

Miso Soup 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 on a platter to be added into individual ramen bowls at the table.

Equipment:	Ingredients
Frying pan	6 cloves garlic, crushed
Large saucepan with lid	1.5 tsp ginger, grated
Grater	3 spring onions, diced
Knife	3 Tbsp sesame seeds
Chopping board and safety mat	3 Tbsp sesame oil
	6 chopped mushrooms
	1/2 cup miso
For serving:	(most types will work except Saikyo and Hatcho varieties)
Deep bowls: 1 for each table	1 tbsp honey
Soup ladles	3 Tbsp Koji
	3 litres stock
	salt and white pepper to taste

Method:

Remember to clean up your workstation as you go

1. Collect, measure and process all your ingredients according to the ingredients list.
2. Preheat the frying pan over medium-low heat. When it's hot, add sesame oil. Then, add the sesame seeds, garlic, ginger, and Spring onions. Stir-fry until fragrant.
3. Add the chopped mushrooms and stir for about a minute.
4. Add the miso and the honey and mix well, then add the Koji. Carefully tip the contents of the frying pan into the saucepan of stock. Cover the saucepan and bring the mixture to a simmer.
5. Taste your soup and add salt and pepper to taste.
6. Serve into deep serving bowls, with a soup ladle resting on top.

FUN FACT:

Garlic is easy to peel and crush if you do it this way:

To peel Trim off the root end. Lightly crush one garlic clove in the garlic press. The skin will now peel easily.

To crush Cut into small pieces before putting into the garlic press.

