



Shoyu Ramen



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces baby spinach steamed
- ☐ 4 pounds chicken necks and backs
- ☐ 0.5 cup ginger fresh thinly sliced
- ☐ 4 garlic
- ☐ 4 soft-boiled eggs sweet peeled for 1 hour in equal parts soy sauce and mirin rice wine
- ☐ 1 inch by piece of kombu
- ☐ 1 leek halved lengthwise
- ☐ 3 pound pork baby back ribs rack of cut into 4 sections

- ☐ 2 pound pork shoulder butt boneless trimmed
- ☐ 8 servings salt
- ☐ 2 sheets scallions dried thinly sliced quartered for garnishing and seasoning seaweed rice vinegar and togarashi japanese chile powder
- ☐ 0.3 cup shoyu
- ☐ 8 servings shoyu for seasoning and brushing
- ☐ 1 tablespoon vegetable oil
- ☐ 4 water

Equipment

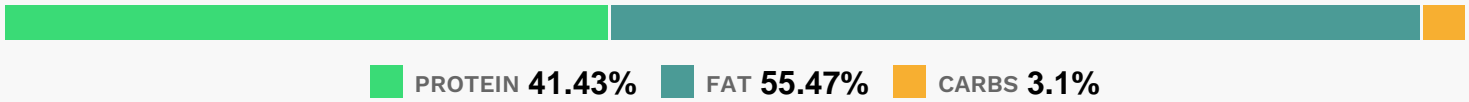
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ pot
- ☐ broiler

Directions

- ☐ Make the Broth: In a large stockpot, combine the chicken, ribs, leek, ginger, garlic, water and shoyu. Bring to a boil.
- ☐ Meanwhile, in a skillet, heat the oil. Season the pork butt with salt and brown it well on all sides over high heat, 12 minutes; transfer to the stockpot. Simmer the broth over moderately low heat for 2 hours, until the pork butt and ribs are just tender; skim any scum that rises to the surface.
- ☐ Transfer the pork butt and ribs to a platter and refrigerate. Strain the broth and discard the remaining solids.
- ☐ Return the broth to the pot.
- ☐ Add the kombu and simmer over moderately low heat for 1 hour and 30 minutes.
- ☐ Let cool, then chill and refrigerate the broth overnight.

- ☐
- The Next Day, Prepare the Ramen: Preheat the broiler. Skim the fat off of the broth and discard the kombu. Bring the broth to a simmer. Season with shoyu and keep hot.
- ☐
- Untie the pork butt and slice it across the grain 1/3 inch thick.
- ☐
- Cut the ribs between the bones. Arrange the pork slices and ribs on a large baking sheet and brush with shoyu. Broil 8 inches from the heat for 3 minutes, turning once, until the meat is crisp; keep warm.
- ☐
- Divide the cooked noodles among 8 bowls and ladle 1 1/2 cups of broth into each one.
- ☐
- Add the spinach in piles.
- ☐
- Drain the eggs, cut each one in half lengthwise and set a half in each bowl. Arrange 2 slices of pork butt and 1 rib in each bowl and garnish with the scallions and nori.
- ☐
- Serve the ramen immediately, passing the rice vinegar and togarashi at the table.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:41.627826027248%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 697.63kcal (34.88%), Fat: 42.34g (65.15%), Saturated Fat: 13.24g (82.72%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4g (1.45%), Sugar: 1.09g (1.21%), Cholesterol: 316.88mg (105.63%), Sodium: 883.29mg (38.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.16g (142.32%), Vitamin B3: 26.16mg (130.81%), Selenium: 86.23µg (123.19%), Vitamin K: 102.37µg (97.49%), Vitamin B6: 1.8mg (90.05%), Vitamin B1: 1.33mg (88.99%), Vitamin B2: 1.17mg (68.98%), Phosphorus: 656.44mg (65.64%), Zinc: 6.84mg (45.61%), Vitamin A: 2244.53IU (44.89%), Vitamin B12: 2.2µg (36.69%), Vitamin B5: 3.42mg (34.19%), Potassium: 1113.56mg (31.82%), Iron: 4.47mg (24.84%), Magnesium: 97.43mg (24.36%), Manganese: 0.39mg (19.72%), Folate: 64.05µg (16.01%), Copper: 0.31mg (15.72%), Vitamin D: 1.95µg (12.98%), Vitamin E: 1.83mg (12.2%), Calcium: 112.61mg (11.26%), Vitamin C: 8.86mg (10.74%), Fiber: 1.32g (5.26%)