

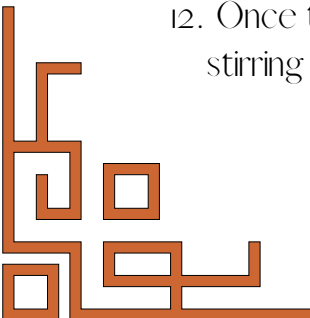
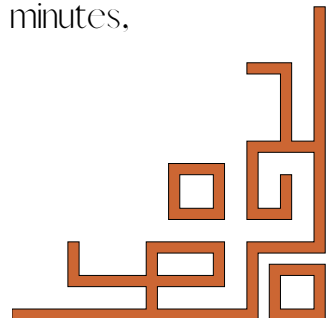


HOMEMADE RAMEN NOODLES

INGREDIENTS

1 1/4 cup room-temperature water
5 cups flour, plus extra for dusting
Salt

INSTRUCTIONS

1. Sift flour into a large mixing bowl.
 2. Add a pinch of salt to the flour and mix.
 3. Add water to the flour and salt mixture and mix. The dough should be dry, but not crumbly.
 4. Once the dough comes together, roll it into a ball on a floured surface. Wrap the dough in plastic wrap or put it in a bowl and cover tightly.
 5. Let the dough rest for an hour.
 6. After it had rested for an hour, dump the dough out onto a floured surface. Knead the dough for five minutes.
 7. Roll the dough into a rectangle that is 1/8 inch thick.
 8. Cover the top of your dough with an extra dusting of flour.
 9. To create a tri-fold, take one end of the dough and fold it about 2/3 of the way. Then take the other end and fold it over the other two layers. You should end up with three layers of dough that are folded on top of one another.
 10. Orient the dough so it is laying horizontally in front of you on a cutting board. Starting at the right end, use a knife to cut the dough into 1/8 inch strips. Make sure to cut through all three layers. Unfold each strip to reveal one long noodle. As you work your way through the dough, make small piles of unfolded noodles. Add flour to them to make sure they don't stick. Note: If the noodles don't easily unfold, your dough is too wet. Unfold your dough and add extra flour, then fold and try cutting again.
 11. Bring a large pot of water to a boil. Add a generous amount of salt to your water.
 12. Once the water is boiling, add your noodles. Cook the noodles for 5-10 minutes, stirring continuously.
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RAMEN WITH CHICKEN SOUP

INGREDIENTS

2-3 lbs. of chicken thighs (If you have access to bones, use bones)
8 oz. white button mushrooms, cut into quarters
3-4 large onions, cut into quarters
2 carrots, roughly cut into chunks
1/4 cup to 1/2 cup soy sauce
5-6 peppercorns (or 2 tsp. ground pepper)
3 Tbsp. garlic powder
2 Tbsp. turmeric powder
1 Tbsp. chili powder

OPTIONAL INGREDIENTS

2 pieces of kombu
Green onions, chopped



INSTRUCTIONS

1. Combine all of the ingredients in a large pot.
2. Cover with water.
3. Bring water to a boil and let boil for at least 2 hours, but longer if possible.
4. When you're done boiling the ingredients, strain the broth and serve over the noodles. Top with green onions and pieces of the cooked chicken, if desired.

SERVINGS

Makes 4 large servings or 6 smaller servings

RAMEN WITH VEGETABLE SOUP

INGREDIENTS

1/2 lb. to 1 lb. shiitake mushrooms (dried, if possible)
8 oz. white button mushrooms, cut into quarters
4-5 large onions, cut into quarters
2 carrots, roughly cut into chunks
1/4 cup to 1/2 cup soy sauce
5-6 peppercorns (or 2 tsp. ground pepper)
3 Tbsp. garlic powder
2 Tbsp. turmeric powder
1 Tbsp. chili powder

OPTIONAL INGREDIENTS

Tofu for extra protein
2 pieces of kombu
Green onions, chopped



INSTRUCTIONS

1. Combine all of the ingredients in a large pot.
2. Cover with water.
3. Bring water to a boil and let boil for at least 2 hours, but longer if possible.
4. When you're done boiling the ingredients, strain the broth and serve over the noodles. Top with green onions and pieces of cooked tofu, if desired.

SERVINGS

Makes 4 large servings or 6 smaller servings