

Make-your-own Japanese Ramen Noodle Soup

Makes 36 tastes

Ingredients

Broth

3.5 litres water
5 Massel vegetable stock cubes
2/3 cup soy sauce
1/3 cup mirin
6 cloves garlic
1 tablespoon grated ginger
2 tablespoons oil
8 x 90g bundles ramen noodles

Accompaniments

4 carrots, grated
9 eggs
6 spring onions
300g baby green leaves eg spinach, chard, Asian greens
200g snow peas
400g frozen Edamame beans, defrosted
4 sheets of nori (seaweed)
Edible flowers for garnish

Method

Group 1

1. Crush garlic and grate ginger. Heat oil in a large saucepan and add the garlic and ginger and cook over a medium heat until fragrant and soft.
2. Add soy sauce, mirin and vegetable stock cubes and cook for about a minute until the stock cubes have dissolved.
3. Add the water and bring to the boil. Put lid on and simmer until ready to serve the soup.
4. In the other large saucepan, cook the noodles for 4 minutes in boiling water. Drain in the colander.
5. Using tongs, share the noodles evenly between the serving bowls, then add a small amount of carrot and sliced green leaves to the top of the bowls. The other two groups will prepare the carrots and leaves.

6. Add about 1/3 cup of broth to each bowl. Students can choose from the rest of the accompaniments to decide what to add to their own soup. The accompaniments will be added at the table.

Group 2

1. Peel and grate carrots and add to the metal bowl. Give to the students in group 1 who are preparing the soup for serving.
2. Put 9 eggs into a small saucepan and gently bring to the boil. Once boiling, cook for 5 minutes then drain and put into a medium bowl and cover with cold water. Set aside until cool enough to handle. Gently roll the egg until the shell is crushed all over, then peel. It is easier to peel if you keep dipping the egg into the water. Dry eggs with paper towel then slice into quarters lengthways. Divide between 3 serving bowls.
3. Using scissors, snip the spring onions into slices, as thinly as possible. Share between 3 small serving bowls.

Group 3

1. Put spinach into a medium bowl and using scissors, cut the spinach leaves into very small pieces. Put into medium metal bowl and give to group 1 who are preparing the soup for serving.
2. Top and tail the snow peas and cut into thin slices and place in 3 serving bowls.
3. Squeeze Edamame beans out of their pods and share between 3 serving bowls.
4. Cut seaweed into small squares and share between 3 serving bowls.
5. Pick petals from the edible flowers and share between 3 small square serving bowls.

Utensils

Group 1

Chopping boards	measuring cups and spoons
Mini graters	garlic press
Vegetable peeler	sharp knife
2 x Large saucepan	large colander
Tongs	1/3 cup measure
Serving trays	36 small white bowls

Group 2

Graters	vegetable peelers
Small saucepan	small colander
2 x Medium metal bowl	chopping boards
scissors	3 x glass serving bowls
3 x small white bowls	

Group 3

chopping boards

scissors

6 x small white bowls

sharp knife

medium metal bowl

3 x small square serving bowls