



COOKING CLASSES
AT SUR LA TABLE

RAMEN BAR

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 1 pound pork belly
- 4 large eggs

Produce

- 1 bunch green onions
- 1 garlic clove
- 2 inch piece fresh ginger

Pantry Items

- 2/3 cup soy sauce
- Granulated sugar
- Baking powder
- 3 cups bread flour

Dry/Canned Goods/Specialty Ingredients

- 1 cup bamboo shoots
- 1 TBSP sake
- 1 TBSP mirin
- 1 ounce kombu
- 1 TBSP bonito flakes
- Katsuobushi powder (or follow recipe to make from scratch)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef knife
- Paring knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Tongs
- Liquid measuring cups
- Mixing bowls various sizes
- Fine mesh strainer
- Ladle
- Slotted spoon

Cookware

- Small saucepan
- 2 medium saucepans
- Dutch oven or an electric multicooker

Appliances

- Stand mixer with a dough hook
- Pasta rolling attachment or rolling pin

Bakeware

- Wire rack and a rimmed baking sheet
- Small rimmed baking sheet

Tabletop

- Serving bowls

Other

- Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Alkaline Noodles

1. Bake 3 teaspoons of baking soda for 1 hour at 275°F. This can be done a day or two in advance.

Pork Belly

1. We will be using an electric pressure cooker in class. If you do not have one begin the pork belly 30 min to 1 hour prior to class.

SHIO RAMEN

Yield: 1 serving

Allow each person to customize the ramen according to their personal preference. Below are the suggested amounts of each ingredient for a full serving.

Reserved braising liquid from pork chashu
1 to 2 slices pork chashu
1 cup dashi
1 cup chicken stock or broth
1 tablespoon katsuobushi powder
4 ounces alkaline noodles
1 perfect egg, sliced in half
1/4 cup bamboo shoots
1 green onion, thinly sliced

1. To a large saucepan set over high heat, add water and bring to a boil, salt liberally.
2. **To prepare the pork chashu:** To a small saucepan set over medium heat, add braising liquid and bring to a simmer. Add sliced pork chashu, submerge long enough to heat. Remove from heat and set aside.
3. **To prepare the broth:** To a medium saucepan set over medium heat, add dashi and chicken stock. Bring to a simmer, and then reduce heat to low.
4. To a ramen or soup serving bowl, add katsuobushi powder and set aside.
5. Add noodles to salted boiling water and cook for 45 to 90 seconds. Test doneness of noodles several times after the 45-second mark. Drain noodles and add to ramen bowl with katsuobushi powder, gently stir to coat noodles.
6. Add simmering broth to ramen bowl and garnish with egg, pork slices, bamboo shoots and green onions.

PORK BELLY (PORK CHASHU)

Yield: 8 servings for ramen

Chashu pork can be purchased from an Asian grocery market but is also easy to make at home.

1 tablespoon sake
1 tablespoon mirin
1 garlic clove, minced
1 tablespoon peeled and minced fresh ginger
2/3 cup soy sauce
1 tablespoon granulated sugar
1-quart water
1 pound pork belly, skin and fat scored

1. Combine all the ingredients except the pork in a medium saucepan. Bring to a simmer, remove from heat and let steep for 15 minutes.
2. Preheat the oven to 325°F.
3. Add pork belly to a Dutch oven just big enough to fit belly. Set pork belly in, skin side down, turn heat to medium-high. Cook the pork until the skin is golden brown and some of the fat has rendered out. Pour sake mixture over pork. Add enough water to cover pork halfway and bring to a boil. Cover Dutch oven, transfer to oven and braise until pork is tender, about 1 to 2 hours. Alternatively, cook in an electric pressure cooker on high for 30 minutes and allow to naturally release pressure.
4. Remove pork belly and transfer to a wire rack set over a baking sheet too cool. Strain braising liquid and cool to room temperature. Transfer cooled liquid to refrigerator. Once chilled, skim pork fat from surface and reserve pork fat in a separate container. Reserve braising liquid.
5. Cool pork completely and cut into 1/2" slices.

DASHI

Yield: 1 quart

Dashi is the mother stock of Japanese cuisine. The use of dried fish gives the stock a rich umami flavor.

1-ounce kombu

1 quart warm distilled or filtered water

1/4 ounce (scant 1 tablespoon) bonito flakes

1. To a medium saucepan, add kombu and water and soak until kombu is soft. When kombu has softened, place pan over medium heat and bring water to a simmer; simmer for 15 minutes. Turn off heat and add bonito flakes. Let mixture sit in pan and steep for 30 minutes. Strain through a fine-mesh strainer into a bowl; discard kombu and fish flakes.

KATSUOBUSHI POWDER

Yield: 1/4 cup

Katsuobushi powder packs umami flavor and adds another layer of smokiness from the fish flakes. You can make the powder yourself, buy it at a Japanese grocery store, or buy it online.

10 grams (about 1 cup) katsuobushi or bonito flakes

10 grams (about 2 teaspoons) kosher salt

1. Preheat the oven to 375°F. Spread katsuobushi on a rimmed baking sheet and bake until lightly toasted, about 10 minutes. Transfer toasted katsuobushi and salt to a spice grinder, grind into a fine powder.

Storage instructions: Any leftover Katsuobushi powder can be kept in an airtight food storage container in a dark and dry place for up to 6 months.

ALKALINE NOODLES

Yield: 4 servings

Combining baking soda and water when making the dough raises the pH; this results in noodles that have a chewy texture. Cooking the baking soda in the oven prior to adding it to the dough increases its alkalinity, decreases its water content and gives a yellow tint to the noodles.

3 teaspoons baking soda
1 cup warm water
3 cups bread flour

Preheat the oven to 275°F and line a rimmed baking sheet with parchment paper.

1. Spread baking soda on prepared baking sheet and bake for 1 hour. Set aside 2 teaspoons baked baking soda and reserve any leftover for another use.
2. **To make the dough:** To the bowl of a stand mixer fitted with a dough hook attachment, add 2 teaspoons toasted baking soda and water; stir until dissolved. Add flour and stir until crumbly. On medium speed, knead dough until it is smooth and elastic, about 5 minutes. Alternatively, knead by hand for about 20 minutes. Shape dough into a ball and flatten it into a disk. Cover with a plastic wrap and allow to rest for 20 minutes.
3. **To shape the noodles:** Secure a pasta machine to edge of a long countertop or fit a stand mixer with pasta attachment. Using a bench scraper, cut dough into 4 pieces. Keep extra dough covered in plastic wrap while working with one piece. With a rolling pin, roll piece of dough into a rough rectangle that will fit inside widest setting of pasta machine. Roll dough through machine, catching it with one hand as you roll with the other. Take dough and trifold it like a letter. Turn dough so one open end faces machine and roll it through on widest setting again. Fold, turn and roll 5 to 10 more times on widest setting to develop the right texture and consistency.
4. Continue rolling pasta through machine without folding, adjusting rollers to a smaller setting each time and rolling to thinnest setting or about 1/8-inch thick. If pasta sheet becomes too large to handle, use a bench scraper to cut it into more manageable lengths and continue rolling.
5. Cut sheets using spaghetti attachment. Divide noodles into 4 bundles, set on a sheet tray, cover with plastic and reserve for assembly.

THE PERFECT EGG

Yield: 4 eggs

This method produces eggs with set whites and runny yolks. If you prefer yolks that are set a little more, increase the cooking time by up to 1 minute.

2 cups water

2 cups braising liquid reserved from pork chashu

4 eggs, at room temperature

1. Set up an ice bath next to the poaching saucepan.
2. Add water and braising liquid to a medium saucepan and bring to a boil. Gently place eggs in water at same time and boil for 7 minutes. Remove eggs from water and immediately transfer to ice bath. Let cool and carefully peel. For extra flavor, store peeled eggs in cooled cooking liquid overnight in refrigerator.

Alternative cooking methods:

1. Using an immersion circulator, bring a large container of water to 149°F. Place eggs in shells directly into the water for 45 minutes and up to 1 hour and 15 minutes. Remove, peel and serve immediately, or remove and transfer to the refrigerator immediately.
2. Using an immersion circulator, bring a large container of water to 194°F, carefully place eggs in shells directly into the water for 8 minutes. Remove immediately, peel and serve, or remove and transfer to the refrigerator immediately.

Japanese ramen comes in many forms. While the combination of broth, noodles, and toppings varies, all ramen has the following four components:

Broth: There are two broths that make up the base of the soup. The first one is dashi, which is the most important broth in Japanese cuisine; it is used as the base for ramen, miso soup, and sauces. At its core, dashi is a combination of filtered water, bonito flakes, and kombu (kelp). The second broth is a meat broth made with pork, chicken, or duck. Keep the meat broth light enough to make sure its flavor does not overpower the dish.

Noodles: Ramen noodles are usually made out of bread flour, but also can be made with a combination of all-purpose flour, rye flour, buckwheat flour, and nut flours. The difference between Japanese noodles and Italian pasta is that these noodles are made with baking soda to raise the pH of the water used in the dough. A higher pH yields a chewier noodle and adds an extra layer of texture to the soup.

Seasonings: Seasonings add an incredible amount of flavor to ramen. The classic seasoning (tare) comes in 3 varieties (salt, soy sauce, and miso). Dried, fermented, and smoked fish also add a lot of flavor.

Toppings: This is your chance to get creative. The classic toppings are pork chashu (marinated braised pork belly), soft boiled eggs, scallions, and a flavored fat. Try variations with grilled chicken, fish, pickled vegetables and raw julienned vegetables.

Glossary

Ginger Root: Aromatic, pungent, and spicy, ginger adds a special flavor and zest to Asian stir-fries, soups, and vegetable dishes. Fresh ginger root is available year-round in the produce section of your local market. No need to buy the whole root; just break off what you need.

Katsuobushi (Bonito flakes): Flakes are made from a type of tuna that is dried, smoked, and shaved into thin flakes that look like wood shavings. Katsuobushi has a smoky, savory taste that is a great accent for many Japanese dishes. Packed with umami (savory taste), it is perfect for making Dashi (fish broth), which is a crucial component for Japanese cooking. Katsuobushi also can be used as-is or sprinkled on simple vegetables to give a deeper flavor instantly.

Kombu: Edible dried kelp, kombu is a versatile pantry ingredient that provides dishes with umami flavor, nutrients, and minerals. Mildly salty and subtly sweet, kombu contains glutamic acid (the basis of monosodium glutamate, or MSG), which enhances flavor and tenderizes proteins. Kombu is the base for dashi.

Mirin: An essential condiment used in Japanese cuisine. It is a type of rice wine similar to sake, but lower in alcohol and higher in sugar. Mirin's sweet flavor makes it a nice contrast when used with saltier sauces, like soy or tamari. It has a golden to light amber color and slightly thick consistency.

Rice vinegar: Japanese rice vinegar has a pale golden color and a mild tart flavor. Traditionally brewed from sake lees (the sediment left over from the sake making process), this vinegar has a subtle sweetness that allows the flavor of the rice to shine through. There are two types of rice vinegar: seasoned or unseasoned. Seasoned rice vinegar has added sugar and salt and is often used in a dipping sauce or for vinaigrettes.

Sake: Distilled from polished and steamed rice grains, sake is an alcoholic beverage. When used in making sushi syrup, sake balances and enhances the flavors of sweet, sour, and salty. It is served both hot and cold.

Soy sauce: Produced for thousands of years, soy sauce is made from fermented soybeans mixed with a roasted grain (wheat, barley, or rice are common), injected with a special yeast mold, and liberally flavored with salt. After being left to age for several months, the mixture is strained and bottled.

Tare: Refers to the ramen seasoning. Tare comes in three different categories: shio (salt), shoyu (soy sauce) and miso (fermented soybean).