

Spring Vegetable Ramen

with Garlic Scapes, Shiitake Mushrooms & Boiled Egg

When we imagine garlic, we probably just imagine the bulb. But wait—there's more to it! The cloves we use to add pungent flavor to our dishes are just part of an entire plant (some species even bear flowers). We invite you to taste more! In this recipe, we've included garlic scapes, the long, thin, green, stalks of the vegetable, which are full of garlicky flavor, but without the sharpness of raw cloves. They provide a delicate, savory touch to this bowl of ramen.



Ingredients

- 5 Ounces English Peas
- 4 Ounces Shiitake Mushrooms
- 2 Farm Eggs
- 2 Garlic Scapes
- 2 Scallions
- 1 1-Inch Piece Ginger
- 1 Lemon
- 1 Sheet Nori
- 3 Tablespoons Vegetable Demi-Glace
- 2 Tablespoons Soy Sauce
- 12 Ounces Fresh Ramen Noodles
- 2 Ounces Arugula

Makes 2 Servings
About 500 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Remove the eggs from the refrigerator to bring to room temperature. Heat a medium pot of salted water to boiling on high. Shell the peas. Cut off and discard the mushroom stems, then thinly slice the caps. Thinly slice the garlic scapes on an angle. Remove the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the ginger. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Using a knife or scissors, cut the nori into thin strips.



Cook the eggs:

Once the water is boiling, add the **eggs** and cook for exactly 7 minutes. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Carefully peel the eggs and cut each in half lengthwise. Set aside as you continue cooking. Rinse out the pot. Refill the pot with water and add a **big pinch of salt**; heat to boiling on high.



Start the soup:

While the eggs cook, in a separate, medium pot, heat 2 teaspoons of oil on medium until hot. Add the **garlic scapes, ginger and white parts of the scallions** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.



Add the liquids:

Stir the **vegetable demi-glace, soy sauce, mushrooms, lemon zest, the juice of 3 lemon wedges and 4 cups of water** into the pot of softened vegetables. Increase the heat to medium-high and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer 8 to 10 minutes, or until well combined. Remove from heat, stir in the **peas** and season with salt and pepper to taste. Set aside in a warm place as you continue cooking.



Cook the noodles:

Add the **ramen noodles** to the pot of salted, boiling water, stirring gently to separate the noodles. Cook for exactly 90 seconds. Drain thoroughly and rinse under warm water. Divide the noodles between 2 bowls.



Plate your dish:

In a medium bowl, toss the **arugula** with the **juice of the remaining lemon wedge** and season with salt and pepper. Divide the **broth** between the 2 bowls of cooked noodles. Garnish with the **dressed arugula, green parts of the scallions, eggs and nori**. Enjoy!