

# Miso Ramen

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If you like Japanese food, then you'll LOVE this homemade miso ramen, and I think you'll find that making authentic, from-scratch, Japanese cuisine isn't as hard as it sounds. This pescatarian version of Ramen is jam-packed with umami flavors like seaweed, miso paste and smoked fish. Hope you enjoy! This recipe makes just 4 servings, so keep in mind if you've got a house-full.

## The Broth

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You're going to need:

- 3 Tbsp Miso Paste
- 4 Cups of Dashi
- 16 oz Noodles (Ramen, Fine Egg noodles, or Flour Stick noodles)

(While you're making this, you can go ahead and boil a separate pot of water for your noodles)

What's Dashi you ask? It's a broth used in a variety of Japanese dishes that's made using kelp called **kombu**, and flakes of smoked fish known as **bonito flakes**. You can make it from scratch, which isn't too hard, you can use a sort of premade broth tea bag (packets) or the simplest option is to use dashi powder. Making Dashi fresh will usually give you a STRONG fish flavor, so if you're not totally into that funky, fishy aesthetic, just use a packet or powder. If you can't find these ingredients at your local store, they're all available for a good price on Amazon. See the blog post for links!

**From Scratch:** I won't give you the full run down here. You can look it up online if you want to make it this way, but what you should know is that you can do it TWO ways. You can:

- Make it on the stove, which will take 20-30 minutes
- Use a cold brew method with your ingredients overnight in the fridge.

Also, try looking up recipes that use your leftover kombu and/or bonito flakes. They still have plenty of flavor after being used to make dashi.

**Packet or Powder:** Use the instructions on the package. You got this. I personally use the packets because they're easy, relatively cheap, and the packet is made with the same natural ingredients you would use to make it from scratch.

Okay, once you've got your broth hot on the stove, turn off the heat. Scoop about a cup of it into a heat-safe cup or bowl. Then you're going to take the **miso paste** and whisk it into the broth you've just set aside. Once that's nice and smooth with no clumps left, pour it back into the pot.

Cook your noodles separately according to the package instructions, then drain and add to the broth. You can make the miso broth in advance and add noodles as needed if you prefer.

## Protein (Can marinate overnight if desired)

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You can use whatever works for your diet and budget as your protein. Traditional ramen has, of course, pork belly floating on top. We used salmon belly in our version because it's easier to braise quickly than salmon filet, cheaper, less wasteful, and full of Omega-3's. You could also roast some tofu in the oven, but keep in mind, the broth still contains fish ingredients so it won't be vegan.

To make a simple teriyaki glaze, whisk together:

- 2 Tbsp Rice Vinegar
- 2 Tbsp Soy Sauce
- 1 Tbsp Brown Sugar
- 1 tsp Ginger Paste (So much easier than that whole *scrape off the skin with a spoon* nonsense)
- 1 tsp Garlic (minced or pressed)

If you want, you can make this ahead of time and marinate your protein in it, then save it to use as a glaze in the pan.

For **pork belly** or **salmon belly**, the cooking method is the same.

Simply heat a pan over medium-high heat, drizzle a little **sesame oil or neutral cooking oil** in the pan and place in your protein. You could throw some finely chopped **green onions** in too if you're into that.

As the underside cooks, baste the top with your glaze, then flip the protein. Glaze the cooked side now.

Once the underside seems like it's getting brown and crispy, flip it one more time just to cook on that glaze.

You only need to cook it for 30 seconds to a minute after that last flip.

For **tofu** you could use the above technique, but you can't cook it for very long with the glaze so it probably wouldn't get crispy. Instead try roasting it in the oven! Remember to get EXTRA FIRM tofu and get it very dry before you do anything. Preheat your oven to **400°**. Cut the tofu into thin strips or thin squares (maybe ½ inch thick) then simply cover your tofu in the glaze. Spread out on **parchment** on a large baking sheet and cook for 15 minutes. Take it out and flip the tofu, then back in for another 15 minutes. Done!

You're all set! Scoop some broth and noodles into a bowl, top with your protein and add whatever else you like on your ramen!

### Optional Toppings:

- Soft-Boiled Egg: 6 or 7 minute egg
- Drizzle of Sesame Oil
- Roasted Seaweed
- Sesame Seeds
- Fresh Green Onions
- Steamed Edamame (without the shell)
- Diced Fresh, or pickled Jalapeno
- Sri Racha