

# Japanese Udon Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Wood Ear Mushroom, dried	1	3-ounce package
Morel Mushrooms, dried	1	3-ounce package
Water	2 ½	gallons
Vegetable broth	1 ¼	cups
Fresh mushrooms (Shiitake, Oyster, and or Shimeji) trim stems, reserve scraps for broth	3 ¾	cups
Scallions, 1-inch bottom removed and saved for broth, remaining scallions thinly sliced	24	each
Garlic, fresh, smashed	12	cloves
Onions, yellow, sliced in half	8	each
Kombu, 4-inch piece	10	each
Soy sauce, reduced sodium	¾	cup
Mirin	¾	cup
Salt	1	tsp.
Vegetable oil, divided	½	cup
Napa cabbage, cut into ¾ inch strips	10	cups
Udon noodles, fresh or dried		1 pound fresh OR 12-ounce package dried
<b>Crispy Sriracha Tofu</b>		
*Tofu, firm, drained, cut half then cut across into 6 slices	2	14-ounce packages
Flaxseed, ground	¼	cup
Water, warm	¾	cup
Unbleached all-purpose flour	4	cups
Baking powder	2	Tbsp.
Kosher salt	1	tsp.

# Japanese Udon Bowl Continued

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## Preparation

\*Please see separate page for tofu pressing instructions.

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. Lower the heat to allow the mixture to simmer slowly for 10 minutes while mushrooms rehydrate. Remove mushrooms from the water and set aside. Reserve the mushroom broth.
2. Add the vegetable broth, fresh mushrooms scrapes, 1" bottom of scallions, garlic, onions, and kombu to the reserved mushroom broth. 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. Add the thinly sliced scallions and set aside the mixture.
4. When broth is finished, strain through a fine mesh strainer. Return to the pot and discard the solids. Add soy sauce, mirin and 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 shiitakes, 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 oz. 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 \*From USDA Nutrient Database

Calories: 366 Total Fat: 14g Saturated Fat: 1.8g Monounsaturated Fat: 7.1g Polyunsaturated Fat: 4.4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 48.8g Fiber: 6.3g Total Sugar: 8.7g Protein: 11.5g Sodium:  
1199mg Vitamin A: 19µg Vitamin C: 38.7mg Calcium: 370mg Iron: 4.3mg Folate: 81µg



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