

Beef Ramen Noodle Soup

with Choy Sum & Enoki Mushrooms

Ramen is a brothy noodle dish that became popular in Japan in the late 1800's. The special noodles used in this dish are made using a unique, rich mineral water. The result is a firm, flavorful, pale yellow noodle that stands up to the earthy enoki mushrooms, tender flank steak and choy sum in this classic dish.



Ingredients

- 9 Ounces Flank Steak
- 4 Ounces Choy Sum
- 4 Cloves Garlic
- 3 Scallions
- 2 Ounces Enoki Mushrooms
- 1 1-Inch Piece Ginger
- 3 Tablespoons Beef Demi-Glace
- 3 Tablespoons White Miso Paste
- 2 Tablespoons Soy Sauce
- 1/8 Cup Hoisin Sauce
- 12 Ounces Fresh Ramen Noodles

Makes 2 Servings
About 600 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of water to boiling on high. Finely chop the stems of the choy sum into small pieces, then roughly chop the leaves into large bite-sized pieces. Peel and mince the garlic and ginger. Thinly slice the scallions, separating the white bottoms and green tops. Cut off and discard the root end of the enoki mushrooms.



Cook the flank steak:

Season the **flank steak** with salt and pepper on both sides. In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Cook the steak 3 to 4 minutes per side, or until it reaches your desired degree of doneness. (Loosely cover the pot with aluminum foil to help the steak cook faster.) Transfer the steak to a plate, leaving any drippings in the pot. Let the steak rest for at least 5 minutes, loosely covering the plate with aluminum foil to keep warm.



Cook the aromatics:

To the pot with the steak drippings, add 2 teaspoons of olive oil and heat on medium until hot. Add the **garlic, ginger, and white parts of the scallions** and cook 1 to 2 minutes, or until fragrant and slightly softened, stirring frequently. Add the **choy sum** and season with salt and pepper. Cook 1 to 3 minutes, or until the choy sum is slightly softened and wilted.



Add the seasonings:

Increase the heat to high. Stir in the **enoki mushrooms, beef demi-glace, miso paste, soy sauce** and **4 cups of water**. Bring the soup to a boil, then reduce the heat to medium and simmer 4 to 5 minutes to develop the flavors.



Slice the flank steak:

While the soup is boiling, find the lines of muscle (or the grain) of the cooked flank steak and thinly slice the beef against (perpendicular to) the grain. Add any steak juices from the cutting board into the soup. Transfer the sliced steak to a small bowl and toss with the **hoisin sauce** until well coated.



Cook the noodles & plate your dish:

To the large pot of boiling water, add the **fresh ramen noodles** and cook 1 to 2 minutes, or until the noodles are tender, stirring frequently to prevent sticking. Drain the noodles thoroughly. Stir the **cooked noodles** into the soup and remove from heat. To plate your dish, divide the soup and noodles between 2 bowls and lay the coated flank steak on top. Garnish with the **green parts of the scallions**. Enjoy!