

VEGETARIAN UDON SOUP WITH TOFU



4 servings

Ingredients

For the Mushroom Dashi

- 8 + ½ cup water
- 20 g kombu
- 45 g shiitake mushrooms
- salt, to taste

For the Tofu

- 1 (14 oz) package extra-firm tofu
- 2 tbsp soy sauce
- 3 tbsp **cornstarch**
- 3 tbsp olive oil

Other

- 35.2 oz frozen udon noodles (typically sold in individual packs of 8.8 oz) or 8 oz dried udon noodles
- 6 oz **baby bok choy**

Topping Ideas

- 8 oz tempeh, sliced ¼ inch thick and pan-fried (instead of tofu)
- 4 onsen tamago (see separate recipe)
- 4 oz **enoki mushrooms**, root trimmed
- 4 oz **bean sprouts**
- 1 large **carrot**, sliced julienne
- 1 **scallion**, sliced diagonally to garnish

Instructions

Prepare the Mushroom Dashi

1. Place all the ingredients in a large pot with the water and place in the fridge overnight to soak.
2. The following day, bring to a simmer over low heat. When bubbles start to form along the sides of the pot, remove the kombu.
3. Bring to a simmer for 1 hour, constantly skimming any scum from the surface with a slotted spoon.
4. Strain through a fine mesh strainer, season to taste with salt and keep warm.

Cook the Tofu

1. Drain the tofu. Slice the tofu block in half, crosswise, so that you have 2 short and thick rectangles. Cut each half into 4 slices, crosswise, so that you will end up with 8 small rectangles. Slice each rectangle on the diagonal so that you end up with 16 triangles.
2. In a medium bowl, mix the soy sauce and cornstarch. Then add the tofu triangles and coat well.
3. Heat a large non-stick pan over medium-high and add the olive oil.
4. Once the oil is hot, lower the heat to medium and add the tofu in a single layer. Work in batches if your pan is not big enough.
5. Cook each side for 2-3 minutes or until browned and crisp.

Assembly

1. Bring mushroom dashi to a gentle simmer and add bok choy. Cook until tender, about 2-3 minutes. Remove from heat.
2. Cook frozen or dried udon noodles according to the package directions.
3. Heat your serving bowls by filling them with some of the boiling water used to cook the udon. Wipe dry, then divide the udon between each of the bowls.
4. Top with crispy tofu. Arrange other desired toppings in a circular fashion around the bowl, cracking onsen egg in the center, if using.
5. Top each bowl with 1 cup of mushroom dashi. Garnish with scallions as desired and serve.

