

Noodles and Asian Greens 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
Large saucepan with lid Sharp knife Chopping board and mat Spaghetti tool Colander Another saucepan, with steamer and lid Serving bowls Tongs	2-4 bok choy OR 1 wedge wombok (1/4 to 1/2 depending on the size) 1 large saucepan of water Ramen noodles Oil for drizzling



Method:

Remember to clean up your workstation as you go

1. Half fill a large saucepan with water. Put lid on and bring to the boil.
2. Put some water in the small saucepan to boil for the steamer.
3. While you wait for the water to boil, separate the leaves of the bok choy or the wombok. Carefully clean each one, paying close attention to the base of the stem. Remove any damaged leaves. Ask your supervisor to check.
4. Cut greens from the stems. Slice stems into 2cm lengths.
5. When the water boils under the steamer, steam **stems** for 2 minutes,
6. While the stems steam, cut the leaves into thin shreds.
7. Add greens into the steamer with the stems. Steam for another minute.
8. Remove from heat.
9. When the water boils in the large saucepan, carefully place in the noodles. Stir with a spaghetti tool until the water returns to boil.
10. Boil for around 3 minutes, until the noodles are soft but still somewhat firm.
11. Put the colander in the sink. Drain the noodles into the colander then put them back into the saucepan.
12. Stir some oil through the noodles to stop them sticking to each other.
13. Divide the noodles between serving bowls, one for each table.
14. Top the noodles with the steamed vegetables.
15. Give each bowl some tongs.

