Vegetarian ramen with mushrooms



Preparation	45 Mins
Resting time	30 Mins
Cooking time	5 Mins
Portions	4

Wolf's vegetarian ramen bowl combines sautéed mushrooms, crisp vegetables and an intense miso-shiitake broth into an aromatic, umami-rich flavour experience – warming, balanced and simply delicious.

Stock

8 - 10 dried shiitake mushrooms

250 ml water, hot

1½ L vegetable or kombu-shiitake broth

4 tbsp white or red miso paste

4 tbsp soy sauce

2 tbsp mirin

2 garlic cloves, grated

2 tsp ginger, grated

2 tsp sesame oil, to taste

Pan-fried mushrooms

4 large king oyster mushrooms or Portobello caps, scored

2 tbsp neutral oil

2 tbsp soy sauce

2 tsp sesame oil

1 tsp coarse black pepper

Stir-fried vegetables

4 heads baby pak choi, halved

200 g bean sprouts

4 spring onions, sliced

2 garlic cloves, cut into slices

2 tbsp neutral oil

2 tsp soy sauce

Ramen noodles

400 g dried ramen noodles

To Serve

4 eggs, soft-boiled, halved, optional

chilli oil

nori strips

sesame, roasted

Prepare the broth

Place the dried shiitake mushrooms in a bowl, cover with hot water and leave to steep for about 30 minutes. Slice the soaked shiitake mushrooms and add them to a saucepan with the soaking liquid and the broth. Bring gently to a simmer. Mix the miso paste, soy sauce, mirin, garlic and ginger together, then stir into the broth. Keep warm over a low heat, but do not boil, so that the miso does not become grainy or bitter. Season with sesame oil to taste.

Pan-fried mushrooms

Cut the mushrooms into 1 cm thick slices and score them. Rub with the oil, soy sauce and sesame oil, then season with pepper. Sear over a medium heat for 3–4 minutes on each side and press down lightly until golden brown. Cut the fried slices into thick, bite-sized strips and set aside until ready to serve.

Prepare the stir-fried vegetables

Heat a frying pan or wok over a high heat until it is almost smoking. Add the oil and place the pak choi in the pan, cut side down. Add the garlic and fry everything for 45 seconds without stirring. Add the bean sprouts and spring onions and stir-fry evenly for a further 30–45 seconds, tossing the vegetables to cook evenly. Add the soy sauce, toss to combine and remove from the heat.

Cooking the ramen noodles

Cook the ramen noodles in a separate pan of boiling water according to the packet instructions, then drain.

Serving

Divide the ramen noodles between deep dishes or bowls. Arrange the stir-fried vegetables to one side on the noodles and fan out the mushroom strips beside them. If using, place a half soft-boiled egg next to the vegetables. Pour in the broth from the side until it comes just below the vegetables. Garnish with chilli oil, nori strips and toasted sesame seeds. Serve immediately.

Tips

Keep the individual components separate until the final plating: the broth, the roasted flavours of the vegetables and the crisp, golden crust of the mushroom should remain clearly distinct rather than cooking together.

Additional information

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