

Miso & Shiitake Ramen

with Hoisin-Glazed Tofu

This vegetarian ramen soup gets its full flavor from several different umami-rich ingredients like mushrooms and miso paste. Umami is the fifth of the basic tastes like sweet, salty, sour, and bitter. The word directly translates in Japanese to “pleasant savory taste” but it’s more commonly known as “delicious” in the culinary world. A rich broth, green vegetables, and springy fresh noodles make this dish a comforting, hearty option for a chilly night.



Ingredients

- 6 Ounces Choy Sum
- 2 Cloves Garlic
- 2 Scallions
- 1 14-Ounce Package Firm Tofu
- 2 Ounces Shiitake Mushrooms
- 1 Ounce Enoki Mushrooms
- 3 Tablespoons Vegetable Demi-Glace
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Miso Paste
- ¼ Cup Hoisin Sauce
- 12 Ounces Fresh Ramen Noodles

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Roughly chop the green leaves of the choy sum, then thinly slice the stems, keep separate. Peel and mince the garlic. Thinly slice the scallion and separate the white bottoms and green tops. Drain the tofu and pat dry with paper towels, then cut into ½-inch cubes. Remove and discard the shiitake mushrooms stems, then thinly slice the caps. Remove and discard the root end of the enoki mushrooms.



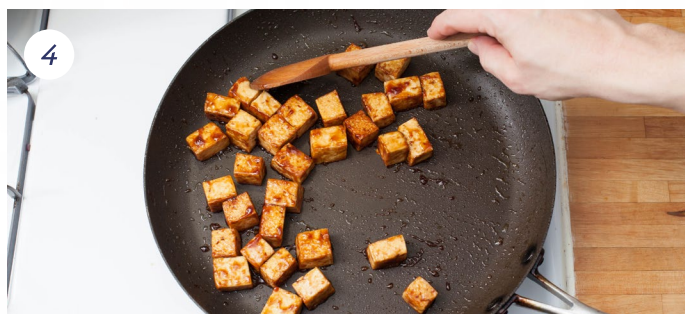
Start the soup:

In a medium pot, heat a couple teaspoons of oil on medium until hot. Add the **garlic, choy sum stems** and **the whites parts of the scallion**. Cook 1 to 2 minutes, or until slightly softened and fragrant. Stir in the **vegetable demi-glace, 4 cups of water, both enoki & shiitake mushrooms, miso and soy sauce**. Bring the mixture to a boil and reduce the heat to medium-low. Simmer the broth for 6 to 8 minutes.



Cook the tofu:

While the broth is simmering, in a large pan (nonstick, if you have one), heat a couple teaspoons of oil on high until hot. Add the **tofu** and cook 4 to 5 minutes, or until golden browned on all sides, stirring occasionally. Turn off the heat.



Glaze the tofu:

With the pan still on the burner, but with the heat off, pour the **hoisin sauce** over the tofu and toss to thoroughly coat. Set aside while you finish the soup.



Finish the soup:

Add the **fresh ramen noodles** and **choy sum leaves** to the broth. Increase the heat to medium-high and cook 2 to 4 minutes, or until the noodles are al dente, stirring occasionally.



Plate your dish:

Divide the noodle soup and vegetables between 2 bowls and top with **glazed tofu**. Garnish with the **green parts of the scallions**. Enjoy!