



From the Kitchen of Executive Chef Jessica VanRoo

Vegetarian Japanese Ramen

Ingredients

Vegan Dashi:

2 cups water

1 piece kombu (2 inches x 4 inches)

3 dried shitake mushrooms, wiped or brushed clean

Soup Broth:

5 tablespoons toasted white sesame seeds

3 tablespoons black sesame oil

10 cloves garlic, finely minced

2 inch piece of ginger, peeled & finely chopped

8 green onions, thinly sliced, white and green sections separated

3 tablespoons doubanjiang, Chinese broad bean paste, spicy or not

3 tablespoons white or yellow miso

3 tablespoons sake

8 teaspoons soy sauce

4 cups unsweetened soy milk (make sure it is made with only soybeans and water)

2 cups vegan dashi

1 teaspoon kosher salt to taste

Dash of white pepper

Serving Options:

Ramen noodles or shirataki

Blanched bean sprouts

Cooked assorted mushrooms

Corn

Blanched bok choy

Soft boiled egg

Green onion

Chasu Tofu (recipe follows)



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Instructions

1. Combine the water with kombu and shitake in a pot. Allow the mushroom and kombu to soak for 45 minutes. After 45 minutes, turn the heat on and bring the water to a boil. Right before the water begins to boil, remove the kombu. Reduce the dashi to a simmer and cook for 5 minutes. Turn off the heat and set aside.
2. Using a mortar and pestle, grind the sesame seeds until they are a fine powder. You can also do this in your coffee grinder or high-powered blender. Make sure to blend for a short time, or you will create sesame paste!
3. Heat the sesame oil in a pot over medium heat. Once the oil is hot, add the garlic, ginger, and whites of the green onion. Cook for 2 minutes or until fragrant.
4. Add doubanjiang and miso into the pan, constantly stirring to prevent burning.
5. Deglaze the pot with the sake, add sesame seeds and soy sauce, and mix well.
6. Slowly add the soy milk into the pot, stirring to ensure you dissolve the miso and doubanjiang. Add the dashi to the pot, bring everything to a simmer, then add a dash of white pepper. Turn off the heat, and serve over noodles and vegetables.

*Recipe serves 4.



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Chashu Tofu

Ingredients

1 block firm or extra firm tofu

Marinade:

5 tablespoons soy sauce

2 tablespoons mirin

1 tablespoon honey or maple syrup

1 ½ tablespoons unseasoned rice vinegar

2 teaspoons avocado oil

1 tablespoon minced garlic

1 teaspoon minced ginger

Glaze:

4 tablespoon soy sauce

1 tablespoon honey or maple syrup

2 teaspoons avocado oil

1/4 teaspoon liquid smoke



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Chashu Tofu

Instructions

1. Press dry your tofu, wrap it in paper towels, then weigh it down with a heavy cast iron pan for 10-15 minutes.
2. Cut tofu into $\frac{1}{2}$ inch slices. Place in a shallow bowl and pour marinade over the top, ensuring everything is submerged. You can add more soy sauce to ensure everything is covered in marinade. Marinate for at least one hour and up to 24 hours.
3. Preheat your oven to 375 degrees and line a baking sheet with parchment or foil. Lay the tofu slices in a single layer on your prepared pan and bake for 15 minutes. Flip and bake for another 15 minutes. Remove from the oven and cool for at least 4 hours, preferably overnight.
4. When you are ready to use your chashu, preheat your broiler, line a baking sheet with foil, and coat well with oil.
5. Place the tofu slices on the prepared baking sheet and drizzle half the glaze over the top. Place the pan under the broiler and cook for 4-5 minutes or until golden brown. Watch carefully since everyone's broilers are different. It might take a shorter or longer amount of time.
6. Flip the tofu over, pour the remaining glaze over the top and bake until golden brown.
7. Serve with rice or over your favorite ramen.