



Webinar Series Recipes

Vegetarian Japanese Ramen

Serves 4

For Vegan Dashi

- 2 cups water
- 1 piece kombu (2 inches x 4 inches)
- 3 dried shiitake mushrooms, wiped or brushed clean

For 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, more or less to taste
- Dash of white pepper

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To Serve (optional)

- Ramen noodles or shirataki
- Blanched bean sprouts
- Cooked assorted mushrooms
- Corn
- Blanched bok choy
- Soft boiled egg (optional)
- Green onion
- Chasu Tofu (recipe follows/ optional)

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.

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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.

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