



Ohana Hawaiian "Saimin" Ramen Noodle Soup

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- ☐ Large pot
- ☐ Wooden spoon
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Grater
- ☐ Ladle

Ingredients

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- ☐ 1 nori seaweed sheet ****(Omit for SHELLFISH ALLERGY)****

- ☐ 1/4 C white miso paste **** (for SOY ALLERGY sub 1/4 C coconut aminos)****
- ☐ 2 garlic cloves
- ☐ 4 C water
- ☐ 2 small pkgs ramen noodles, roughly 8 oz **** (for GLUTEN ALLERGY sub 1 small pkg rice noodles, roughly 8 oz)****
- ☐ Toppings—choose 3 or 4: **** (Omit any options below if allergies are present)****
- ☐ 3 to 4 eggs ******
- ☐ 2 T sesame seeds ******
- ☐ 1 small block extra firm tofu ******
- ☐ 6 baby bok choy
- ☐ 6 small radishes
- ☐ 2 carrots
- ☐ 1 broccoli head
- ☐ 2 tsp fresh ginger root
- ☐ 1 small bunch cilantro
- ☐ 4 green onions

Food Allergen Substitutions

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Shellfish: Omit nori seaweed sheet.

Soy: For 1/4 C white miso paste, substitute 1/4 C coconut aminos. Omit tofu for optional topping.

Gluten/Wheat: For 2 small pkgs of ramen noodles, roughly 8 oz, substitute 1 small pkg of rice noodles, roughly 8 oz

Egg: Omit hard-boiled eggs for optional topping.

Sesame: Omit sesame seeds for optional topping.

Instructions

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intro

"Aloha" or "Hello" in Hawaiian! "Saimin" (Sigh-min) is on the menu today! This Hawaiian noodle soup is a

traditional dish prepared with a warm and rich broth, heaps of noodles, sliced pork, and green onions. Our SFC version will not stray too far from the original recipe. The only difference will be in the toppings. We will use eggs and tofu instead of sliced pork. Let's dive into a bowl of saimin together!

toast + measure

Start by toasting **1 nori seaweed sheet** on high heat in a large, dry pot for 3 minutes. Remove and place on a cutting board. Roughly chop the nori and add back to the pot on medium-low heat. Then, measure and add **1/4 cup white miso paste, 2 peeled and crushed garlic cloves, and 4 cups water.**

stir + simmer

Stir the mixture until all the miso paste is fully incorporated into the water. This will be the broth for the Saimin. Bring to a simmer over medium-low heat for 15 minutes.

chop + measure

Meanwhile, chop, measure, and prepare the **toppings** you chose. If you're adding eggs to boil, carefully wash their shells, then you can boil them for 6 minutes in your broth with the shell still on. Then, remove the eggs and allow them to cool until you are ready to serve. At that time, peel the eggs and slice them in half lengthwise to let the creamy yolk spill into your broth. All of the other toppings you chose can simply be chopped or grated and added to each bowl of broth.

stir + serve

Add **2 small packages of ramen noodles**. Stir for 2 to 3 minutes or until the noodles are separated and soft. Ladle the broth and noodles into bowls. Then, everyone can add the toppings to their bowls and eat! "Aloha" or "Goodbye" in Hawaiian! ("Aloha" can be "hello" or "goodbye" in Hawaii.)

Featured Ingredient: Miso!

Hi! I'm Miso (Mee-soh)!

"Konnichiwa! (KONE-neechee-wah) That's "Hello" in Japanese! I'm a fermented soybean paste with a peanut butter-like texture used as a seasoning in Japanese cooking. I can be salty, sweet, or savory, depending on how I'm made. You can find me in dips, sauces, soups, and noodle dishes. I'm even used to make pickles called "misozuke" (mee-soh-zoo-keh)!"

Fermented soybeans were probably introduced to Japan from China in the 7th century. The Japanese characters for "miso" were first seen in Japanese writing in the 8th century.

Miso soup is a staple in Japanese cuisine. When served with rice, one side dish, and pickled vegetables, it was part of a basic meal during the Kamakura period (1185-1333) called "ichiju issai," meaning "one soup, one dish." Now miso soup is part of "ichiju sansai," or a meal with one soup and three dishes, including a main dish, two side dishes, and pickles.

Miso is made by fermenting and mashing soybeans (and sometimes other beans or grains). In addition to

the soybeans, most types use a starter called "koji," made from *Aspergillus oryzae* fungus, to start the process. Other ingredients may include water, salt, and grain, like barley.

There are several varieties of miso depending on the ingredients and how long the soybeans are fermented. The most common are "shiro" (white), "shinshu" (yellow), "aka" (red), and "awase" (red and white) miso.

The miso fermented for the shortest time is "shiro miso," also called "white miso." Its color is white to light beige, and it is sweeter and milder than the other types. It is suitable for dishes where you want less intense flavor and can be used in dressings, marinades, and soups. It is sometimes used as a dairy replacement in recipes.

The yellow or "shinshu" variety is another mild miso. It is yellow to light brown, is fermented a little longer, and uses more soybeans than white miso. It works well for glazes and soups.

"Aka miso" or "red miso" is fermented longer than white and yellow miso and uses a greater quantity of soybeans in the process. It tastes saltier and has a deep, vivid red to dark brown color. It works well in more robust dishes served in winter that require a stronger flavor. Red miso also works in marinades and adds flavor to heartier stews.

Another type of miso is "awase miso," a combination of white and red miso. It takes on the colors of the other two, making it more of a bronze shade. You can mix white and red miso to create your own flavor profile to add to other foods as you like.

Miso paste should be stored tightly sealed in the refrigerator. It will last approximately nine months to one year. The darker varieties will last longer than the lighter ones.

Miso is high in protein, fiber, vitamins, and minerals. Soybeans include a complete form of protein, and the fermentation process helps the body to absorb nutrients better and improve digestion.

One ounce provides three grams of protein and seven grams of fiber. There are significant quantities of calcium, manganese, vitamin K, and fair amounts of B vitamins.

Miso is high in salt, so you may want to avoid eating large quantities.

Since miso is most often made with soybeans, if you have a soy allergy, try a soybean-free miso, such as those made from adzuki beans, chickpeas, farro (a type of wheat), or lima beans.

Some varieties include barley, so if you have celiac disease or are allergic to gluten, check the labels and look for a gluten-free miso.