

# Udon Noodle Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Wood ear mushrooms, dried	3	ounces
Morel mushrooms, dried	3	ounces
Vegetable stock	10	ounces
Fresh shitake, oyster, shimeji, trim stems, reserve scraps for broth	12	ounces
Scallions	24	each
Garlic, fresh, smashed	12	each
Yellow onion, split in half	8	each
Kombu, 4-inch piece (edible dried kelp for seasoning)	10	each
Soy sauce, reduced sodium	$\frac{3}{4}$	cup
Mirin (sweet cooking seasoning)	$\frac{3}{4}$	cup
Kosher salt	1	tablespoon
Vegetable oil, divided	$\frac{1}{2}$	cup
Napa cabbage, cut into $\frac{3}{4}$ inch strips	10	cups
Udon noodles, fresh or dried	12	ounces
<b>Crispy Sriracha Tofu</b>		
Tofu, firm, drained, cut in half and then cut across into 6 slices	2	14 ounces packages
Flax seed, ground	$\frac{1}{4}$	cup
Water, warm	$\frac{3}{4}$	cup
Sriracha	$\frac{1}{2}$	cup
All-purpose flour	1	quart
Baking powder	2	tablespoons
Kosher salt	1	teaspoon



# Udon Noodle Bowl Continued

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## Preparation

1. Combine wood ear mushrooms and morels in a medium saucepan and cover with 2 ½ gallons of water. Bring to a boil over high heat. Remove from heat and let rest for 10 minutes while mushrooms rehydrate. Remove mushrooms from the water and set aside. Keep reserved water.
2. Add the vegetable stock, fresh mushrooms scrapes, 1" bottom of scallions, garlic, onions, and Kombu to the reserved mushroom water. Bring to a boil, reduce heat and let it simmer for 20 minutes.
3. Meanwhile remove center of wood ear mushrooms and discard. Slice wood ear and morels in to strips and reserve in a bowl. Slice fresh mushrooms, add to the bowl. Finely slice remaining scallion's tops and set aside.
4. When broth is finished, strain through a fine mesh strainer. Return to the pot and discard the solids. Add soy sauce, mirin and a teaspoon of salt. You should have about two gallons of broth. Keep warm.
5. Prepare the crispy sriracha tofu as listed below.
6. Heat ¼ cup of vegetable oil in a wok or skillet over high heat, until lightly smoky. Add shitakes, oyster mushrooms and shimeji, stir fry until lightly brown completely tender about 2 minutes. Add ¼ cup vegetable oil, heat until lightly smoking. Add cabbage and stir fry until lightly charred in spots and tender, about 2 minutes. Transfer to plate.
7. Cook Udon noodles in boiling water according to package directions. Strain and divide into 12 bowls (1 ounces of noodles). Pour broth over noodles, top with scallions, wood ears, morels, stir fried mushrooms, cabbage and crispy sriracha tofu.

## Preparation for Tofu

1. Mix water and ground flax seed together and let set for 5 minutes.
2. Add sriracha and blend well.
3. Using a standard breading procedure (flour, sriracha flax egg mixture and back into the flour). Put each piece of tofu through this three-step process.
4. Pan fry, deep fry, or bake until golden brown. If baking, bake in a 425-degree oven until golden brown.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 360 Total Fat: 14g Saturated Fat: 1.8g Monounsaturated Fat: 7g Polyunsaturated Fat: 4.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 49g Fiber: 6g Total Sugar: 9g Protein: 12g Sodium: 880mg Vitamin A: 19µg Vitamin C: 39mg Calcium: 370mg Iron: 4mg Folate: 92µg

