

Ramen Bowl

Oscar · 28/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

4

Description

Ramen noodle and broth dish inspired by the Japanese classic using ingredients commonly available in American supermarkets Quite involved but it has become one of my familys favorites especially in cooler weather Slurping is recommended

Ingredients

- - 8 cups water - 8 cloves garlic
- peeled and whole - 8 slices fresh ginger root - ½ medium onion
- halved and separated - 4 eggs - 1 pinch salt and freshly ground black pepper to taste (Optional) - ½ cup soy sauce - ¼ cup sake - 2 tablespoons Thai-style chile sauce - 2 teaspoons sesame oil - 2 tablespoons white sugar - 1 ½ teaspoons salt (Optional) - 15 ounces dried Japanese-style noodles - 12 large shrimp
- shelled and deveined
- at room temperature - 4 large dry sea scallops
- halved
- at room temperature - 1 ½ cups fresh bean sprouts - ½ cup sliced scallions

Instructions

1. Combine water
2. garlic
3. ginger
4. and onion in a large stock pot and bring broth base to a simmer. Reduce heat to maintain an easy simmer for 40 minutes. While broth simmers
5. fill a saucepan with water. Bring to a boil and reduce heat to a simmer. Lower eggs into the water 1 at a time. Cook 7 minutes for barely set yolks. Remove eggs from hot water
6. run under cold water until cool
7. and peel. Halve eggs lengthwise
8. place on a plate
9. and season with salt and pepper. Fill a large pot with water and bring to a boil in preparation for cooking noodles. Reduce heat to a simmer. Use a slotted spoon or long-handled strainer to remove garlic
10. ginger
11. and onion from the broth in the stock pot after it has simmered 40 minutes. Discard vegetables. Add soy sauce
12. sake
13. chile sauce
14. sesame oil
15. sugar
16. and salt and stir well. Cover stock pot loosely and simmer 10 to 20 minutes more. Return simmering water to a boil. Add noodles and return to a boil. Cook noodles uncovered
17. stirring occasionally
18. until noodles are tender yet firm to the bite
19. 1 to 3 minutes. Drain and divide noodles between 4 large bowls. Add shrimp and scallops to the simmering broth. Cook until opaque
20. 3 to 5 minutes. Ladle finished broth into bowls to barely cover noodles. Add equal amounts of shrimp and 1 scallop to the center of each bowl. Place a portion of bean sprouts on the side of each bowl. Place 2 soft-boiled egg halves
21. yolks up
22. resting on noodles in each bowl; keep eggs above the broth. Garnish each bowl with scallions. Cook's Notes: Cook the noodles in a separate pot according to package directions. For best noodle texture
23. be certain broth is finished and ready to serve by the time the noodles are ready. Final assembly should happen very quickly. Timing is crucial to present a warm bowl ready to eat. I fumbled this a couple of times before I got it right. Another pair of hands will prove quite helpful.