

# FOOD

## Home-Made Traditional Ramen



*This recipe will teach you how to make true ramen from scratch with little more cost than an instant ramen packet (depending on what you do for the soup). Prep time is 15 hours; Cook time is 15 minutes; makes 3-4 servings. You may want to use less garlic and ginger according to your preferred tastes.*

### Ingredients:

- 1 lb pork
- 1 tsp salt
- Precooked, packaged Chinese style noodles (Chuka-men; found at Asian food markets). You can use cooked wheat spaghetti noodles as a substitute.
- 6 cups water (1.5L)
- 50g ginger root, sliced
- 3 cloves garlic, skinned
- 1 bunch green onions
- 4 Tbsp soy sauce or 4 Tbsp Miso paste
- 2 seasoned rice vinegar
- 1 tsp salt
- 1 tsp sesame oil
- boiled egg halves
- Vegetable toppings (wakame seaweed, blanched spinach, fresh/frozen corn kernels, finely cut green onions, blanched bean sprouts, blanched cabbage, blanched carrots)

### Instructions:

1. Rub salt on pork and let it sit overnight in the fridge.
2. In a pot, put water, ginger root, garlic, green onions and salted pork, and boil at high heat. Skim fat and other floating scums. Then cover, reduce to low heat, and simmer for 1 1/2 to 2 hours. Let the broth and pork cool completely in pot. Strain and save pork. Slice pork and set aside for a topping.
3. Prepare the rest of the toppings now as well (boiled eggs, blanched bean sprouts, cut green onions), before making the soup and noodles. Once the noodles are cooked, you will need to add the soup and toppings right away or the noodles will get soft, so you won't have time to prepare the toppings at the end.
4. Boil the broth and add soy sauce/miso paste, seasoned rice vinegar, salt and sesame oil. Let it simmer at very low heat until noodles are ready.
5. In boiling water in a pot, Cook the pasta for 30 seconds, and strain. Immediately divide noodles into bowls and add soup onto noodles. Top with boiled eggs, your selected vegetable toppings and sliced pork.



## Charles Washington

Former Publisher of the Portland Observer

*In memory of an outstanding and dedicated member of Portland's Longest Standing Minority Publication.*

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