FAT: 15 g | PROTEIN: 24
g | CALORIES: 715

INGREDIENTS

- 2 ramen eggs
- 1/2 lb fresh ramen noodles
- 4 oz green beans, stem removed, sliced
- 3 oz shiitake mushrooms, thinly sliced
- 2 scallions, chopped
- 2 tablespoons soy glaze
- 2 cloves black garlic, minced
- 2 tablespoons olive oil
- 1 1-inch piece ginger, minced
- 1 tablespoon sesame oil
- 1 teaspoon furikake
- 1/2 teaspoon Jacobsen sea salt
- 1/4 cup ponzu sauce

DIRECTIONS

1. Add mushrooms to a hot oiled pan over medium-high heat and cook for 4-5 minutes, stirring, until browned and crispy.
2. Add sesame oil, garlic, ginger, and white part of the scallions. Cook for 1 minute, stirring occasionally, until fragrant.
3. Add soy glaze, ponzu, and 3 cups water. Let simmer for 5 minutes, stirring. Remove from heat, add salt and pepper to taste.
4. While the broth simmers, fill a bowl with ice water and set aside.
5. Bring another pot of water to boil. Add beans and cook for 3-4 minutes, until slightly softened. Transfer cooked green beans to the bowl of ice water with a slotted spoon, leaving the pot of water boiling. Let them cool completely, then drain.
6. Add noodles to the same pot of boiling water, stirring to separate. Cook for 2-3 minutes, until tender. Drain and rinse to avoid sticking.
7. Divide noodles and broth between 2 bowls. Adjust saltiness with sea salt if necessary. Top with eggs and blanched green beans. Sprinkle with chopped green parts of scallions and furikake.

TRADITIONAL SHOYU RAMEN

SERVINGS: 4 | PREP TIME: 10 min. | COOK TIME: 5 min.



CARBS: 106 g | FAT: 6 g | PROTEIN: 21 g | CALORIES: 560

INGREDIENTS

- *1/2 cup soy sauce*
- *5 cups chicken broth*
- *4 cloves garlic, minced*
- *1.3 lb ramen noodles*
- *2 tablespoons all-purpose flour*
- *4 half-boiled ajitama*
- *12 pieces menma*
- *8 chashu chicken slices*
- *Spring onions to taste*

DIRECTIONS

1. Bring a big pot of water (so you can fit here all soup ingredients) to boil over medium-high heat.
2. Put soy sauce and chicken broth in a saucepan. Mix and bring to a simmer. Cook 10 minutes over low heat.

3. Cook noodles in another pot of boiling water for 2 minutes. Drain noodles.
4. Ladle soup into ramen bowls. Place some noodles, 2 slices chicken chashu, ajitama, menma and a sprinkle of spring onions in the bowls.

INSTANT POT CHINTAN SHOYU RAMEN

SERVINGS: 4 | PREP TIME: 36 min. | COOK
TIME: 1 h. 30 min.



CARBS: 58 g | FAT: 29 g | PROTEIN: 61
g | CALORIES: 778

INGREDIENTS

For the cured pork belly:

- 1/2 cup kosher salt
- 1/2 cup granulated sugar
- 1 1/2 lbs skinless pork belly

For the tare:

- 1/4 oz kombu
- 2 cups water
- 1 oz shaved katsuobushi
- 1 1/2 cups dry sake
- 1 1/2 cups dark Japanese soy sauce

For the broth:

- *1 whole chicken, cut up into parts*
- *1 leek, sliced crosswise very thinly and washed*
- *1 onion, peeled and diced*
- *1 carrot, peeled and diced*
- *6 cloves garlic, minced*
- *1 1-inch ginger piece, peeled and sliced*
- *1/4 oz kombu*

For the ginger-garlic oil:

- *1/2 cup neutral vegetable oil*
- *6 garlic cloves, sliced*
- *1 1-inch piece ginger, peeled and minced*
- *1 lemon zest*

For the toppings:

- *4 servings ramen noodles*
- *1/2 teaspoon ground white pepper*
- *2 cups blanched bean sprouts*
- *4 scallions, sliced as thinly as possible*
- *6 slices pork belly slices*
- *2 ajitsuke tamago*

DIRECTIONS

1. Mix salt and sugar in a bowl, stirring well. Sprinkle over pork belly and shake off any excess. Transfer pork to a zip-lock bag and refrigerate for 24 hours.
2. Cover kombu with 2 cups of water in a covered container. Refrigerate for 24 hours.
3. Add chicken to the inner pot of an instant pot. Pour in 6 1/4 cups water.
4. Rinse pork belly of salt and sugar, then add to instant pot. Lock the lid, set to 40 minutes on low pressure. Do a natural release.
5. Mix onion, leek, carrot, ginger, and garlic in a large heatproof bowl.
6. Transfer pork belly to a rimmed baking sheet.
7. Strain broth through a fine-mesh strainer over the bowl of vegetables. Stir well, add kombu for the broth and stir. Let it steep for 45 minutes.

8. Next, strain broth into a large bowl, then decant into storage containers. Cover and set in the fridge.
9. Transfer prepared water with kombu to a saucepan and bring it to a bare simmer. Remove from heat and add katsuobushi. Let it steep for 3 minutes.
10. Strain dashi into a small bowl through a coffee filter-lined fine-mesh strainer, pressing on the solids to extract as much liquid as possible. It should make 1 1/2 cups dashi. If not, add water.
11. Mix dashi, sake and soy sauce in a saucepan and bring to a boil. Switch heat to low and simmer until reduced by half. Pour into a heatproof bowl and set aside.
12. Heat oil for the aroma oil in a medium saucepan. Once hot, add garlic and ginger. Cook for 30 seconds to 1 minute, until fragrant.
13. Add lemon zest to the bottom of a fine-mesh strainer and set it set over a bowl. Pour prepared aroma oil through the strainer, pressing to extract as much as possible. Discard solids and set aside.
14. Bring a big pot of water to a boil. Add noodles and cook for 2 minutes. Drain right before serving.
15. At the same time, add broth to another pot and bring to a simmer.
16. While noodles are boiling, add 2 tablespoons tare, 2 teaspoons aroma oil, 1/8 teaspoon white pepper, and a pinch of scallions to the bottom of serving bowls. Add 1 1/2 cups broth to each bowl. Divide noodles among bowls and top with sliced pork belly, scallions, ajitsuke tamago, and bean sprouts.

WHOLE CHICKEN SHOYU RAMEN

SERVINGS: 4 | PREP TIME: 5 h. | COOK
TIME: 20 min.



CARBS: 46 g | FAT: 26 g | PROTEIN: 49
g | CALORIES: 638

INGREDIENTS

- 5.5 lbs whole chicken, spatchcocked and pieces skinned
- 1 tablespoon vegetable oil

For the stock:

- 1/4 oz kombu, cut into strips
- 2 handfuls bonito flakes
- 6 spring onions, whites chopped, greens finely sliced
- 1 garlic bulb, halved horizontally
- 1 carrot, chopped
- 2 thumb-sized ginger pieces, sliced
- 2 dried shiitake mushrooms, rehydrated and sliced

For the crispy chicken:

- 2 tablespoons vegetable oil
- 1/3 cup white miso

- *1 thumb-sized ginger piece, chopped*
- *2 garlic cloves, crushed*

For the toppings:

- *3 ramen noodles portions*
- *4 ramen eggs*
- *1 cup blanched bok choy, halved*
- *2 tablespoons sesame seeds, toasted*

DIRECTIONS

1. Preheat oven to 390°F.
2. Place chicken on a large roasting tray and skin on a small roasting pan. Place breasts in a container, cover and chill. Drizzle 1 tablespoon oil, ginger and garlic over chicken in pan. Roast for 1 hour, until caramelized, turning halfway through. Place skins in the oven to crisp for the last 30 minutes.
3. Put kombu in a large pan and add 12 cups boiling water. Leave for 50 minutes, then add bonito flakes and leave for 10 minutes more. Use a sieve to fish out the bonito and kombu.
4. Remove chicken from the oven and transfer drumsticks and thighs on a plate to cool. Add the main carcass to the pan with kombu water (dashi) and add the remaining stock ingredients.
5. Strip chicken meat from thighs and drumsticks, cover and chill, then add bones to the stock. Simmer the stock for 2 hours 30 seconds.
6. Strain and return stock to the large pan. Add 6 tablespoons cured egg marinade to the stock and season. Let it simmer, then add chicken breasts to cook for 15-20 minutes until cooked through. Remove and let them rest for 10 minutes before slicing.
7. In the same time, heat oil in a pan, add shredded thigh and drumstick meat. Stir-fry for 5 minutes, until caramelized, tossing constantly. Stir in ginger and garlic, miso, and cook for 1 minute.
8. Cook noodles following instructions, drain and divide between four bowls.

9. Next, pour stock over noodles, top with slices of chicken breast, blanched bok choy and shredded chicken. Sprinkle with onion greens, sesame seeds, a shard of chicken skin, and halved eggs.

SHOYU RAMEN HOT POT

SERVINGS: 4 | PREP TIME: 30 min. | COOK
TIME: 10 min.



CARBS: 63 g | FAT: 13 g | PROTEIN: 16
g | CALORIES: 471

INGREDIENTS

For the broth:

- 6 cups chicken stock
- 1/4 cup sake
- 3 1/2 tablespoons soy sauce
- 1 1/2 teaspoons toasted sesame oil
- 4 servings ramen noodles
- 2 oz garlic chives, minced

For the toppings:

- 4 boiled eggs
- 8 oz chicken tenders, steamed and shredded into small pieces
- Small cubes of butter
- Freshly ground black pepper
- 1 bunch green onion, chopped

- *La-yu (chili oil)*
- *Fried garlic*

DIRECTIONS

1. Peel and cut 3-4 garlic cloves into thin slices. Mix garlic and 2 tablespoons olive oil in a small saucepan and place over medium-low heat. Stir occasionally and cook until slices are browned. Drain and pat dry garlic sliced with paper towel.
2. Bring a large pot of stock to a boil. Add sake and soy sauce, and bring to a boil again.
3. Add the ramen and stir. Cook for 1 minute 30 seconds, then add fried garlic. Cook for 30 more seconds.
4. Serve into individual bowls and top with toppings.

SHIO RAMEN

HAKODATE SHIO RAMEN

SERVINGS: 4-5 | PREP TIME: 15 min. |
COOK TIME: 3 h.



CARBS: 15 g | FAT: 46 g | PROTEIN: 39
g | CALORIES: 634

INGREDIENTS

For the soup:

- 1 lb chicken wings or thighs
- 2.5 lbs pork bones
- 1 tablespoon salt

For the toppings:

- 4 servings ramen noodles
- 8 slices chashu pork
- 2 ramen eggs, halved
- 2 cups spinach, blanched
- 1 nori sheet (quartered)
- 1 bunch green onions, thinly sliced
- 8 slices narutomaki, blanched

- *2/3 cup seasoned bamboo shoots*

DIRECTIONS

1. Place pork bones in a large container of water overnight to clean them of any impurities.
2. Drain water from the container and rinse the bones under running water. Place them in a pot of boiling water and cook for 10 minutes. Drain and clean the bones before placing them in to another clean pot. Add enough water to cover the bones.
3. Add chicken wings and season with salt. Simmer for 3 hours on low heat. Scoop off all the scum that appears on the top. Remove fat from the surface and strain out the bones.
4. Return broth to the stove and bring it just to a boil. Adjust seasonings if necessary.
5. Cook noodles according to directions in the recipe or on the package. Drain them.
6. Place cooked noodles into each bowl and ladle broth over noodles. Add toppings and serve immediately.

SHIO CHICKEN RAMEN

SERVINGS: 5 | PREP TIME: 10 min. | COOK
TIME: 10 min.



CARBS: 54 g | FAT: 16 g | PROTEIN: 24
g | CALORIES: 477

INGREDIENTS

- 5 servings fresh noodles
- 1/5 cup chicken oil
- 8 cups chicken soup stock

For the salt-broth sauce:

- 1 tablespoon salt, more to taste
- 3 tablespoons sake
- 2 tablespoons mirin
- 2 teaspoons usukuchi soy sauce
- 1 cup kombu-based dashi stock

For the toppings:

- 1 tablespoon white sesame seeds
- White parts of leeks
- 1 green onion, sliced

- *5 ramen soft-boiled eggs*
- *1.5 lb chicken chashu*

DIRECTIONS

1. Mix sake and mirin in a small pot and turn on heat to burn off alcohol. Once it has burned off, add the remaining sauce ingredients. When salt is dissolved, it's ready.
2. Add stock to the pot and bring to a boil. Reduce heat to low and simmer for 10 minutes. Gradually add sauce to the stock, checking and adjusting the taste. Mix well to combine.
3. Pour 2 cups soup and 1/5 chicken oil in each serving bowl, then add boiled noodles.
4. Top with sesame seeds, eggs, chicken, white parts of leeks, and green onions.

SHIO RAMEN WITH PORK AND GUANCIALE

SERVINGS: 4 | PREP TIME: 1 d. | COOK
TIME: 3 h. 45 min.



CARBS: 66 g | FAT: 18 g | PROTEIN: 19
g | CALORIES: 680

INGREDIENTS

For the dashi broth:

- 1 strip dried kombu seaweed
- 1/2 cup dried bonito flakes

For the shio stock:

- 1 lb chicken wings
- 1/2 lb spare ribs, cut into singles
- 2 oz guanciale
- 1/2 bunch scallions, cut
- 1-inch ginger, cut into 4 rounds
- 2 heads garlic, cut in half crosswise
- 1 large carrot, cut into 2-inch pieces
- 1 teaspoon salt

For the toppings:

- *1 teaspoon sesame oil*
- *1 tablespoon soy sauce*
- *1 1/2 oz thinly sliced guanciale*
- *4 oz guanciale, tough rind removed, cut into strips or diced*
- *4 garlic cloves, thinly sliced*
- *5 oz baby spinach, chopped*
- *1 teaspoon mirin*
- *1 cup scallion, sliced*
- *1 lb pork loin cutlets, cut into 8 thin slices*
- *4 soy sauce eggs, halved*
- *1 1/4 lbs ramen noodles*

DIRECTIONS

1. Put kombu in a medium pot with 4 cups of water and bring to a simmer over medium heat for about 15 minutes. Turn off the heat, add bonito flakes, and let it sit for 10 minutes. Drain through a fine mesh strainer. Do not squeeze the bonito flakes. Discard solids.
2. Put chicken wings and ribs in a large pot and add cold water to cover them. Bring to a boil and let cook 5 minutes. Drain meat and rinse under water.
3. Rinse the pot and return meat to the clean pot. Add guanciale, ginger, garlic, scallions, and carrot. Add enough water to cover everything by an inch. Let it boil, then cover and simmer on low for 3 hours. Strain through a fine mesh strainer, discarding solids.
4. Mix 1 ½ cups dashi broth, 5 cups prepared shio stock, and 1 teaspoon salt in a big pot and let mixture boil. Keep at a simmer while you are preparing toppings.
5. Mix pork tenderloin, soy sauce, sesame oil and mirin in a bowl, turning slices to coat in the marinade. Set aside.
6. Meanwhile, cook guanciale for 8-10 minutes on medium-low heat in a dry pan, stirring occasionally, to render the fat and make meat crispy. Transfer guanciale to a paper-towel lined plate.

7. Add garlic slices to the same pan and cook for 3-5 minutes on low heat, stirring until golden and crisp. Remove to the plate with guanciale. Reserve 1 tablespoon oil from pan.
8. Set the pan on medium-high heat and cook spinach for 1 minute, adding salt and tossing until wilted. Remove to another plate.
9. Discard marinade from pork and add marinated slices to the simmering stock. Poach for 3-4 minutes, until just cooked. Remove pork to the plate with spinach. Keep the stock at a simmer.
10. Cook noodles according to recipe or directions on the package. Drain and divide between serving bowls.
11. Arrange pork, spinach and guanciale, and one halved soy sauce egg on noodles. Sprinkle each bowl with sliced scallion, garlic chips, and serve.

SHIO BUTTER RAMEN

SERVINGS: 2 | PREP TIME: 15 min. | COOK
TIME: 30 min.



CARBS: 26 g | FAT: 22 g | PROTEIN: 7 g
| CALORIES: 335

INGREDIENTS

For the broth:

- 2 cups chicken stock
- 2 cups water
- 1 tablespoon chicken stock powder
- 3 tablespoons sake
- 1 teaspoon salt
- ½ tablespoon sugar
- 1 dried red chili pepper, halved, seeds removed
- 1 garlic clove, grated

For the Chicken Meatballs:

- 0.5 lb ground chicken
- salt and pepper, to taste
- ½ tablespoon sake
- 1 tablespoon ginger root, grated

- *¼ cup long green onions, chopped*
- *1 tablespoon potato starch*

For the toppings:

- *1 aburaage thin deep-fried tofu, cut into bite-size pieces*
- *1 long green onion, sliced*
- *1 bundle garlic chives, cut into 2-inches pieces*
- *1-2 tablespoons toasted white sesame seeds*
- *½ cup mushroom of choice*
- *2 portion fresh ramen noodles*
- *sesame oil, to taste*
- *butter, to taste*

DIRECTIONS

1. Mix ground chicken, salt, pepper, sake and ginger in a bowl by squishing the meat with your hand. Then, add chopped green onion and starch. Mix the mixture until it turns gooey.
2. Combine chicken stock, sake, salt, sugar and garlic in a pot over medium heat. Stir, then add the chili pepper.
3. When it starts to boil, shape a bite-size ball from the ground chicken using a spoon, and drop each ball into the broth. Repeat this step until ground meat is gone. While the broth is boiling, remove the foam, but not grated garlic.
4. Add aburaage, green onion, and garlic chives stalks. When the meatballs are no longer pink, add the leaf part of garlic chives. Sprinkle with sesame seeds and drizzle with sesame oil.
5. Once the broth is reduced in half while boiling, pour in chicken stock and adjust the saltiness to taste.
6. Cook noodles following the recipe or the direction on package, then drain and drizzle with sesame oil. Divide noodles between serving bowls.
7. Ladle the soup over the ramen. Top with slice of butter, tofu, green onion, and mushrooms.

SHIO RAMEN WITH CLAMS

SERVINGS: 1 | PREP TIME: 3 h. 30 min. |
COOK TIME: 20 min.



CARBS: 58 g | FAT: 2 g | PROTEIN: 12 g
CALORIES: 390

INGREDIENTS

- 0.5 lb Manila clams
- 1 portions ramen noodles
- 1 aosa seaweed
- 1 bunch green onions, chopped
- 1 tablespoon butter

For the soup:

- 2 cups water
- 5 cm square kombu
- 1/5 cup sake
- 1 teaspoon light soy sauce
- salt, to taste

DIRECTIONS

1. Soak kombu in 2 cups water. Soak clams for 30 minutes in 3% salt water (it should cover them) to remove sand and slime, then drain them in a colander. Cover with a paper towel and let clams sit for 3 hours in the fridge. Right before cooking, rub the shells together while rinsing with fresh water.
2. Add sake to a pot and turn on the heat to cook off alcohol, for 2 minutes. Once it's done, add 2 cups kombu dashi and clams. Cook on very low heat, skimming off any scum that rises to the surface. When it starts to boil, remove kombu.
3. Once one shell has opened, remove from heat, cover with lid, and steam for 2 minutes. Add soy sauce and adjust salt to taste.
4. Place boiled noodles in a bowl. Strain the soup and add a ladle to the bowl. Top with the clams. Sprinkle with green onions and top with butter and aosa

INSTANT POT SHIO RAMEN

SERVINGS: 4 | PREP TIME: 30 min. | COOK
TIME: 1 h.



CARBS: 72 g | FAT: 10 g | PROTEIN: 18
g | CALORIES: 477

INGREDIENTS

For the stock:

- 1 tablespoon olive oil
- 2 1/2 lbs chicken on the bone
- 1 onion, peeled, quartered
- 5 cloves garlic, smashed
- 8 cups water

For the shio tare:

- 1 cup water
- 3x3-inch kombu square
- 1/2 cup bonito flakes
- 1 tablespoon salt
- 2 tablespoons sake
- 1 tablespoon mirin

For the black garlic oil:

- *1/4 cup olive oil*
- *1 tablespoon garlic, minced*

For the toppings:

- *4 ramen soft boiled eggs*
- *4 scallions, thinly sliced*
- *8 chashu chicken slices*
- *4 portions ramen noodles*

DIRECTIONS

1. Heat oil in the pot of an Instant Pot to make the stock. Add chicken and brown on all sides. Add onion, garlic, and 8 cups water. Lock your lid, set to 30 minutes on low pressure.
2. Meanwhile, make the tare. Place kombu in a pot with 1 cup water. Cover and bring to a boil on medium-high heat. Turn to low and simmer for 10 minutes. Add bonito flakes and remove from heat. Cover and leave it for 10 minutes.
3. Strain dashi broth, discarding flakes and kombu. Add salt, mirin, and sake. Bring to a simmer to dissolve salt over medium heat. Remove pot from heat and set aside.
4. Over low heat, fry minced garlic in oil in a small saucepot. Cook on low until garlic is almost black. Remove from heat and blend oil with whisk until it becomes smooth. Set aside.
5. Do a natural release on the Instant Pot. Strain your stock, discarding onion and garlic and reserving chicken for ramen. Skim as much fat as possible.
6. Cook noodles according to recipe or directions on the package.
7. Add 1 1/2 tablespoons tare to each bowl and ladle 3 cups ramen broth. Mix well to combine. Add cooked noodles and top with chicken, egg, and scallions. Drizzle a little of black garlic oil on top.

MISO RAMEN

MISO SHIITAKE RAMEN

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 20 min.



CARBS: 36 g | FAT: 8 g | PROTEIN: 10 g
| CALORIES: 281

INGREDIENTS

- 3 cups vegetable stock
- 4cm piece ginger, 1/2 sliced, 1/2 shredded
- 1 red chili, 1/2 left whole, 1/2 finely chopped
- 1 garlic clove, smashed
- 2 tablespoons white miso paste
- 2 portions ramen noodles
- 1 tablespoon vegetable oil
- 1/2 cup shiitake mushrooms, sliced
- 4 spring onions shredded, white and green separated
- 2 heads bok choy, shredded
- 1/2 teaspoon soy sauce
- 2 tablespoons sesame seeds, toasted
- 1 teaspoon sesame oil
- 2 ramen eggs, halved

DIRECTIONS

1. Heat stock and add whole chili half, sliced ginger, and garlic. Simmer for 10 minutes. Strain into a bowl to discard solids. Whisk in miso until dissolved.
2. In another pot, cook ramen following recipe or pack instructions. Drain and rinse under cold water.
3. Heat oil in a pan and stir-fry mushrooms, chopped chili, spring onion whites, bok choy and shredded ginger for 3 minutes. Pour in soy sauce, sesame oil, and cook for 1 minute more.
4. Divide everything between 2 bowls. Pour over the stock and sprinkle with sesame seeds and spring onion greens.

MISO CURRY SOY MILK RAMEN

SERVINGS: 2 | PREP TIME: 5 min. | COOK
TIME: 20 min.



CARBS: 71 g | FAT: 25 g | PROTEIN: 9 g
| CALORIES: 528

INGREDIENTS

- 1 tablespoon white miso paste
- 2-3 cups soy milk
- 3 tablespoons curry powder
- 2 portions ramen noodles
- 1 tablespoon vegan butter
- 1 whole bamboo shoot, slice this into quarters
- 3 chashu chicken slices
- 1 wakame seaweed sheets, sliced into pieces
- 1 cup bean sprouts
- 1 tablespoon curry powder
- 1 teaspoon water

DIRECTIONS

1. Add milk to a pan and heat slowly. DO NOT BOIL. Once it's warm, add miso and mix to dissolve, then

add curry powder and mix well. The curry powder will thicken the milk.

2. Bring a pot of water boil. Steam bamboo shoots and bean sprouts for 2-3 minutes. Remove and cook noodles in the same pot, following the recipe or directions on the package.
3. When noodles are cooked, add a ladle of miso curry soy milk to the serving bowls, drain noodles and place them in the bowls.
4. Top with bean sprouts, bamboo shoots and a piece of butter.

TAHINI MISO RAMEN WITH TOFU

SERVINGS: 4 | PREP TIME: 10 min. | COOK
TIME: 35 min.



CARBS: 46 g | FAT: 16 g | PROTEIN: 10
g | CALORIES: 364

INGREDIENTS

For the tofu:

- 1 14oz-block extra firm tofu
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

For the mushrooms:

- 2 teaspoons olive oil
- 1 package cremini mushrooms or to taste
- salt and pepper, to taste

For the ramen:

- 2 teaspoons olive oil

- *2 teaspoons toasted sesame oil*
- *2 minced garlic cloves*
- *1 tablespoon freshly grated ginger*
- *1 tablespoon white miso paste*
- *5 cups vegetable broth*
- *1/4 cup Soom Tahini*
- *1/2 teaspoon salt*
- *2 packets ramen noodles*
- *1 teaspoon toasted sesame oil*
- *2 tablespoons soy sauce*
- *2 teaspoons rice wine vinegar*
- *2 bunch scallions, sliced*
- *2 tablespoons sesame seeds*

DIRECTIONS

1. Preheat oven to 425°F. Press the block of extra firm tofu with a dish towel to remove excess water. Cut into cubes. Toss tofu, olive oil, and soy sauce on a parchment-lined sheet until well coated. Add cornstarch, salt, and pepper and toss again. Bake for 30-35 minutes, stirring once.
2. Heat a nonstick skillet over medium-high heat. Add olive oil. When hot, add mushrooms, and fry for 8-10 minutes, stirring, until golden brown on the edges. Season with salt and pepper.
3. Heat soup in a pot over medium-high heat. Add olive and sesame oil. When it's hot, add garlic and ginger and cook for 30 seconds. Stir in miso paste and fry for 1 minute more, stirring constantly.
4. Next, add vegetable broth, Soom Tahini, salt and whisk to combine. Switch heat to high and let it boil. When it's boiling, cook noodles according to package directions. When noodles are done, drizzle them with sesame oil, soy sauce, and rice wine vinegar. Mix well to combine.
5. Place ramen into bowls, pour broth over them, and top with crispy tofu, pork slices, thinly sliced scallions, and sesame seeds.

CREAMY MISO RAMEN

SERVINGS: 2 | PREP TIME: 40 min. | COOK
TIME: 20 min.



CARBS: 69 g | FAT: 16 g | PROTEIN: 43
g | CALORIES: 596

INGREDIENTS

For the soup:

- 2 servings noodles
- 6 stalks green onions, chopped
- 1 1/2 tablespoons grated ginger
- 1 tablespoon garlic, finely minced
- 2 tablespoons toasted sesame seeds
- 2 tablespoons white miso paste
- 1 tablespoon hot bean sauce
- 4 1/2 cups Kombu Dashi
- 1 cup plant-based milk
- 1 drizzle toasted sesame oil
- 2 tablespoons oil for cooking

For the kombu dashi:

- 1 oz Kombu dried kelp

- *10 dried shiitake mushrooms*
- *4-5 cups water*

For the toppings:

- *7 oz firm tofu, pressed*
- *1 cup blanched bok choy*
- *1 tablespoon cornstarch*
- *mushrooms from Kombu Dashi, sliced*
- *1/2 tablespoon soy sauce*
- *Salt, to taste*

For the garnish:

- *Japanese 7 spice blend Shichimi Togarashi*
- *1 tablespoon toasted sesame seeds*
- *Green parts of green onions*

DIRECTIONS

1. Fill a pot with 4-5 cups water, add kombu and turn on the heat. Right before it starts to boil, turn off heat.
2. To prepare tofu, cut into cubes and rub with cornstarch. Then, over low heat, fry tofu in a non-stick pan with oil until golden brown on all sides. Remove tofu to a plate, salt it and set aside.
3. Add mushrooms and soy sauce to the same pan. Cook for 3-4 minutes or so until golden-brown. Remove to a plate and set aside.
4. In a large non-stick pan with 1 tablespoon oil, brown white part of onions for 30 seconds. Add ginger and garlic, cook until aromatic. Add miso paste and hot bean sauce, quickly mix to combine well. Gradually pour in kombu stock and simmer for 5 minutes.
5. Add plant-based milk and sesame oil, and bring it to a rolling boil. Switch heat to low and simmer for 10 minutes. Taste and adjust seasoning if needed. Sieve broth to get a smooth texture.
6. Cook noodles as the recipe or direction on the package says, drain, and dish out into a bowl.
7. Ladle over with hot broth, top with mushrooms, bok choy and tofu. Sprinkle with chopped green onions,

sesame seeds, and spice blend.

PORK MISO RAMEN

SERVINGS: 4 | PREP TIME: 10 min. | COOK
TIME: 20 min.



CARBS: 91 g | FAT: 47 g | PROTEIN: 28
g | CALORIES: 844

INGREDIENTS

For the soup:

- 1 lb ground pork
- 1/2 small onion, diced
- 1 tablespoon gochujang
- 1/8 teaspoon white pepper
- 3 cups chicken or vegetable broth
- 3 cups water
- 2 portions ramen noodles
- 2 heads bok choy, halved
- 4 scallions, white parts only, sliced
- 2 tablespoons miso paste

For the toppings:

- 1 cup mung bean sprouts, washed
- 1 bunch cilantro, chopped

- *4 soy marinated eggs*
- *1 bunch scallions, green parts only, sliced*
- *2 tablespoons toasted sesame seeds*

DIRECTIONS

1. Fry pork for 3 minutes in a 6-quart pot over medium heat. Add onion and cook for 2 minutes more. Add gochujang and pepper, cook for 1 minute.
2. Pour in broth and water, bring to a boil. Switch heat to low and simmer for 10 minutes.
3. Add noodles, bok choy, and scallion whites. Simmer until noodles are cooked, then remove from heat.
4. Add miso paste in a small bowl. Add 2-3 ladles of stock and whisk to temper miso until smooth. Add miso to the pot and mix well to combine. Taste the broth, adjusting if needed.
5. Sprinkle the soup with scallion greens, cilantro, and top with halved egg.

MISO CHICKEN RAMEN

SERVINGS: 6 | PREP TIME: 30 min. | COOK
TIME: 30 min.



CARBS: 23 g | FAT: 8 g | PROTEIN: 23 g
| CALORIES: 268

INGREDIENTS

- 2 tablespoons sesame oil
- 5-6 green onions thinly sliced
- 2 tablespoons ginger, minced
- 1 tablespoon garlic, minced
- 1 cup enoki mushrooms
- 6 cups chicken broth
- 1/3 cup red or white miso
- 2 boneless skinless chicken breasts cooked, shredded
- 1 package ramen noodles seasoning packet discarded
- 2 cups freshly cooked broccoli or spinach, chopped

DIRECTIONS

1. Heat sesame oil over medium-high heat in a large stockpot. Add onion whites, ginger, and garlic. Cook for 3 minutes until browned. Pour in broth, bring to a

boil, and switch heat to low. Cover the pot with lid and simmer for 10 minutes.

2. Add 1 cup of broth to a separate bowl. Gradually add miso, stirring constantly until it's completely dissolved. Pour mixture back into the pot.
3. Let the soup simmer again. Add chicken, mushrooms, and noodles. Boil for 3 minutes until tender.
4. Remove from heat, add spinach or broccoli, and stir until spinach starts to wilt.
5. Pour soup over noodles and top with the green onion before serving.

MISO RAMEN WITH CHICKEN KARAAGE

SERVINGS: 4 | PREP TIME: 10 min. | COOK TIME: 15 min.



CARBS: 61 g | FAT: 20 g | PROTEIN: 19 g | CALORIES: 496

INGREDIENTS

- 8 cups chicken broth
- 2 teaspoons sesame oil
- 2 cups enoki mushrooms
- 1 bunch scallions, green parts only, sliced
- 1 red onion, finely diced
- 8 oz kale leaves, center stems removed
- 1/2 cup spicy miso tare
- 18 oz fresh ramen noodles
- Chicken Karaage
- 4 ramen eggs, halved

DIRECTIONS

1. In a pot, heat broth until simmering over medium-high heat. Add mushrooms and cook them for 5 minutes.

2. Meanwhile, heat sesame oil in a skillet and cook kale for 3 minutes, until softened.
3. Put 2 tablespoons miso tare into each bowl. Divide noodles among bowls and pour the broth over the noodles. Top with halved egg, sliced scallions, mushrooms, red onion, kale and chicken on top.

INSTANT POT MISO RAMEN

SERVINGS: 4-5 | PREP TIME: 15 min. |
COOK TIME: 1 h.



CARBS: 73 g | FAT: 27 g | PROTEIN: 17 g
CALORIES: 366

INGREDIENTS

- 3 1/2 lbs chicken thighs with bones and skin
- 1/2 cup sweet white or yellow miso
- 2 scallions, trimmed and halved
- 4 dried shiitake mushrooms, halved
- 3 garlic cloves, smashed
- 6 cups low-sodium chicken broth
- 1 lb baby bok choy, cored and chopped
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 16 oz ramen noodles, cooked and drained
- 4-5 ramen eggs, halved

DIRECTIONS

1. Put chicken thighs in a pressure cooker and crumble miso on top. Add scallions, mushrooms, garlic and

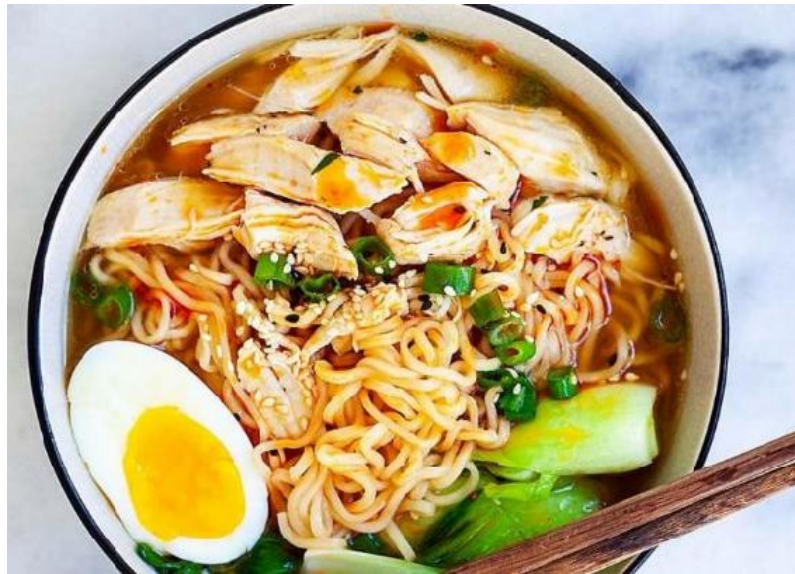
broth. Mix well to combine. Set to 25 minutes on high pressure. Then do a natural release and open the lid.

2. Remove scallions using a slotted spoon and discard. Transfer chicken to a bowl to chill.
3. Add bok choy, tamari and mirin to the inner pot. Set to Saute mode and cook for 3-5 minutes until bok choy is wilted. Remove meat from bones, shred it and return it to the pot.
4. Taste soup and adjust with more miso if needed. If it tastes too salty, add mirin and water.
5. Spread noodles and soup among bowls. Top with sliced scallions and a halved soft-boiled egg.

KARE RAMEN

COCONUT CURRY RAMEN WITH CHICKEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK TIME: 40 min.



CARBS: 42 g | FAT: 13 g | PROTEIN: 10 g | CALORIES: 330

INGREDIENTS

For the broth:

- *1/2 lb boneless, skinless chicken thighs*
- *1 tablespoon vegetable oil*
- *3 cups low-sodium chicken broth*
- *1 can coconut milk*

For the curry paste:

- *2 tablespoons cilantro stems, chopped*
- *1 garlic clove, chopped*
- *1 piece lemongrass, finely chopped*
- *1 piece fresh ginger, finely chopped*
- *1/2 bird's eye chili pepper, seeded and thinly sliced*

- *2 tablespoons tomato paste*
- *2 teaspoons fish sauce*
- *1 teaspoon sweet paprika*
- *1/2 teaspoon curry powder*
- *1/2 teaspoon sugar*
- *1/4 teaspoon ground turmeric*

For the toppings:

- *6 oz fresh or dried ramen noodles*
- *1/4 lb baby bok choy, cut into thin wedges*
- *Green onion, thinly sliced, to taste*
- *2 ramen eggs, halved*

DIRECTIONS

1. Brown chicken on all sides in the oil in a large pot over medium-high heat. Season with pepper and salt.
2. Pour in coconut milk and broth. Bring to a boil, then let simmer for 20 minutes. Remove chicken from the broth and let chill before slicing.
3. Meanwhile, crush lemongrass, cilantro stems, garlic, ginger, and chili pepper with a mortar and pestle until it becomes a paste. Add tomato paste, paprika, fish sauce, curry powder, turmeric, and sugar. Mix well to combine.
4. Add prepared curry paste to the broth. Cook for 2 minutes.
5. Cook noodles as the recipe or direction on package says, drain and divide between bowls.
6. Blanch bok choy in the same pot of boiling water for 1 minute. Drain.
7. Ladle broth over the noodles. Top with chicken, bok choy, green onions, and halved eggs.

COCONUT CURRY RAMEN

SERVINGS: 4 | PREP TIME: 15 min. | COOK
TIME: 1 h. 25 min.



CARBS: 71 g | FAT: 26 g | PROTEIN: 9 g
| CALORIES: 528

INGREDIENTS

For the soup:

- 2 tablespoons toasted sesame oil
- 2 small knobs ginger, sliced lengthwise into long strips
- 10 cloves garlic, chopped
- 2 large onion, chopped lengthwise
- 5 tablespoon yellow or green curry paste
- 8 cups vegetable broth
- 4 cups light coconut milk
- 2-4 tablespoon coconut sugar
- 1 teaspoon ground turmeric
- 2 tablespoons white or yellow miso paste

For the toppings:

- 4-6 cups ramen noodles
- 7 oz fried firm tofu, pressed

- *1 tablespoon cornstarch*
- *4 whole portobello mushrooms, sliced and sautéed*
- *1 tablespoon sesame oil*
- *1 tablespoon tamari*
- *1 teaspoon maple syrup*
- *1 bunch cilantro/green onion, chopped*

DIRECTIONS

1. Cut tofu into cubes and rub with cornstarch. Heat a non-stick pan with oil and fry tofu on all sides until golden brown. Remove tofu to a plate, salt it and set aside.
2. Heat a large pot over medium-high heat. Add oil, ginger, garlic, and onion. Cook for 5-8 minutes, stirring occasionally, until onion edges become brown.
3. Add curry paste and cook for 1-2 minutes, stirring frequently. Pour in broth and coconut milk and deglaze the bottom of the pan by stirring.
4. Bring to a simmer over medium heat, lower the heat and cover. Simmer for 2 hours on low, stirring often. Taste and adjust seasonings if desired.
5. Before serving, add miso paste to a bowl and whisk in 1/2 cup broth. Once it completely dissolved, return to the pot and remove from heat.
6. Strain broth in a bowl to discard onions, garlic, and ginger.
7. Divide noodles between serving bowls. Pour the broth over noodles and top with tofu, mushrooms, sliced green onion or cilantro, sesame oil, tamari, and syrup.

SPICY PORK THAI COCONUT CURRY RAMEN

SERVINGS: 4 | PREP TIME: 15 min. | COOK
TIME: 45 min.



CARBS: 27 g | FAT: 23 g | PROTEIN: 40
g | CALORIES: 482

INGREDIENTS

- 2 tablespoons sambal oelek
- 2 shallots, halved
- 1 2-inch ginger piece, peeled and sliced
- 6 cloves garlic, peeled
- 1 tablespoon vegetable oil
- 1/4 cup cilantro stems, chopped
- 1 tablespoon ground coriander
- 1 teaspoon curry powder
- 1 tablespoon ground turmeric
- 2 14-oz cans unsweetened coconut milk
- 2 cups chicken broth
- 1 tablespoon fish sauce
- 1 tablespoon light brown sugar
- kosher salt, to taste

For the pork:

- *1 tablespoon vegetable oil*
- *1 lb ground pork*
- *2-3 teaspoons sambal oelek*
- *1/4 teaspoon garlic powder*
- *1/4 teaspoon ginger powder*
- *kosher salt, to taste*

For the toppings:

- *4 portions ramen noodles*
- *4 ramen eggs, halved*
- *1 bunch scallions, chopped*
- *1 lime, sliced into wedges*
- *1 bunch cilantro, chopped*

DIRECTIONS

1. In a food processor add shallots, garlic, ginger, sambal oelek, cilantro stems, turmeric, coriander, curry powder and 3 tablespoons water and blend until smooth. If it's not smooth enough for a paste, add 1-2 more tablespoons water.
2. Add paste to a hot oiled pan and cook for 4-5 minutes, stirring constantly. Pour in coconut milk and broth and salt it. Let it boil, then switch heat to low and simmer 20-25 minutes. Add sugar and pour in fish sauce, cook for 5 minutes more.
3. Add pork to another hot oiled skillet over medium-high heat and salt it, stirring and breaking into small bite-sized pieces, until no pink remains, for 6-7 minutes. Add in sambal oelek, garlic and ginger powder and cook for 1 minute. Remove from heat and set aside.
4. Cook noodles, drain them and spread among serving bowls.
5. Pour broth over the noodles. Top with spicy pork, scallions, cilantro and halved ramen egg. Serve alongside with lime wedges.

VEGAN CURRY RAMEN

SERVINGS: 6 | PREP TIME: 5 min. | COOK
TIME: 20 min.



CARBS: 33 g | FAT: 16 g | PROTEIN: 7 g
| CALORIES: 289

INGREDIENTS

- 1 tablespoon sesame oil
- 1 cup shredded carrots
- 2 cups broccoli and cauliflower florets
- 8 oz sliced mushrooms
- 1-3 tablespoons red curry paste
- 2 teaspoons curry powder
- 6 cloves garlic, minced
- 2 teaspoons minced ginger
- 6 cups vegetable broth
- 1 can (13.5 oz) coconut milk
- 8 oz ramen noodles
- Juice of 1 lime
- 1 bunch cilantro, chopped

DIRECTIONS

1. Add carrots, mushrooms, salt and pepper to a hot oiled pan over medium heat. Cook for 3 minutes, stirring. Add curry paste and powder, garlic, ginger and cook for 1 minute more, stirring.
2. Pour in broth and coconut milk, then add broccoli and cauliflower. Season to taste. Turn heat to medium high and let it simmer for 5 minutes.
3. Add noodles and cook, 2-4 minutes or so. Stir in lime juice.
4. Divide noodles and soup among bowls, sprinkle with cilantro and serve.

KATSU CARRY RAMEN

SERVINGS: 4 | PREP TIME: 1 min. | COOK
TIME: 15 min.



CARBS: 7 g | FAT: 9 g | PROTEIN: 7 g |
CALORIES: 140

INGREDIENTS

- 2 lbs pork feet
- 2 lbs pork neck bones
- 2 lbs pork leg bones
- 2 chicken back bones
- 6 cloves garlic
- 1 cup dried shiitake mushrooms, ground
- 1/4 cup bonito flakes
- 1 3-inch piece ginger
- 1 onion, cut into thirds
- 1 leek, halved lengthwise, sliced crosswise and rinsed
- 1/4 cup dried anchovy
- 1/4 sheet kombu
- 2 tablespoons salt
- 1 tablespoon sugar
- 2 cubes curry bouillon
- 1 teaspoon fish powder

For the pork katsu:

- *1 egg*
- *1 lb pork loin, sliced into 4 portions*
- *1 cup all-purpose flour*
- *1 gallon vegetable oil, for deep-frying*
- *salt, to taste*
- *2 cups panko bread crumbs*

For the toppings:

- *4 ramen eggs, halved*
- *4 portions fresh ramen noodles*
- *1 green onion, chopped*
- *2 tablespoons toasted sesame seeds*

DIRECTIONS

1. Place pork feet and all bones in a large stockpot and cover them with water. Cover with lid and bring to a boil. After 10 minutes, remove from heat and strain the bones. Clean bones under running water. Return cleaned bones into a rinsed stockpot, cover with water and bring to a boil again.
2. Char leek, ginger, garlic, and onion in a skillet until almost burnt. Set aside.
3. Add charred vegetables, bonito flakes, anchovy, ground mushrooms and kombu to the pot with the bones. Let it boil for 6 hours on low heat. Boil for 12 hours more, then add salt, sugar and fish powder. Simmer for 6 hours on low heat. Strain the stock and back it to the pot.
4. Then, add 2 quarts pork broth and curry bouillon to make curry broth. Let it boil and whisk well.
5. Add oil to a heavy-bottomed pot to 350°F. Tenderize pork loin pieces with the flat end of a meat mallet and salt it. Beat egg and 1 tablespoon water together to create an egg wash. Dredge each portion in flour, then egg wash, then bread crumbs. Fry pork loin for 4-5 minutes or so until golden brown and cooked through. Remove from the pan and let it rest for 1-2 minutes.

6. Cook noodles following the recipe or package directions, drain and place in bowls.
7. Pour hot curry broth over noodles and top with fried pork katsu and halved ramen egg. Sprinkle with sesame seeds, chopped green onions and serve.

RED COCONUT CURRY SEAFOOD RAMEN

SERVINGS: 4 | PREP TIME: 25 min. | COOK
TIME: 20 min.



CARBS: 40 g | FAT: 16 g | PROTEIN: 9 g
| CALORIES: 339

INGREDIENTS

- 4 eggs ramen eggs, halved
- 2 tablespoons avocado oil
- 4 cloves garlic, chopped
- 1 tablespoon ginger, grated
- 2 tablespoons red curry paste
- 4 cups chicken broth
- 1 (13.5 oz) can coconut milk
- 1 tablespoon fish sauce
- 1 lb crab clusters
- 2 portions ramen noodles
- 1 lb shrimp, tails removed, peeled and deveined
- kosher salt and pepper, to taste
- 4 lime wedges
- 1 bunch cilantro, chopped
- 1 bunch green onion, chopped

DIRECTIONS

1. Cook ginger and garlic in a hot oiled pan for 2 minutes, until translucent. Add curry paste and fry for 1 minute more. Pour in coconut milk, broth, and fish sauce. Stir well until combined. Set heat to medium high, and add crab meat to the pot. Boil for 3-5 minutes.
2. While crab is boiling, cook noodles according to the manufacturer's directions in another pot. Drain and rinse, set aside.
3. Add shrimp to the broth and boil for 2-3 minutes, until cooked. Add salt and pepper.
4. Divide broth, noodle and seafood into separate bowls. Top each bowl with egg halves and chopped cilantro and green onions.

INSTANT POT CURRY RAMEN

SERVINGS: 8 | PREP TIME: 10 min. | COOK TIME: 1 h.



CARBS: 44 g | FAT: 29 g | PROTEIN: 25 g | CALORIES: 562

INGREDIENTS

- 2 lbs pork shoulder
- 1 tablespoon soy sauce
- 2 tablespoons lime juice
- 1/4 cup coconut sugar
- 2 tablespoons fish sauce
- 1 teaspoon ginger paste
- 2 garlic cloves, minced
- 4 cups chicken broth
- 2 heads bok choy, halved
- 1 can full fat coconut milk
- 3 tablespoons red curry paste
- 1 tablespoon peanut butter
- 14 oz ramen noodles
- 1 cup fresh cilantro, chopped
- 1/2 cup peanuts, crushed

DIRECTIONS

1. Heat a skillet over medium high and add pork. Cook for 3-4 minutes on each side, until there is a browned crust. After it's done, place pork to the inner pot on top of the steamer grate. Pour fish sauce over the pork, then add garlic and ginger. Add enough water to cover the bottom of the insert.
2. Set to 60 minutes on high pressure. Do a natural release.
3. Remove pork and let it cool enough to touch. Leave the liquids in the pot. Transfer pork to a parchment paper lined baking sheet and shred it into chunks. Drizzle with soy sauce, lime juice and coconut sugar. Toss to coat pork evenly.
4. Broil for 5 minutes to caramelize pork on the outside on each side. Remove once all sides get caramelized.
5. Add coconut milk, chicken broth, peanut butter, and red curry paste to the liquid in the inner pot. Set to Sauté (normal) and bring to a simmer. Cook for 5 minutes, stirring until smooth.
6. Meanwhile, boil noodles according to the recipe or package instructions.
7. Build your bowls by adding noodles, broth, caramelized pork, fresh cilantro, and peanuts.

VEGETARIAN RAMEN

VEGAN CHILI TOFU RAMEN

SERVINGS: 4 | PREP TIME: 10 min. | COOK
TIME: 50 min.



CARBS: 63 g | FAT: 2 g | PROTEIN: 13 g
| CALORIES: 345

INGREDIENTS

- 1 lb dried shiitake mushrooms
- 1 tablespoon sake
- 1 tablespoon mirin
- 2 tablespoons soy sauce
- 1 garlic clove, bashed
- 1 thumb-sized ginger piece, chopped
- 2 red chilies, 1 sliced in half, 1 finely sliced
- 8 cups water
- 2 cups kale or spinach, shredded
- 2 handfuls bean sprouts
- 4 servings egg-free ramen noodles
- 160g pack marinated tofu, cut into pieces
- chili or garlic oil, to taste
- 2 spring onions, finely sliced

DIRECTIONS

1. Add mushrooms, sake, mirin, soy sauce, garlic, ginger, and halved chili in a large pan and cover with 8 cups of water. Simmer for 30 minutes, until mushrooms are tender and stock becomes fragrant.
2. Strain prepared stock into a clean pot and bring to a gentle simmer again. Remove mushrooms and slice them, discard chili, ginger and garlic. Blanch bean sprouts and drain them well.
3. Cook noodles in boiling water, drain and divide among 4 soup bowls. Add mushrooms, greens, bean sprouts and tofu to the stock to warm them for 3-4 minutes.
4. Divide tofu and vegetables among the bowls evenly, and pour over the vegetable stock.
5. Top with a few dots of chili oil, and sprinkle with spring onions.

VEGAN SHIO RAMEN

SERVINGS: 2 | PREP TIME: 10 min. | COOK
TIME: 1 h. 10 min.



CARBS: 90 g | FAT: 10 g | PROTEIN: 32
g | CALORIES: 556

INGREDIENTS

For the vegetable broth:

- 1 tablespoon vegetable oil
- 1/2 lb carrots, sliced
- 1/4 lb daikon radish
- 1/4 lb leek, sliced
- 1/4 lb yellow squash, sliced
- 1 thumb ginger, sliced
- 4 cloves garlic, sliced
- 3/4 teaspoon salt
- 1 3x4-in piece kombu
- 50 fluid oz water

For the seasonings:

- 1/2 teaspoon truffle salt
- sea salt, to taste

For the toppings:

- *2 servings ramen noodles*
- *1 tablespoon dried fueru wakame*
- *2 tablespoons plant-based oil*
- *1/2 lb king oyster mushrooms, sliced into 1/4-in pieces*
- *2 green onions, chopped finely*
- *1 teaspoon lemon zest*

DIRECTIONS

1. Heat oil in a large saucepan over medium-high heat. Add all broth ingredients except kombu. Stir for 10 minutes, preventing ingredients from becoming too brown. Lower the heat if some of them are browning quickly.
2. Add water and kombu and stir. Bring to a boil, switch to low heat, and cover with lid. Simmer for 1 hour. Strain broth through a sieve and discard cooked vegetables. Return broth to pot.
3. Cook noodles according to the recipe or manufacturer's directions. Drain and rinse them in cold water. Set aside.
4. Heat oil in a large nonstick skillet over medium-high heat. When it's hot, add mushrooms. Stir occasionally for 8-10 minutes, until cooked through and well-browned. Transfer to a plate.
5. Add dried fueru wakame to a small bowl. Cover it with water for 5-7 minutes to rehydrate. Drain and set it aside.
6. Bring broth to a simmer on low heat. Add truffle salt, stir, and taste. The truffle should barely be noticeable.
7. Divide noodles and toppings among two bowls. Pour hot broth over the noodles and serve while hot.

VEGAN MISO SESAME RAMEN

SERVINGS: 4 | PREP TIME: 15 min. | COOK
TIME: 25 min.



CARBS: 77 g | FAT: 19 g | PROTEIN: 33
g | CALORIES: 608

INGREDIENTS

For the broth:

- 3 cloves garlic, crushed
- 1 knob ginger, peeled and finely chopped
- 2 tablespoons miso paste
- 4 cups vegetable stock
- 1 medium-size brown onion, diced
- 3 tablespoons tahini
- 1 tablespoon soy or tamari sauce
- 1 dash rice wine vinegar
- Sesame or olive oil, as needed
- 4 servings ramen noodles

For the toppings:

- 2-4 heads bok choy, halved
- 600g soft or medium tofu, cut

- *2 medium-size carrots, peeled and julienned*
- *1 bunch spring onions, chopped finely*
- *Japanese mixed chili, to taste*

DIRECTIONS

1. Add onion and oil to a large pot over high heat. Cook for 5 minutes, until slightly translucent. Add miso paste, garlic, and ginger. Cook for 2 minutes more. If it burns, add a dash of stock.
2. Pour stock, tahini, soy sauce and vinegar into the pot and turn heat to medium. Let it simmer for 10-15 minutes.
3. Strain broth through a sieve in a free bowl. Discard solids and return broth to the pot.
4. Bring it to a boil again. Add noodles and greens, cook for 5-7 minutes until noodles are tender.
5. Right before serving, add tofu to the pot and let it heat up.
6. Divide broth, noodles, vegetables and tofu between 4 serving bowls. Serve with spring onion and chili.

SIDES

SESAME BROCCOLI SALAD

SERVINGS: 4 | PREP TIME: 5 min. | COOK
TIME: 5 min.



CARBS: 16 g | FAT: 11 g | PROTEIN: 7 g
| CALORIES: 172

INGREDIENTS

- 2 lbs broccoli florets

For the dressing:

- 2 1/3 tablespoons olive oil
- 2 teaspoons sesame oil
- 3 cloves garlic minced
- 1 tablespoon rice wine vinegar
- 1 teaspoon gluten free soy sauce substitute with tamari
- 1 teaspoon toasted white sesame seeds
- 1 teaspoon toasted black sesame seeds
- 1/3 teaspoon dried chili pepper flakes
- salt and pepper, to taste

DIRECTIONS

1. Bring a big pot of water to boil and add salt. Boil broccoli florets for 1 minute and then transfer immediately to a bowl of ice water. Drain broccoli and set it aside.
2. Heat minced garlic and olive oil up in a small pot until garlic becomes fragrant and starts to sizzle. Remove from heat, add sesame oil, rice wine vinegar, soy sauce, sesame seeds, and pepper flakes.
3. Mix broccoli with dressing and season it with salt and pepper.

PORK AND CHIVE DUMPLINGS

SERVINGS: 30 | PREP TIME: 30 min. |
COOK TIME: 15 min.



CARBS: 63 g | FAT: 2 g | PROTEIN: 13 g
| CALORIES: 345

INGREDIENTS

For the sauce:

- *1/2 cup soy sauce*
- *1/2 cup black vinegar*
- *1 tablespoon sesame oil*
- *2 teaspoons toasted white sesame seeds*

For the pork dumplings:

- *1 lb ground pork*
- *1 cup finely chopped garlic chives*
- *2 teaspoons minced garlic*
- *1 1/4 teaspoon salt*
- *1 teaspoon cornstarch*
- *1 teaspoon grated ginger*
- *1 teaspoon ground black pepper*
- *30 3 1/2-inch round wonton wrappers*

- *1-2 tablespoon canola oil*

DIRECTIONS

1. Mix all sauce components in a small bowl and set aside until ready to serve.
2. In a medium bowl, mix all pork dumplings ingredients but wrappers and canola oil.
3. Add a tablespoon of filling to the center of a wrapper. Fold wrappers over the filling in half-moon shapes and pinch the edges to seal. Arrange on a parchment-lined baking sheet and cover with a damp paper towel to avoid drying. Repeat with the rest part of filling.
4. Remove towel and heat 2 tablespoons of oil in a large nonstick skillet over medium-high heat. Fry dumplings in 3 batches. Arrange 10 dumplings in the pan and cook for 1 minute, until bottoms begin to brown. Pour 1/2 cup water into pan, cover with a lid and steam for 2 minutes, until the filling is almost cooked through. Uncover and cook for 2 minutes, until all water has evaporated and the bottoms are golden brown and crisp.
5. Serve warm with dipping sauce.

SPINACH WITH SESAME AND GARLIC

SERVINGS: 4 | PREP TIME: 10 min. | COOK TIME: 5 min.



CARBS: 4 g | FAT: 3 g | PROTEIN: 0 g |
CALORIES: 56

INGREDIENTS

- 3 tablespoons toasted sesame oil
- 1 tablespoon minced garlic
- 1 lb fresh spinach
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- salt, to taste
- 1 tablespoon toasted sesame seeds

DIRECTIONS

1. Add garlic to a hot oiled skillet (2 tablespoon sesame oil) over medium heat and cook until it starts to sizzle. Then add spinach and cook for 2-3 minutes, stirring occasionally, until completely wilted. Switch the heat to low.

2. Add in sugar and soy sauce. Turn off the heat. Add salt to taste.
3. Drizzle with remaining sesame oil and sprinkle with sesame seeds. Serve with your ramen and enjoy.

CHICKEN KAARAGE

SERVINGS: 4 | PREP TIME: 2 h. | COOK
TIME: 45 min.



CARBS: 55 g | FAT: 14 g | PROTEIN: 30
g | CALORIES: 472

INGREDIENTS

- 2 tablespoons soy sauce
- 2 tablespoons sake or mirin
- 1 teaspoon sesame oil
- 1 teaspoon peeled minced ginger
- 1 teaspoon sugar
- 1/4 teaspoon kosher salt
- 1 lb boneless, chicken thighs, 2-inch pieces
- 1/2 teaspoon ground black pepper
- 1 gallon neutral vegetable oil for deep-frying
- 1/2 cup cornstarch

DIRECTIONS

1. Mix sake, soy sauce, ginger, sesame oil, sugar, salt, and pepper in a bowl. Add chicken and toss to coat well. Refrigerate for 2 hours.

2. Pour 2-3 inches of oil in a saucepan and heat over high heat until it starts shimmering.
3. Remove chicken from the bowl and discard marinade.
4. In a bowl, dredge chicken in the starch until it's well coated.
5. Drop it into oil and fry for 3 minutes, turning twice, until golden brown.
6. Transfer cooked chicken to paper towels to remove excess oil. Serve hot

TURKEY BREAST BANH MI

SERVINGS: 3 | PREP TIME: 30 min. | COOK
TIME: 1 h.



CARBS: 58 g | FAT: 8 g | PROTEIN: 37 g
| CALORIES: 420

INGREDIENTS

For the pickled carrots:

- 1 1/2 cups white vinegar
- 1/3 cup sugar
- 1 pinch salt and black pepper
- 6 carrots, peeled and roughly shredded

For the chutney:

- 8 ounces dried cranberries
- 3/4 cup water
- 1/2 cup apple cider
- 1/2 cup apple cider vinegar
- 1/2 cup sugar
- 1 1/2 teaspoon minced fresh ginger
- 1/4 red apple, peeled and diced
- 1/4 whole dried red chili

- *1/4 teaspoon ground star anise*
- *For the chili mayo:*
- *1/2 cup mayonnaise*
- *2 1/4 teaspoon sambal chili paste*
- *1/4 teaspoon sugar*
- *1 pinch salt and black pepper*

For the sandwich:

- *1 lb thickly sliced turkey breast*
- *1 French baguette, cut horizontally in half*
- *2 tablespoon unsalted butter, softened*
- *1 English cucumber, cut into 1/2 inch thick rounds*
- *2 handfuls cilantro*

DIRECTIONS

1. Mix sugar, vinegar, salt, pepper in a small saucepan over medium heat. Stir until sugar has completely dissolved. Switch off heat and cool it for 5 minutes, then add carrots. Set in the fridge for 1 hour to pickle.
2. Mix all chutney ingredients in a medium pot, set over medium heat and bring the mixture to a simmer. Simmer for 20-30 minutes until ginger is soft. Remove from heat. Grind into a fine puree with immersion blender. Let it cool, then set to the fridge in a seal container.
3. In a small bowl, mix sambal, mayonnaise, sugar, salt and pepper. Put and keep in the fridge.
4. Preheat oven to broil. Butter each side of the baguette. Place bread under the broiler and toast for 3-5 minutes or so until golden brown. Be careful not to burn the bread!
5. Spread mayo on one half of bread, spread cranberry sauce on the second half of bread. On the mayo half, layer cucumbers, pickled carrots, and turkey. Cover with cilantro and top with the second half of bread. Cut into three pieces and serve alongside with your dish.

JAPANESE GREEN BEANS

SERVINGS: 4 | PREP TIME: 5 min. | COOK
TIME: 10 min.



CARBS: 4 g | FAT: 2 g | PROTEIN: 1 g |
CALORIES: 37

INGREDIENTS

- 2 tablespoons oil
- 1 large onion, chopped
- 1.5 lbs green beans, trimmed and cleaned
- 3 tablespoons soy sauce
- 5 cloves garlic, minced
- 2 tablespoons sesame oil
- 1 teaspoon sugar
- 1 splash rice wine vinegar

DIRECTIONS

1. Add onions to a hot oiled pan over medium heat and salt to taste.
2. Once onions soften, add green beans and cook for 2-3 minutes.
3. Add soy sauce and fry for 2-3 minutes more, stirring. Once bright green, add garlic and sesame oil. Toss well

to coat evenly.

4. After 3 minutes, add sugar and cook for 2-4 minutes more until sauce sticks to the beans.
5. Add a splash of vinegar and toss one more time. Cook for 1-2 minutes more.
6. Transfer green beans to a plate and serve.

SHRIMP GYOZA

SERVINGS: 18 | PREP TIME: 20 min. |
COOK TIME: 10 min.



CARBS: 17 g | FAT: 2 g | PROTEIN: 5 g |
CALORIES: 103

INGREDIENTS

- *1 cup cabbage, shredded and finely chopped*
- *1/4 teaspoon salt*
- *4 stalks scallions, finely chopped*
- *2 cloves garlic, peeled and minced*
- *1/2 lb shrimp, peeled, deveined and chopped*
- *1 tablespoon dried baby shrimp*
- *1/2 teaspoon soy sauce*
- *1 teaspoon sesame oil*
- *1/2 teaspoon sugar*
- *1/2 tablespoon potato starch*
- *1/4 teaspoon salt*
- *1/4 teaspoon black pepper*
- *18-20 2-inch wonton wrappers*
- *1 tablespoon neutral oil*
- *1/4 cup water*
- *preferable sauce for dipping*

DIRECTIONS

1. Mix cabbage and 1/2 teaspoon salt in a bowl and toss. Let it sit for 15 minutes.
2. Squeeze excess liquid from cabbage, then return it to the bowl.
3. Add garlic, scallions, shrimp, sesame oil, soy sauce, sugar, starch, salt and pepper and mix well. Set aside.
4. Place wonton wrappers on a work surface. Scoop out 1 tablespoon filling and arrange it in the center of each wrapper. Dip fingers in water and run over the edges of each wrappers.
5. Fold wrappers over the shrimp filling in half-moon shapes and pinch the edges to seal.
6. Add oil to a large pan over high heat. Once hot, place dumplings in a one layer. Fry them in batches.
7. Fry dumplings for 1 minute and add 1/2 cup water. Shake pan a little and cover.
8. Cook for 5-6 minutes, until bottoms of dumplings are crispy and golden brown, and water has evaporated. Remove from heat.
9. Serve with preferable sauce.

BAKED LEEKS WITH BONITO FLAKES

SERVINGS: 2 | PREP TIME: 5 min. | COOK TIME: 25 min.



CARBS: 13 g | FAT: 7 g | PROTEIN: 3 g | CALORIES: 147

INGREDIENTS

- 4 leeks, white parts only, chopped
- 1 tablespoon toasted sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 1/2 cup dried bonito flakes

DIRECTIONS

1. Preheat oven to 350°F.
2. Put leeks in aluminum foil and drizzle with sesame oil. Season with salt and pepper. Fold the foil around leeks and crimp the seams.
3. Bake them for 25 minutes, until leeks are soft.
4. While baking, combine soy sauce and sake in a small bowl.

5. Place leeks in a bowl and pour over with soy mixture.
6. Top with bonito flakes and serve hot.

JAPANESE POTATO SALAD

SERVINGS: 8 | PREP TIME: 10 min. | COOK
TIME: 20 min. + chilling



CARBS: 16 g | FAT: 14 g | PROTEIN: 4 g
| CALORIES: 206

INGREDIENTS

- 2 tablespoons kosher salt
- 1/2 teaspoon kosher salt
- 3 Idaho potatoes, chopped into 1-inch cubes and rinsed
- Ice, as needed
- 2 medium carrots, thinly sliced
- 1 English cucumber, thinly sliced
- 1 17-oz bottle Kewpie mayonnaise
- 1/2 medium yellow onion, thinly sliced
- 1/2 cup distilled white vinegar

DIRECTIONS

1. Bring a large pot of water (to over the potatoes) to a boil over high heat. Add 2 tablespoons salt once it boils and stir well. Add potatoes and boil for 10-12 minutes, stirring, until a knife easily slips into the largest potato piece. Drain with a colander, then

arrange on a rimmed baking sheet to cool to room temperature. Then refrigerate for 30 minutes.

2. Add ice and water to a large bowl and set aside.
3. Bring a saucepan filled water to a boil over high heat. Add carrots and blanch for 3 minutes until tender. Transfer carrots to the ice water to cool. Drain them and arrange on a paper-towel-lined plate to drain.
4. Add cucumber and the remaining 1/2 teaspoon salt in a medium bowl and let it sit for 10 minutes. Discard any liquid from the bottom of the bowl.
5. Add chilled potatoes to a large bowl and roughly mash. Add mayonnaise and stir well to combine, then add vinegar, cucumber, onion, and carrots. Mix well. Serve alongside with the main dish.

EDAMAME WITH SOY AND SESAME SAUCE

SERVINGS: 2 | PREP TIME: 4 min. | COOK TIME: 5 min.



CARBS: 6 g | FAT: 17 g | PROTEIN: 8 g | CALORIES: 203

INGREDIENTS

- *2/3 cup edamame in pods*
- *2 tablespoons toasted sesame oil*
- *1 teaspoon soy sauce*
- *salt and pepper, to taste*

DIRECTIONS

1. Cook edamame for 3-4 minutes in a pot of boiling water. Drain under running cold water and dry with paper towel.
2. Add sesame oil to a pan over high heat. When it's hot, add edamame and fry for 2-3 minutes, until pods are charred a little. Pour in soy sauce and stir until it has evaporated. Season with salt and black pepper to taste.
3. Serve.

NEGI-YAKI ROASTED TOFU

SERVINGS: 4 | PREP TIME: 10 min. | COOK
TIME: 50 min.



CARBS: 2 g | FAT: 6 g | PROTEIN: 9 g |
CALORIES: 85

INGREDIENTS

For the Negi-Yaki sauce:

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons mirin rice wine
- 2 tablespoons granulated sugar
- 1 teaspoon lemon zest
- 1 tablespoon juice
- 1 scallion, ends trimmed and sliced crosswise
- 1 1/2 teaspoons fresh chives, finely chopped
- 1/4 red bell pepper, chopped
- 1 small garlic clove, very finely chopped

For the tofu:

- 1 1-lb package soft tofu, drained
- 1/2 cup ponzu sauce

- *2 teaspoons togarashi*
- *3 garlic cloves, very finely chopped*
- *1 shallot, very finely chopped*
- *1 1/2-inch piece ginger, peeled and chopped*
- *1 teaspoon grapeseed oil*
- *1 pinch flaky salt*

DIRECTIONS

1. For the negi-yaki sauce, whisk soy sauce, vinegar, rice wine and sugar in a medium bowl until sugar is totally dissolved. Stir in lemon zest and juice, scallion, bell pepper, chives and garlic.
2. Slice the tofu crosswise into quarters or as you like. Place the tofu pieces in a large container, then pour ponzu sauce over them. Sprinkle each piece with 1/2 teaspoon togarashi.
3. Mix shallot, garlic, ginger, grapeseed oil and salt in a small bowl. Arrange this mixture over each piece of tofu. Pour the negi-yaki sauce over tofu, placing peppers and scallions on top of tofu. Cover and refrigerate overnight.
4. Preheat oven to 400°F. Transfer tofu and sauce into a baking dish and bake for 17-20 minutes, until a knife inserted into the center of tofu piece comes out hot.
5. Remove tofu from the oven and serve.

CONCLUSION

Thank you for reading this book and having the patience to try the recipes.

I do hope that you have had as much enjoyment reading and experimenting with the meals as I have had writing the book.

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Stay safe and healthy!



CONVERSION TABLES