

Homemade Ramen

Chef Di: Wednesday 1-3

Class # 3

SKILLS LEARNED

Knife Skills
Measuring skills
Grater skills
Making noodles

EQUIPMENT

Cutting board
Knives
Grater
Stock pot

RAMEN

INGREDIENTS:

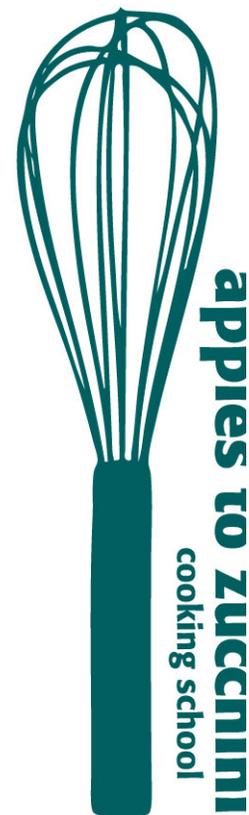
1 tablespoon sesame oil
4 cloves garlic, minced
1 tablespoon freshly grated ginger
4 cups chicken broth
4 ounces shiitake mushrooms
1 tablespoon soy sauce, or more, to taste
3 (5.6-ounce) packages refrigerated Yaki-Soba
3 cups baby spinach
1 carrot, grated
2 tablespoons chopped chives

Ramen Seasoning:

2 TBLS onion powder
¼ Tbs Ginger powder
½ Tbs Garlic Powder
¼ Tbs Ground Pepper
1 Tbs Chili Powder
1 tbs Vegetable Oil
¼ Tbs Sugar
¼ Tbs Sea Salt

DIRECTIONS:

- 1 Heat 1 tablespoon sesame oil in a large stockpot or Dutch oven over medium heat. Add garlic and ginger, and cook, stirring frequently, until fragrant, about 1-2 minutes.
- 2 Whisk in chicken broth, Ramen seasoning, mushrooms, soy sauce and 3 cups water.
- 3 Bring to a boil; reduce heat and simmer until mushrooms have softened, about 10 minutes. Stir in Yaki-Soba until loosened and cooked through, about 2-3 minutes.
- 4 Stir in spinach, carrot and chives until the spinach begins to wilt, about 2 minutes.
Serve immediately.



Homemade Ramen Noodles

Ingredients:

Serves 4. this recipe easily doubles, triples, quadruples, etc...

2 cups bread flour (300 grams)

1/2 cup warm water

1 tsp Koon Chun Potassium Carbonate & Sodium Bi-Carbonate (kansui)

- Stir the flour and wheat gluten together in a large mixer bowl. Mix the warm water and kansui, then add the liquid to the flour. You should immediately see the flour turn a shade of yellow. Fit your mixer with the dough hook and knead until it starts to form a ball, about 5 minutes. The dough will be fairly tough and dry.
- Cut the dough into quarters. Wrap the pieces you aren't working with in a towel or plastic wrap to prevent from drying out.
- Set your pasta roller to the largest setting. Flatten the dough with your fingers and run it through the pasta roller.
- Fold it in half and run it through the pasta roller a number of times.
- The first few times your dough will be ragged and just plain ugly. If you find it tearing, like in the photo below, try dusting it with flour.
- After more runs through, it will smooth out into a silky like texture.
- Roll out the dough to your desired thickness. I use a setting of 3 on my **KitchenAid pasta roller**.
- Switch out your roller for the spaghetti cutter. Run the sheets of dough through and catch those gorgeous noodles!
- Dust generously with flour and gently twirl into serving sized bundles.
- At this point you can either pop them into freezer bags for noodles on demand, or start a large pot of water boiling in preparation to feast! I use a huge stock pot that fits 2 "**spider**" or **noodle baskets**. These make cooking noodles SO easy and mess free. Bring your water to a rolling boil, drop in a bundle of ramen in each basket and cook for 2-3 minutes until the noodles start to float. Pull out the baskets and invert into serving bowls. Top with soup, veggies and an egg and you're ready to slurp!

* If you happen to have bread flour handy, you can use 2 cups of that instead of all-purpose flour and wheat gluten.

** A note about kansui. You might be asking is this really necessary and what does this do to the noodles? I find that it gives the noodles that proper texture and bite, necessary for ramen noodles.

*** Where can you find kansui? Typically you can find this at your local asian supermarket