

Bean curd for Ramen

Today we will be making ramen: a hearty and filling Japanese noodle soup.

There are thousands of variations of ramen.

Each team will be preparing a range of add-ins, which will be neatly presented to be added into individual ramen bowls at the table.

Equipment:	Ingredients
Clean tea towels Knife Chopping board and mat Grater Garlic press Citrus juicer Plastic “marinating box” Colander and bowl Kitchen paper Frypan Flipper Serving dishes Spoons for serving	Firm bean curd (tofu), diced 1 piece Ginger 1-2 cloves Garlic Juice of 1 Citrus fruit (Lemon or lime) 3 tablespoons Oil for marinating 1 tablespoon Soy sauce or Tamari 2 tablespoons oil for frying Honey (optional)



Method:

Treat the tofu gently. You want it cubed, not crumbled.

1. Grate the ginger. Put into the marinating box.
2. Press the garlic clove/s. Add this to the ginger.
3. Juice the citrus and add the juice to the box.
4. Add the Tamari and the oil.
5. Drain the tofu and sit it on a clean tea towel. Carefully cut into 2cm cubes. Cover with a second tea towel to help it dry.
6. Place the tofu into the box with the other ingredients. Put the lid on securely and gently shake it to mix.
7. **Put the colander into the bowl, and drain tofu, retaining the marinade (this will be the sauce later).**
8. Heat the oil in a frypan. When it is hot, **gently** place all the tofu into oil.
9. Gently turn tofu until all sides are slightly brown and crisp.
10. Divide tofu into serving dishes, one for each table.
11. Taste the remaining sauce (marinade) and add a little honey or other seasoning as desired. Pour over the bean curd.