

# Mushroom & Barley Miso Ramen

*with Smoked Dulse & Spicy Red Cabbage*

**PREP TIME:** 15 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 2

The northernmost Japanese island of Hokkaido is famous for popularizing the use of miso, or fermented soybean paste, in ramen broth. Tonight's ramen gets its deep flavor from lightly sweet barley miso and dulse—a red seaweed—smoked and dried over wood. Spicy sautéed red cabbage and mushrooms make for a tender complement to the springy fresh ramen noodles. To round it all out, we're topping each bowl in traditional style with a soft-boiled egg.



#### BLUE APRON WINE PAIRING:

Uvaggio Montagna Nera  
Red Wine, 2015

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## Ingredients



2  
CAGE-FREE FARM  
EGGS



1/2 lb  
FRESH RAMEN  
NOODLES



4 oz  
CREMINI  
MUSHROOMS



3 cloves  
GARLIC



2  
SCALLIONS



1/2 lb  
RED CABBAGE

## KNICK KNACKS:



2 Tbsp  
MIRIN



2 tsp  
BARLEY MISO  
PASTE



1 1-inch piece  
GINGER



1 Tbsp  
GOCHUJANG



1 Tbsp  
SOY SAUCE



1 tsp  
SMOKED DULSE



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## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of water to boiling on high.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Cut off and discard the mushroom stems; thinly slice the caps.
- ☐ Peel and mince the garlic.
- ☐ Peel and mince the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.



## 2 Cook the cabbage:

- ☐ In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cabbage** and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until the cabbage is slightly wilted. Add **½ cup of water** and cook, stirring occasionally, 5 to 6 minutes, or until the cabbage has wilted and the water has cooked off. Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 3 Cook & peel the eggs:

- ☐ While the cabbage cooks, carefully add the **eggs** to the pot of boiling water and cook for exactly 6 minutes. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process.
- ☐ When cool enough to handle, carefully peel the cooked eggs. Set aside in a warm place. Refill the pot with water and heat to boiling on high.



## 4 Cook the mushrooms:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**; cook, stirring occasionally, 5 to 6 minutes, or until browned. Add the **mirin** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the liquid has cooked off. Transfer to a bowl and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 5 Make the broth:

- ☐ In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the **garlic, ginger and white bottoms of the scallions**. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **miso paste, smoked dulce and 3 cups of water**; season with salt and pepper to taste. Once simmering, cook, stirring occasionally, 4 to 6 minutes, or until slightly reduced in volume. Add **as much of the soy sauce as you'd like**; cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined.
- ☐ Turn off the heat and stir in the **cooked mushrooms**. Season with salt and pepper to taste.



## 6 Cook the noodles & plate your dish:

- ☐ Add the **noodles** to the pot of boiling water. Cook, stirring gently to separate, 2 to 3 minutes, or until tender. Drain thoroughly and rinse under warm water to prevent sticking.
- ☐ Divide the drained noodles and **broth** between 2 bowls. Transfer the **peeled eggs** to a cutting board and cut in half. Top the noodles with the **cooked cabbage** and eggs. Garnish with the **green tops of the scallions**. Enjoy!