

# VEGAN RAMEN

NOODLES | SMALL PLATES | DRINKS



WIL YEUNG



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WIL YEUNG  
[yeungmancooking.com](http://yeungmancooking.com)  
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*To learn how to make food is to acquire a skill that no one can take from you, but one  
that you can give to others.*

# INTRODUCTION

**L**ay ho ma (hello in Cantonese)! Some know me as a photographer and filmmaker, some know me as a violinist and teacher, some know me as a YouTube chef, and some know me as a serial entrepreneur. Though, I'm really just a dude who has an incredible amount of passion for many things in life.

Growing up, I was always deeply in love with music. It would be my peaceful place and my sanctuary. I would always put earphones on before I went to bed, just to be separated from reality. The inspiration that led me down the musical path was actually through video games – mainly from a role-playing series called Final Fantasy. Nobuo Uematsu, the composer for most of the series, was who I aspire to be. This was back in the Super Nintendo days when video game soundtracks weren't the most technologically advanced, but Uematsu worked with those limitations and was still able to create incredibly beautiful music title after title – sometimes with only one or two lines of melody. I guess you could say that I fell in love with the beauty of raw simplicity.

It really is amazing where a seemingly small spark of passion can lead you. Because of video games, I went on to study violin in University, then Teacher's College, and pursued to build my own music school to pass on those same aspirations that I had growing up. I suppose you could say that when you study something artistic, you grow to have an intense understanding and appreciation of everything around you – kind of like the Force (my Star Wars plug). From music, I then explored doing business in the photography and video industry, and then into the food industry.

Naturally, being an entrepreneur I'm always working on new projects, and sometimes I'm in transit a lot. I've never really been one to favour eating out at fast food outlets often, so I quickly developed an interest in learning how to cook. To this day, it amazes me how cooking can be so incredibly simple and yet so delicious. And very much like what drew me to video game music 20 years ago, learning how to cook simply has added tremendous value to my life – and hopefully to those around me too.

There are many aspects of food that I love. It's functional art that can bring people together, plus there's also the fact that we eat multiple times a day every single day. Making a great recipe is like playing a beautifully written piece of music, watching a great movie, or reading an inspiring work of poetry. In music, you have instruments and melodies. In cooking, you have ingredients and cooking techniques. When you organize and utilize them together in perfect harmony, you're rewarded with a beautiful symphony. Similarly, the more you practice, the better you get at it, and the more you want to learn to take it further.

At one point in my career, I processed and distributed a food product to grocery stores at the retail level. Through this business, it became very clear to me how convenience was always a higher priority than quality. Sadly, it's a reality that is only becoming more relevant (at least in North America anyway). I sometimes picture a society where high quality, natural foods are of highest priority – even at the cost of a little convenience.

Having the ability to cook, and the motivation to learn has been one of my greatest assets. When you make someone a great meal, you become friends for a day; when you teach someone a great recipe, you build trust for a lifetime. This cookbook is a collection of recipes that I have developed and photographed with lots of failures, set-backs, and frustrations. However, committing to this project has led me to many new inspirations, new lessons, and new friends. I genuinely hope that this cookbook will bring you tremendous value not solely in making ramen and ramen themed small plates, but through an immeasurable amount of inspiration wherever you are currently in your food journey, to where it will take you in the future.





*Why is it that we strive so much to be flawless in every aspects of our life, and yet look upon nature's natural beauty and call it perfection? We don't wish the clouds to be whiter, and we don't wish the rocks to be curved in our favor. Nature is sporadic, nature is flowing, nature is dark, nature is bright, nature just is and it is unique. Why can't we be more like nature?*





# ABOUT THE BOOK

Eating has always been something I really enjoyed, though it wasn't until sometime after graduating from University that I started learning more about cooking. Naturally, as an artist, the one thing that I love about making your own food is the process of how everything comes together. You could say that I'm a bit addicted to the excitement of taking a bunch of beautiful raw ingredients, and working magic on them into a piece of art that you can also eat. I've been an entrepreneur for almost two decades, and sometimes I do spend a lot of time working from home. Once you learn how to make premium drinks at home that far exceeds the syrupy drinks found in most coffee shops, there's a lot less reason to leave the house. Also, I found that it maximized my productivity and time management – I could bake something in the oven, go do some work on the computer, and return in 45min for some lunch.

I was very fortunate to have been designated the official photographer for a very popular festival held in Mississauga, Ontario called the Japan Festival Canada. About a year ago, I began jotting down ideas for a book about entrepreneurship, and that idea quickly evolved into a cookbook for entrepreneurs, and finally into a very specific theme of only vegan ramen – you really never know where things will take you in life! While I was photographing at the festival one year, I met a teashop owner who was showcasing matcha green tea in a beautiful tea-making bowl called a “chawan.” He went on to mention that the bowl was handmade locally, and that he would connect me with the studio that makes them. By this point, my heart was racing from excitement, because I had this fantasy of how cool it would be to have every single piece of serveware in the cookbook made entirely by a local artist.

I met Helen and Sorlie, the lovely ladies at the Secret Teatime ceramics studio in Toronto. Graduated from OCAD's department of Material Art & Design, Helen and Sorlie are former schoolmates who share a deep appreciation for Chado (the way of tea) and the social aspects of tea. Chado is to seek a genuine connection with the world through care, sensitivity, and mutual empathy. Both Helen and Sorlie studied the Japanese way of tea while living in Japan, which has greatly influenced the aesthetics and function in their craft. In fact, they were explaining to me how they even formulate and make their own glazes at one of our meetings - which went completely over my head. With high regards, the serveware designs were an integral part of the visuals in this cookbook. Helen expresses that they aim to have their wares be in harmony with the food, its makers, and with those who eat with them.



# TOOLS

What chef doesn't get giddy over kitchen gizmos and gadgets? I've always been a firm believer of investing in quality over quantity. The amount of gadgets available in the marketplace today is overwhelming to say the least. For my kitchen, I spend a great deal of time and resources acquiring only very specific tools for very specific tasks. A tool brings me much greater value if it can do one thing extremely well, opposed to a tool that attempts to do many tasks at a lower standard. It takes time and patience to build a kitchen workspace that feels like an extension of yourself. But it can be one of the most rewarding experiences to work in a kitchen that you love, making food for the people you love.

## VITAMIX (CIA MODEL)

I remember being so reluctant purchasing a vitamix solely because of the high price tag. It's difficult to bring yourself to shell out the bones for the Ferrari of blenders. However, when I finally caved, I would happily say that this machine is one of my most important kitchen tools. There are so many recipes this machine can achieve where most other blenders cannot, such as making cashew milk 100% liquefied without pre-soaking, or making a creamy mango sorbet in 3min start to finish. I've had mine for about 8 years, and it really is incredibly powerful and reliable. Much love.

## KITCHEN AID STAND MIXER (ARTISAN)

As I'm not so much a baker (yet), this tool was added into my tool team a little later. In fact, I purchased it more for the pasta attachment ability (which I use for making noodles more than pasta) than for the mixer. I was used to whisking most things by hand, and even though I'm not terribly unfit, the power of this machine far exceeds what I can do any day. The pasta attachment set is sold separately, but is beautifully designed and user friendly. In this book, I am using the pasta roller and noodle cutter attachments. However, you can use a manual pasta machine as well.

## ESPRESSO MACHINE (BREVILLE BARISTA)

I absolutely love this machine. I'm not an everyday coffee drinker, but I do appreciate a beautifully pulled espresso with the most amazing, creamy crema. Since the machine has a built-in grinder, the oils in the coffee beans are preserved, and that shot of espresso is as fresh as can be (using freshly roasted beans give the best results). Although there are no coffee recipes in this cookbook, I do use this machine to make my hot matcha and hojicha lattés. This machine also has a hot water dispenser for making Americano, but I also use it for tea.

## SODA STREAM (SOURCE)

I would flat (pun intended) out say that high quality, bottled at the source carbonated water is far superior to the water that this gadget produces. However, this impressive little tool is super convenient, looks really sleek on the countertop, and it doesn't need to be plugged in!

## COOKWARE (ZWILLING PASSION)

Stainless steel is my personal favorite. It's versatile, easy to clean, and easy to stack in storage. I look for pots and pans with comfortable handles and a really solid construction. Moreover, I prefer cookware with a flush construction without rivets on the inside (same goes for the lids) – dirt and moisture gets trapped in there over time that can wear down the integrity of the construction. One other really important feature I look for are lips that allow you to pour liquids quick and easily.

## KNIVES (ZWILLING PRO)

These are your everyday tools. Depending on what you do most, you can determine which knife to invest in first to build your dream set. My most utilized knife is the chef knife. When selecting your chef knife, try different lengths (6", 7", 8", etc) and be mindful of how the handle feels in your hand. I prefer knives with a full tang (one piece of steel from the tip of the blade going through to the handle) because it gives me the feel of complete control with the knife. Since you're actually holding the knife where the steel meets the handle, be mindful of how the grip feels in your hand between your thumb and index finger. The two other knives that are very important in my kitchen would be the pairing knife and the bread knife. The pairing knife is small and gives you a lot more dexterity for more intricate work, and the bread knife's serrated edge makes life very easy when slicing bread. There are many options for knives, but the most important factor is how you feel with it – after all, it will be you using them.

## CUTTING BOARD (LEGNOARTE)

Perhaps the underdog tool in the kitchen. The knife gets all the glory, but it's the cutting board that supports the knife. I prefer large cutting boards for more workspace, plus a beautiful wood one also looks great on the countertop doesn't it? If you've invested in high quality knives, try not to use glass cutting boards - they will actually damage the blades. Although wooden cutting boards do require some TLC, they provide a nice soft surface for your blades to land. To care for your wooden board, wash with warm soapy water, rinse, and dry immediately. If my board is wet from chopping veggies after I'm done cooking, I always take the time to wash and dry the board before doing anything else. This will significantly help to prevent the board from warping. Lastly, remember to rub some food-safe mineral oil on the board occasionally to keep it looking beautiful!

## PESTLE + MORTAR (IKEA)

Weight is definitely a largely important factor when selecting a pestle + mortar because you'll be putting a substantial amount of force to it. I prefer the ones made with granite because they are really robust and the heft significantly helps when crushing tougher ingredients like lemongrass or chili peppers.

## TAKOYAKI GRILL PAN (IWATANI)

This cute pan is used to make takoyaki (or Shiito-yaki in this cookbook). It is basically a non-stick pan with ball shaped slots. You can also use a cake-pop maker, though the cooking times may differ.

## SIEVE (OXO)

I think this kitchen tool is many a times overlooked. It's not really the sexiest looking tool in the drawer, but I use mine almost everyday! My sieve is fine enough for most uses, such as draining noodles, sifting matcha powder, whisking through miso pastes, and passing through loose-leaf tea. This little tool definitely deserves a lot more appreciation.

## EGG MOULD

In this cookbook, I'm using a chocolate egg mould made out of silicone. It's not a branded product, and is used for making chocolate eggs. For making the vegan eggs, look for a mould where the cavity sizes are similar to that of a regular egg.

## MATCHA BOWL + WHISK

A must have for making incredibly frothy matcha. Simply sift the matcha into the bowl, add the hot water, and whisk in a W (for Wil) or M (for matcha) motion until that vibrant green frothy goodness forms.



# UNIQUE INGREDIENTS

**T**here are a bunch of really amazing ingredients used in making ramen, but some are perhaps less known. There is, however, absolutely nothing wrong with substituting harder to find ingredients. Afterall, the beauty of ramen is to make it your own.

## BEAN CURD STICKS

Traditionally used more in Chinese cuisine, these are made from soybeans, and have a nice elasticity. They don't have much flavour, but take on the flavour of what you cook with.

## CHILI THREADS

Looks almost like saffron. These super thin red coloured strings are simply dried red peppers cut thinly into threads. They are fairly common in Asian cusine, but mainly as garnish.

## DAIKON

A long white radish that is popular in Asian cuisine. Tastes like a cross between a carrot and a turnip. If you cannot find daikon at your local grocer, try looking for lo bok (Chinese name).

## GAI LAN

Also known as Chinese broccoli, however it does not look nearly the same. It has a crunchy stalk and soft leaves. A very popular vegetable in Chinese cuisine.

## GOCHUGARU (KOREAN RED PEPPER POWDER)

Dried and ground up Asian red peppers. Different from the crushed pepper flakes normally sprinkled onto pizza, this Korean pepper powder is usually ground without the seeds. This is the good stuff that gives kimchi its bright red hue. And contrary to popular belief, this amazing powder offers more of a smoky aromatic experience than a spicy one.

## HOJICHA

Roasted green tea leaves that have a super pleasant nutty aroma. When wine drinkers say that they can taste oak barrels, I for some reason taste a subtle note of chocolate with hojicha.

## KALA NAMAK

Also known as Himalayan black salt. It has a pungent sulfur aroma, and is perfect for making vegan egg taste...well, eggy. Commonly found in Indian grocery stores.

## KOMBU

Considered the king of all seaweeds. It is the thickest variety, and is a Japanese prized ingredient for making dashi (broth) and soups. This seaweed is purchased dried.

## LOBSTER MUSHROOM

I did a double-take the first time too. It's orange, meaty, has a slightly salty and firm texture. It almost does taste like lobster, but I'm convinced it's psychological.

## MATCHA

Specially graded green tea leaves that are picked, dried, and ground into powder at very specific times of the year. My favorite matcha is from Japan and is ceremonial grade. It's picked at the peak of its season, so it's beautifully green and is much sweeter than lower grades.

## MISO

This popular ingredient is made from fermented soybeans and koji (and sometimes rice), and is widely used in mostly Japanese cuisine. The most common miso paste is the white miso, but it also comes in red, as well as a dark miso called hatcho miso (and in other flavours too).

## PINK SALT

Salt that is mined from the foothills of the Himalayan Mountains. This is my salt of choice not only because it's pretty, but it's not as pungent as refined/table salt.

## TARO

Is a large root vegetable that has a starchy, nutty, and somewhat vanilla flavor. Very popular in bubble tea, but sadly the purple colour in those drinks are usually artificial.

## THAI CURRY PASTE

Galangal and kafir lime are a little more rare to find in some locales. Galangal looks like ginger, but actually adds a cooling element rather than a spicy one. Kafir lime zest in the curry paste recipes can be substituted with regular lime zest.

## SHIITAKE

A very popular variety of mushroom in Asian cuisine. They can be purchased fresh or dried. The fresh version is quite soft, and has a gentle earthy flavour. The dried version has a much stronger smell and umami flavour.

## WAKAME

This seaweed variety is most commonly used for seaweed salad. Once rehydrated in water, this seaweed is not as thick as kombu, but has a lovely elasticity and ocean flavour.

## WOOD EAR MUSHROOM

Also known as wood ear fungus. Has a terrible name, but has a very pleasant elastic texture. A very popular ingredient in Asian soup and stir fry dishes.





# RAMEN ANATOMY

A bowl of ramen is so much more than just a bowl of soup and noodles. There are four main parts to constructing a bowl of ramen, and these four parts will create the bowl's personality. From there, the beauty of ramen is that you can make it as simple or as complex as you'd like.

**BROTH** - A savoury liquid that is flavoured with the ingredients that were simmered. You will find a simple veggie stock recipe in this cookbook, but I encourage you to experiment with different veggies and simmering times to discover your favourite.

**TARE** - Pronounced "tah-reh," and is referred to as the sauce or flavouring of the ramen. The traditional types are shio (salt based), shoyu (soy sauce based), miso (fermented soybean based), and tonkotsu (pork bone based). In this cookbook, you will be creating a shiitake and cashew based tare in lieu of the pork (I call it "shiitotsu").

**NOODLES** - The long strings of dough that are flattened, cut, and boiled. In this cookbook, you will be able to make your very own handmade noodles and take your first step into a larger world.

**TOPPINGS** - The only limit with what toppings you can have with ramen is your imagination. In this cookbook, you will explore different toppings from traditional veggies, to my version of smoky char siu and the vegan ramen egg. Along with the toppings are the crucial flavoured oils that elevate ramen to a whole new level.

Think of ramen like a custom tailored suit. The main parts are the jacket, the pants, the shirt, and the tie. The jacket is like the broth – cut to perfection to make you look irresistible, and is the main body of the entire ensemble. The pants are the noodles – handmade to fit not too baggy and not too tight, and is a necessity that cannot be overlooked. The shirt is like the tare – it's the layer inside the jacket, but perhaps the piece closest to your personality. Lastly, the tie represents the toppings you grace the bowl with – the hook that makes the biggest statement, and perhaps takes some skill to master tying. All of those parts have infinite possibilities at your creative disposal. With some patience and some practice, you can organize these separate parts together in perfect harmony to produce a beautiful symphony.

Every part of a bowl of ramen is customizable. One chef's veggie stock can be vastly different to another chef's veggie stock, as with the tare, noodles, and choice of toppings. Hence, a bowl of ramen should not be defined as a strict and linear dish, but as an expression of the chef's personality.



PREP IN ADVANCE



# SIMPLE VEGGIE STOCK

**TIME:** 1-2.5 hrs

**STORAGE:**

keep refrigerated and use within 1 week or in the freezer to use within 3 months

**INGREDIENTS:**

4 sticks of celery  
1 onion  
1 potato  
1 garlic bulb  
1 apple (fuji ideal)  
2 tbsp olive oil  
6 cremini mushrooms  
12 cups water  
2 tbsp salt

1. Roughly chop the celery, onion, and potato. Slice the garlic bulb in half. Chop the apple into small cubes
2. Heat up a stockpot on medium high heat. Add olive oil
3. Sauté the onion and garlic for 5-8min
4. Add the apple and celery. Sauté for 5-8min
5. Add the potato, mushrooms, water, and salt
6. Turn the heat up and bring to a boil. Once it reaches a boil, turn the heat down to medium low. Cover and cook for at least 45min (ideally an hour and a half to two hours)
7. Pour the stock into a large bowl using a sieve to catch the solid ingredients. Use a spoon to further press the juices into the stock



# BLACK GARLIC OIL

**TIME:** 25-35 min

**STORAGE:**

keep refrigerated and  
use within 2 months

**INGREDIENTS:**

heaping 1/2 cup garlic  
1/2 cup vegetable oil  
1 tsp salt  
1/2 cup sesame oil

1. Peel the garlic and have the cloves ready
2. Heat up the vegetable oil in a saucepan on medium high
3. Add in the garlic and salt
4. Cook the garlic until they are turning black
5. Remove the pan from the heat, and add the sesame oil
6. Transfer to the blender, and blend on high
7. Give it a good stir before using



# GINGER ONION OIL

**TIME:** 25-35 min

**STORAGE:**

keep refrigerated and  
use within 2 months

**INGREDIENTS:**

4 stalks green onion  
4 shallots  
1/4 cup grated ginger  
1 cup grapeseed oil  
1 tsp salt

1. Roughly chop the green onions. Separate the white parts from the green parts
2. Peel and slice the shallots
3. Grate the fresh ginger
4. In a small saucepan, heat up the grapeseed oil on medium high
5. Add the shallots and the white parts of the green onion. Let it cook for 1-2min
6. Add the ginger, the remaining green onion, and salt
7. Cook until the shallots are golden brown
8. Carefully pour the oil into a heat resistant container using a sieve to catch the solid ingredients
9. Give it a good stir before using



# CHILI OIL

**TIME:** 20-30 min

**STORAGE:**

keep refrigerated and  
use within 6 months

**INGREDIENTS:**

2 tsp Sichuan peppercorns  
4 tbsp red pepper powder\*  
2 tbsp white sesame seeds  
1 star anise  
1 bay leaf  
1 tsp sesame oil  
1 cup grapeseed oil  
1 small piece of ginger

\*find Asian red pepper powder  
in Asian grocery stores

1. Crush the peppercorns in a pestle and mortar. Then, add all of the dry ingredients into a mason jar
2. Add the sesame oil into the jar
3. Heat the grapeseed oil in a saucepan over medium high heat for about 5-8min
4. Place the ginger in the oil
5. When the ginger turns golden brown, remove it, and turn the heat off
6. Carefully pour the hot oil into the mason jar



# CASHEW MILK

**TIME:** 5 min - 1 day

**STORAGE:**

keep refrigerated and  
use within 1-2 weeks

**INGREDIENTS:**

1/4 cup cashews\*  
2 cups water  
pinch of salt

\*if not using a high powered  
blender, soak the cashews in  
water overnight. Alternatively,  
you can boil the cashews in  
hot water until softened

1. Add the ingredients into the blender and blitz until smooth
2. If using a high powered blender, the milk will be smooth enough and straining through a nut milk bag won't be necessary



# OLIVE PASTE

**TIME:** 5 min  
(plus prep in advance)

I. Blend the ingredients in a blender on medium. Use the same portions for making either green olive paste or black olive paste

**PREP IN ADVANCE:**  
black garlic oil - pg 6

**STORAGE:**  
keep refrigerated and  
use within 3 months

**INGREDIENTS:**  
1/2 cup pitted olives  
2 tbsp black garlic oil  
pinch of salt



# MARINATED BAMBOO

**TIME:** 1 day  
(plus prep in advance)

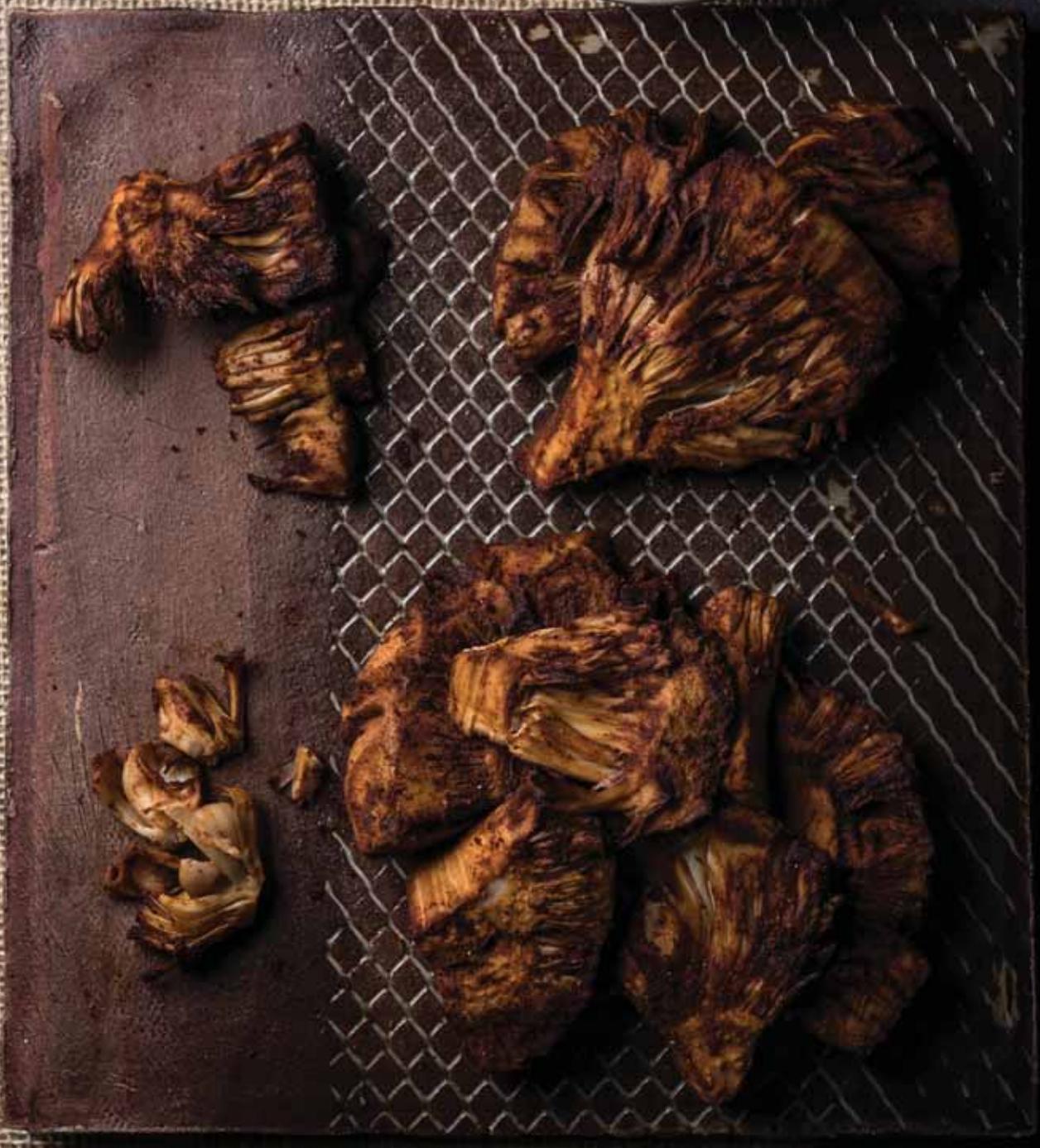
**PREP IN ADVANCE:**  
chili oil - pg 10

**STORAGE:**  
keep refrigerated and  
use within 2-3 weeks

**INGREDIENTS:**

2 tbsp soy sauce  
1 tbsp rice vinegar  
1/2 tbsp sesame oil  
1/2 tbsp chili oil  
1 cup canned bamboo

1. In a mixing bowl, whisk together the soy sauce, rice vinegar, sesame oil, and chili oil
2. Strain out the water from the canned bamboo, and place them in the marinade
3. Stir to coat the bamboo
4. Store the bamboo in a shallow container in the fridge overnight



# JACKFRUIT CHASHU

**TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
black garlic oil - pg 6

**STORAGE:**  
keep refrigerated and  
use within 1-2 weeks

**INGREDIENTS:**  
2 tbsp black garlic oil  
1 tbsp soy sauce  
1/2 tbsp rice vinegar  
1 tbsp smoked paprika  
1 tbsp water  
1 tsp chili powder  
1 tsp liquid smoke  
1 can jackfruit (280g)

1. Preheat the oven for 375F
2. In a large mixing bowl, whisk together all of the ingredients (minus the jackfruit)
3. Strain out the water from the canned jackfruit, and place them on a paper towel
4. Remove any visible seeds, and gently press out some of the excess water. Try not to break them. The oven will dry them further
5. Add the jackfruit to the mixing bowl, then stir to combine
6. Place the jackfruit onto a baking tray lined with aluminium foil
7. Bake in the oven for 25min



# VEGAN EGG

**TIME:** 1 hr  
(plus prep in advance)

**PREP IN ADVANCE:**  
cashew milk - pg 12

**STORAGE:**  
keep refrigerated and  
use within 1-2 weeks

**EGG WHITE  
INGREDIENTS:**  
1 1/2 cup cashew milk  
2 tsp agar agar powder  
1/2 tsp black salt\*

**EGG YOLK  
INGREDIENTS:**  
1/2 cup canned chickpeas  
1/4 cup chickpea water  
1/4 tsp salt  
1/2 tbsp turmeric powder  
2 tbsp grapeseed oil

\*black salt is also known as  
kala namak and can be found  
in Indian grocery stores

## EGG WHITES

1. Soak the cashews overnight in water to soften them. If using a high powered blender, skip this step
2. Blend all of the egg white ingredients on high until smooth
3. Bring the mixture to a boil in a saucepan while stirring
4. Pour the mixture into an egg mould, and chill in the fridge for 40min to firm up
5. Use a small round scoop to create a cavity for the egg yolk

## EGG YOLKS

1. Place all of the egg yolk ingredients, minus the oil, into a blender. Blend on the setting slightly under high. This will leave a little texture
2. Pour the mixture into a mixing bowl, and add in the grapeseed oil (you may use a yellow coloured olive oil instead if you wish). Stir to combine
3. Spoon the mixture into the cavity of the egg whites



# SIMPLE KIMCHI

**TIME:** 1 day  
(plus prep in advance)

**PREP IN ADVANCE:**  
steamed rice - pg 68

**STORAGE:**  
keep refrigerated and  
use within 1-2 months

**INGREDIENTS:**

500g nappa cabbage  
2 tbsp salt (sprinkling)  
2 pieces of garlic  
1 medium piece of ginger  
1 1/2 tsp salt  
2 tbsp steamed rice  
1/4 fuji apple (peeled)  
1/2 cup water  
1/2 cup Chinese chives  
4 tbsp gochugaru\*

\*gochugaru is Korean red  
pepper powder

1. Roughly chop the nappa cabbage and place into a large mixing bowl
2. Sprinkle the 2 tbsp of salt as you thoroughly mix the cabbage
3. Place another bowl or plate onto the cabbage and put a weight on top. Leave it for about 25min. An amount of water will be drawn out of the cabbage
4. Remove the weights, strain out the cabbage water, and rinse with fresh cold water. Strain out the water again
5. Peel the garlic and ginger. Then, place them in a blender along with the 1 1/2 tsp of salt, the steamed rice, peeled apple, and water
6. Blend on high until combined
7. Roughly chop the chives, and add to the cabbage along with the red pepper powder
8. Pour the blender mixture onto the cabbage, and mix everything together thoroughly (use gloves)
9. Transfer to a clean glass container and put the lid on. Let it sit out for a day, then transfer to the fridge for storing up to 1-2 months. It will continue to ferment, taste it to find your personal preference



# THAI RED CHILI PASTE

**TIME:** 30-40 min

**STORAGE:**

keep refrigerated and use within 1-2 weeks

**INGREDIENTS:**

10-15 dried red peppers  
1 1/2 tsp salt  
1/4 tsp peppercorns  
1 lemongrass  
2 tbsp galangal  
1 tsp kafir lime zest  
6 sticks cilantro stems  
3 pieces garlic  
1 shallot  
1 tbsp dark miso

1. Tear the tops off of the dried peppers and discard the seeds. Leave a couple of peppers with the seeds in to increase the spicy level
2. Rehydrate the dried peppers in water overnight or cook in boiling water for 5-8min in a covered saucepan. The soaking water can be discarded
3. Add the peppers, salt, and peppercorns into the pestle and mortar. Crush the peppers using the salt and peppercorns for friction
4. Chop up the bottom half of the lemongrass, and add to the peppers. Give it a crush
5. Chop the galangal and lime zest finely. Add to the paste, and crush
6. Chop the cilantro stems, garlic, and shallots finely. Add to the paste, and crush
7. Add the miso paste, and crush using a spatula to help scrape down the sides



# THAI GREEN CHILI PASTE

**TIME:** 25-35 min

**STORAGE:**

keep refrigerated and  
use within 1-2 weeks

**INGREDIENTS:**

1 tsp coriander seeds  
1 tsp cumin seeds  
1/4 tsp peppercorns  
15 green chili peppers  
1 1/2 tsp salt  
20 Thai basil leaves  
1 lemongrass  
1 tbsp galangal  
1 tsp kafir lime zest  
6 sticks cilantro stems  
3 pieces garlic  
1 shallot  
1 tsp white miso paste

1. In a pan on medium heat, toast the coriander and cumin seeds for about 45 sec. Pound into powder in a pestle and mortar along with the peppercorns, then set aside
2. De-seed the green chili peppers, and chop finely. Add to the pestle and mortar
3. Add the salt, and grind into a paste
4. Add the Thai basil, and grind further
5. Chop the bottom half of the lemongrass finely, and add to the paste. Crush and combine well
6. Chop the galangal and lime zest finely. Add to the paste, and crush
7. Chop the cilantro stems, garlic, and shallots finely. Add to the paste along with the dry spices. Crush and combine well
8. Add the miso paste, and crush using a spatula to help scrape down the sides



# CHINESE CHILI PASTE

**TIME:** 1 day

**STORAGE:**

keep refrigerated and  
use within 1-2 weeks

**INGREDIENTS:**

1 cup dried red peppers\*  
2 pieces garlic  
1 tbsp ginger  
1/2 tbsp cane sugar  
2 tbsp shaoxing wine  
1 tsp salt

\*Chinese dried red peppers  
are ideal and can be found  
in Asian grocery stores

1. Tear the tops off of the dried peppers and discard the seeds. Leave a couple of peppers with the seeds in to increase the spicy level
2. Rehydrate the dried peppers in water overnight or cook in boiling water for 5-8min in a covered saucepan. The soaking water can be discarded
3. Peel and crush the garlic. Peel and roughly chop the ginger
4. Add all of the ingredients into a blender or food processor. Blitz on high
5. Transfer the paste into a glass container. Put the lid on, and let it sit in room temperature overnight. Then, transfer it to the fridge and let it cool overnight



# KOREAN CHILI PASTE

**TIME:** 10-15 min

**STORAGE:**

keep refrigerated and  
use within 1-2 weeks

**INGREDIENTS:**

2 tbsp cane sugar  
1/2 cup water  
1 tsp salt  
1 tbsp dark miso paste  
4 tbsp gochugaru\*  
1 tbsp rice vinegar  
1 tbsp sesame oil

\*gochugaru is Korean red  
pepper powder

1. Heat up a small saucepan on medium heat
2. Add the cane sugar and the 1/2 cup water
3. Add the salt, dark miso, and the Korean red pepper powder.  
Stir to combine
4. Add the rice vinegar and sesame oil. Turn off the heat, and stir to combine



# SESAME PASTE

**TIME:** 5 min

**STORAGE:**

keep refrigerated and  
use within 2-3 weeks

**INGREDIENTS:**

1 cup sesame seeds  
2-4 tbsp sesame oil

1. Place the sesame seeds in the blender. Add 2 tbsp of sesame oil to start
2. Blitz on high until smooth. Add additional sesame oil if needed. Use the same portions for either black sesame paste or white sesame paste. For best results, use a high powered blender like a Vitamix. Alternatively, this can be purchased at Asian grocery stores



# COLD BREW TEA

**TIME:** 4 hrs - 1 day

**STORAGE:**

keep refrigerated and  
use within 2-3 weeks

**INGREDIENTS:**

4 tbsp green tea leaves  
4 cups water

1. If using loose leaf tea, place the leaves in a disposable tea filter bag
2. Put the tea bag into a large jug and add in the water
3. Let the tea steep in the fridge for at least 4-5 hours, but ideally overnight
4. Discard the tea bag, and serve or use in other drink recipes



HANDMADE NOODLES

# HANDMADE NOODLES

**PORTION:** 2  
(multiply as needed)

**TIME:** 20 min - 6 days

**INGREDIENTS:**  
185g bread flour  
1/3 cup water  
1/2 tbsp baking soda  
generous pinch of salt

There is no embarrassment in picking up some high quality store bought ramen noodles (not to be confused with instant noodles)! Sometimes, it really is much more convenient! One thing that I want to demystify is that making noodles by hand just has a very intimidating reputation, but can be a very simple process. However, it does take some practice and time. I always say that the more time and care you put into your food, the more your food will care for you. Since you are investing significant effort into making ramen soup and toppings from scratch, there is nothing more satisfying (and full circle) than making noodles with your own bare hands.

## STORAGE:

- Store in an airtight container and keep in the refrigerator for 4-6 days
- Air dry (or with a fan!) on a pasta drying rack overnight, then store in an airtight freezer bag to keep for several months
- Air dry (or with a fan!) in nests for 3 days on a floured baking pan, then flip them over and dry for another 3 days. Store in an airtight container for several months **\*this is my favourite method!**

## COOK:

- These fresh noodles only need about 1 minute in boiling water to cook, but keep in mind that if you boil the noodles straight from the refrigerator, you will need to boil for 3 minutes
- Dried noodles will need to boil for 7 minutes
- Loosen the noodles in the boiling water with chopsticks and stir occasionally

1. Add the baking soda and salt to the water and bring it to a boil
2. Have the flour ready in a large mixing bowl (or stand mixer or food processor)
3. Pour the hot water slowly into the flour while mixing aggressively with a spatula (or the whisk attachment if using a stand mixer)
4. Knead the dough until combined. The dough should be pretty dry but malleable
5. Divide the dough in half and set one aside
6. Hand-flatten the dough the best you can to prep it for the pasta roller
7. Feed the dough through the pasta roller starting with the widest setting
8. Feed the dough through 2 to 3 times in the same setting until the width reaches the max for the roller (folding the dough as necessary)
9. Set the roller one step thinner and feed the dough through
10. Set the roller another step thinner and feed the dough through
11. Set the roller one final step thinner and feed the dough through
12. Pass the sheet through the noodle cutter and catch the noodles with a bamboo skewer
13. Dust the noodles with some flour to prep for storage (or use right away!)
14. Repeat steps 6-13 with the other portion of dough







## SMALL PLATES



# KING SEAWEED SALAD

**SERVES:** 2  
(multiply as needed)

**TIME:** 20 min

**INGREDIENTS:**

3 cups sliced kombu\*  
1 cup sliced carrot  
1 cup sliced daikon  
4 tbsp soy sauce  
2 tbsp rice vinegar  
2 tbsp cane sugar  
2 tbsp sesame oil  
4 tbsp white sesame seeds

\*this recipe is to re-purpose the kombu used from making ramen. Traditionally, seaweed salad is made using wakame (type of seaweed). Wakame can be purchased at Asian grocery stores. You may substitute the kombu for wakame

1. Slice the kombu sheets into thin strips, and place in a large mixing bowl
2. Wash the kombu with cold water to remove some of the sticky texture
3. Strain out the water
4. Slice the carrot and daikon into strips like the kombu. Add into the mixing bowl
5. In a small mason jar, add the soy sauce, rice vinegar, cane sugar, and sesame oil. Close the lid, and shake to combine
6. Pour the dressing onto the salad and add the white sesame seeds
7. Toss the salad to combine



# JAPANESE HOUSE SALAD

**SERVES:** 2

(multiply as needed)

**TIME:** 20 min

## SALAD

### INGREDIENTS:

1/4 iceberg lettuce  
1/2 carrot  
1/4 cucumber  
1/2 tomato  
2 tsp black sesame seeds

## DRESSING

### INGREDIENTS:

1/4 cup cashews\*  
1/2 cup water  
1/2 tbsp salt  
1/2 tbsp sesame oil  
1 tbsp white miso paste  
1 piece garlic  
1 tbsp ginger  
fresh cracked pepper

1. Chop the lettuce, and place in a large mixing bowl
2. Chop the carrot in half, and slice into strips. Add to the bowl
3. Thinly slice the cucumber, and add to the bowl
4. Slice the tomato in half, and then into thirds. Add to the bowl
5. Blend the dressing ingredients together in a blender on high until completely smooth
6. Toss the salad, and plate. Then, pour over the dressing and sprinkle with black sesame seeds

\*if not using a high powered blender, soak the cashews in water overnight. Alternatively, you can boil the cashews in hot water until softened



# SLAW + GINGER DRESSING

**SERVES:** 2  
(multiply as needed)

**TIME:** 20 min

1. Blend the dressing ingredients on medium high
2. Shred the slaw ingredients
3. Plate the slaw, and pour over the ginger dressing

## SLAW

### INGREDIENTS:

(shredded)  
2 cups red cabbage  
2 cups green cabbage  
1 cup carrot  
1/2 cup daikon

## DRESSING

### INGREDIENTS:

1 large ginger (1/2 cup)  
1 shallot  
1/4 fuji apple (peeled)  
2 pieces garlic  
2 tbsp soy sauce  
1/4 cup rice vinegar  
1 tbsp cane sugar  
1 tbsp white sesame paste  
1 cup grapeseed oil



# SAUTÉED EDAMAME

**SERVES:** 2  
(multiply as needed)

**TIME:** 10 min

**INGREDIENTS:**

2 tbsp soy sauce  
1 tbsp rice vinegar  
1 tbsp cane sugar  
1 tbsp sesame oil  
1/2 cup frozen edamame  
1 tbsp chili oil (optional)  
1 tsp black sesame seeds

1. In a small bowl, whisk together the soy sauce, rice vinegar, and cane sugar
2. Heat up a sauté pan on medium high. Add the sesame oil
3. Sauté the edamame for 1-2min
4. Pour in the sauce, and sauté for another 1-2min
5. Add 1 tbsp of chili oil (optional)
6. Plate the edamame, and sprinkle with black sesame seeds



# PICKLED DAIKON

**SERVES:** 2  
(multiply as needed)

**TIME:** 2 days

**INGREDIENTS:**

1/4 cup lemon juice  
1 tbsp salt  
1 tbsp cane sugar  
1 tsp sake  
1/2 lb daikon  
1 chili pepper (optional)  
1 tsp black sesame seeds

1. In a small bowl, whisk together the lemon juice, salt, cane sugar, and sake
2. Peel the daikon, and chop into 1/4 inch sticks
3. Combine the marinade and daikon in a container or freezer bag
4. Finely chop the chili pepper, and add to the daikon (optional)
5. Seal and cool in the fridge for at least 2 days. Sprinkle with black sesame seeds before serving



# CAU-RAAGE

**SERVES:** 2  
(multiply as needed)

**TIME:** 20-30 min

**INGREDIENTS:**

2 pieces garlic  
1 tbsp ginger  
8-10 cauliflower florets  
2 tbsp soy sauce  
2 tbsp sake  
1 tbsp sesame oil  
1 tbsp cane sugar  
3 cups grapeseed oil  
1/2 cup potato starch  
lime or lemon wedges

1. Finely chop the garlic and ginger. Harvest bite sized florets from the cauliflower
2. In a medium mixing bowl, whisk together the garlic, ginger, soy sauce, sake, sesame oil, and cane sugar
3. Add half of the cauliflower florets to the mixing bowl, and stir to marinate
4. Heat up the grapeseed oil in a small saucepan to about 350F
5. Sprinkle half of the potato starch into the mixing bowl, and coat the florets. Then immediately (and carefully) place them into the hot oil
6. They are done when they turn golden brown(about 3-4min)
7. Rest the fried florets on a paper towel to let out some of the excess oil
8. Place the remaing florets into the mixing bowl, and stir to marinate
9. Sprinkle the remaining potato starch, coat the florets, and immediately fry in the hot oil
10. Also rest them on a paper towel when they are cooked
11. Serve with some fresh lime or lemon wedges



# CHILLED TOFU 2 WAYS

**SERVES:** 2

(multiply as needed)

**TIME:** 15-25 min

## TOFU 1

### INGREDIENTS:

1/2 tbsp ginger  
1 green onion (green part)  
1/4 lb silken tofu  
1 tbsp soy sauce  
1/4 tsp black sesame seeds

## TOFU 2

### INGREDIENTS:

1/4 baby cucumber  
1/2 tbsp lime juice  
1 tsp sesame oil  
pinch of salt  
1/4 tsp gochugaru\*  
1 tsp cane sugar  
1/4 lb silken tofu  
1 tsp chili threads

\*gochugaru is also known as  
Korean red pepper powder  
and can be purchased at Asian  
grocery stores

## TOFU 1

1. Grate the ginger, and thinly slice the green onion
2. Plate the cold silken tofu, and pour over the soy sauce
3. Top the tofu with the ginger, green onion, and black sesame seeds

## TOFU 2

1. Thinly slice the baby cucumber
2. In a small mixing bowl, stir the lime juice, sesame oil, salt, red pepper powder, and cane sugar together to combine
3. Add the cucumber, and stir to combine
4. Top the tofu with the marinated cucumber
5. Pour some of the extra marinade on the tofu
6. Top with the chili threads



# TOFUKATSU

**SERVES:** 2  
(multiply as needed)

**TIME:** 15-25 min

## TOFUKATSU INGREDIENTS:

1/2 lb extra firm tofu  
1/2 cup flour (all-purpose)  
generous pinch of salt  
1/2 cup panko  
1/2 cup water  
1 cup grapeseed oil  
2 cups green cabbage  
1/4 cucumber  
1/2 tomato

## TONKATSU SAUCE INGREDIENTS:

2 tbsp ketchup  
1 tbsp soy sauce  
1 tbsp Worcestershire-sauce\*  
1 tsp sesame oil

\*look for a vegan  
Worcestershire sauce at  
specialty grocery stores

1. Begin by lightly wrapping the tofu in a paper towel to remove some of the excess water (don't overdo it)
2. Spread out the flour and panko on separate plates. Season the flour with a generous pinch of salt. Have water ready in a bowl
3. Heat up the grapeseed oil to 350F in a sauté pan
4. Coat the tofu in the flour, then dip them in the water. Then, coat the tofu in the panko
5. Carefully place the tofu into the oil. Fry for about 3-4min each side or until golden brown
6. Once cooked, transfer the tofu onto some paper towel. Let it rest to let out some of the excess oil
7. Whisk all of the sauce ingredients together
8. Serve sliced with shredded cabbage, cucumber, tomato, and the tonkatsu sauce



# SPICY STEAMED TOFU

**SERVES:** 2

(multiply as needed)

**TIME:** 40 min

## INGREDIENTS:

1 fresh chili pepper  
2 fresh shiitake mushrooms  
2 tbsp soy sauce  
1 tbsp ginger (grated)  
1 tsp rice vinegar  
1 tsp sake  
1 tsp cane sugar  
2 tsp chili oil  
1/2 lb medium firm tofu  
1 green onion (green part)  
1/4 tsp black sesame seeds

1. Preheat the oven to 350F
2. Finely chop the fresh chili pepper, and thinly slice the shiitakes
3. Whisk together the soy sauce, grated ginger, rice vinegar, sake, cane sugar, 1 tsp chili oil, and the fresh chopped chili pepper
4. Line a baking tray with tin foil or parchment paper, and place the tofu block in the middle of the sheet
5. Fold up the corners to make a parcel
6. Pour the marinade onto the tofu, and place the shiitakes on top
7. Leaving a little space above the tofu, twist and seal the parcel
8. Bake in the oven for 25-30min
9. Top the tofu with fresh chopped green onion, 1 tsp chili oil, and black sesame seeds



# MISO GLAZED EGGPLANT

**SERVES:** 2  
(multiply as needed)

**TIME:** 35min

**INGREDIENTS:**

1 tbsp white miso paste  
1/2 tbsp cane sugar  
1/2 tbsp rice vinegar  
1 tsp sesame oil  
1/2 tbsp sake  
1 medium Asian eggplant  
4 tbsp olive oil  
1/2 cup edamame beans  
pinch of salt  
fresh cracked pepper  
1/2 tsp chili powder  
1 green onion (green part)  
1 tsp black sesame seeds

1. Preheat the oven to 350F. Make the miso glaze by whisking together the miso, cane sugar, rice vinegar, sesame oil, and sake
2. Slice the eggplant down the middle lengthwise
3. Score both sides in a criss-cross pattern
4. Heat up a sauté pan on medium high heat, and add olive oil
5. Sear the eggplant on the flesh side
6. Turn off the heat, flip the eggplant over, and spoon on the miso glaze
7. Bake in the oven for 15-20min
8. 5min before the eggplant is done, sauté the edamame in a frying pan with some salt, pepper, chili powder, and a drizzle of olive oil
9. Plate the eggplant with the edamame beans on the side
10. Garnish the eggplant with fresh chopped green onion and a sprinkle of black sesame seeds



# GYOZA

**PORTION:** 20 dumplings  
(multiply as needed)

**TIME:** 1.5-2 hrs

## FILLING

### INGREDIENTS:

20 dried shiitakes  
4 1/4 cups water  
2 tbsp sesame oil  
4 pieces garlic  
2 tbsp ginger  
2 green onion (whole stick)  
1/4 cup kidney beans  
1/2 cup walnuts  
2 tbsp olive oil

## WRAPPER

### INGREDIENTS:

1 cup flour (all-purpose)  
1/4 tsp salt  
1/2 cup hot water

## SAUCE

### INGREDIENTS:

2 tbsp soy sauce  
1 tbsp rice vinegar  
1 tsp sesame oil  
2 tsp grated ginger  
1 green onion (green part)

1. Boil the shiitakes in a covered saucepan with 4 cups of water.  
When it comes to a boil, cook for 10min on medium heat
2. Strain out the water into a bowl, and set the mushrooms aside.  
Heat the saucepan on medium high heat and add the sesame oil.  
Roughly chop and sauté the mushrooms, garlic, ginger, and green onions for 3-5min. Add the beans and walnuts and cook for 3-5min
3. Deglaze the pan with 1/2 cup of the mushroom water. Once the liquid has evaporated, transfer the ingredients to the blender
4. Blend on medium high (use a spatula/tamper). Put in a bowl to cool
5. Make the wrappers by adding the flour, salt, and hot water to a bowl
6. Combine with a spatula. Then, knead the dough for a few minutes
7. Roll the dough on a floured surface. Cut into 2 portions, set one aside, and roll a little further. Cut into about 1/2 inch squares
8. Flatten the dough (use flour to keep it from sticking). Use a rolling pin to make a thin circle wrapper. Repeat with the rest of the dough
9. Scoop about 1 1/2 tbsp of filling into the wrappers, and line one half of the wrapper with water. Crimp the wrapper while closing it
10. Heat a sauté pan on medium heat. Add the olive oil, and wait until the oil starts to smoke. Place the dumplings into the pan (you may need to cook in 2 batches or freeze\* the rest). Add a 1/4 cup of water and immediately cover (have the lid ready as it will sizzle)
11. Steam for 3-4min. Make the sauce by combining the soy sauce, rice vinegar, sesame oil, grated ginger, and fresh chopped green onion

\*put them on a baking tray and into the freezer for 2 hrs before bagging. Steam for 1-2min more



# SHIITO-YAKI

**PORTION:** 36 balls  
(multiply as needed)

**TIME:** 1-2 hrs

## SHIITO-YAKI

### INGREDIENTS:

3 lbs potatoes (peeled)  
20g kombu  
5 dried shiitakes  
2 tbsp soy sauce  
5 tbsp white sesame seeds  
2 green onion (whole stick)  
1 sheet nori (shredded)

### VEGAN MAYO

### INGREDIENTS:

1/2 block soft tofu  
2 tbsp lemon juice  
1 tbsp dijon mustard  
pinch of salt

1. Fill half of a stockpot with water, and bring to a boil. Roughly chop the potatoes. Add the potatoes, kombu, and shiitakes to the water
2. When the potatoes are fork tender, discard the water, and transfer the potatoes into a large mixing bowl. You no longer need the kombu for this recipe. Take out the shiitakes, carefully remove and discard the stalks, and chop them into small pieces (about 1/4 tsp)
3. Mash the potatoes thoroughly (use a ricer for best results). Add the soy sauce, 4 1/2 tbsp of the sesame seeds, and chopped green onion. Mix well
4. Scoop out approx. 1 1/2 tbsp worth of potato, flatten in your hands, and place a piece of shiitake in the middle. Fold in the potato, and gently roll to form a ball (you can gauge the proper size of the ball by using the takoyaki grill pan as a guide)
5. To cook the balls, heat up the takoyaki pan on medium heat. Place the balls into the slots, and add a drizzle of olive oil onto each ball
6. Let it cook for 5-7min. Then, using a bamboo skewer, roll the ball half way on its side by poking down into the bottom half of the ball (attempting to roll the ball using the top half will be very difficult)
7. Let the sides cook for about 2min. Then, gently roll again to cook the rest of the ball. Let it cook for another 3-5min. Monitor them to ensure that they are golden brown seared, but not burnt
8. Turn off the heat, and gently scoop the balls out with a small spoon
9. Make the mayo by blending all of the mayo ingredients together (pour the mayo into a squeeze bottle for nicer presentation)
10. Top with the mayo, nori, and the remaining sesame seeds. Freeze extra balls by placing them onto a baking tray and into the freezer for 2 hours before bagging (cook 2-4min more if frozen)



# PERFECT STOVETOP RICE

**SERVES:** 2

(multiply as needed)

**TIME:** 30 min

**INGREDIENTS:**

1 cup sushi rice

1 cup water

1. Place the rice in a medium saucepan
2. Rinse and drain the rice 3-4 times until the water becomes clear
3. Add the 1 cup of water to the rice, and heat the saucepan on medium high heat
4. When the water starts to bubble, give the rice a stir to release any rice sticking to the bottom. Turn the heat down to just above low, and cover the pan
5. Cook for 15min
6. Turn the heat off, and let the rice steam further for another 10min. Do not remove the lid to peek!
7. Fluff the rice with a fork



# TUNA ONIGIRI

**SERVES:** 2 (4 onigiri)  
(multiply as needed)

**TIME:** 25-35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
steamed rice - pg 68

## VEGAN TUNA INGREDIENTS:

1/3 cup canned chickpeas  
1 tbsp white sesame paste  
1 tsp lemon juice  
1 tsp dijon mustard  
1 tps white sesame seeds  
pinch of salt  
fresh cracked pepper

## ONIGIRI

### INGREDIENTS:

1 cup steamed rice  
1/4 sheet nori  
2 tbsp rice vinegar  
pinch of salt  
1 tsp black sesame seeds

## VEGAN TUNA

1. Place the chickpeas into a mixing bowl, and mash with the back of a fork
2. Add and combine the remaining vegan tuna ingredients

## ONIGIRI

1. Steam the rice and cut the sheet of nori in half
2. When the rice is cooked, transfer to a large mixing bowl
3. Add the rice vinegar and salt to the rice, and mix gently. Then, spread the rice to line the sides of the bowl, and let the rice cool for about 15min
4. Wet your hands with some cold water, and scoop half of the rice into your hands
5. Make a cavity in the middle of the rice, and scoop in about 2 tbsp of the vegan tuna
6. Fold the rice and shape into a triangle
7. Stick the nori piece onto one side of the triangle, and sprinkle with black sesame seeds



# TARO TEA CAKES

**SERVES:** 2 (5 cakes)  
(multiply as needed)

**TIME:** 1-1.5 hrs

**INGREDIENTS:**

2 cups taro  
1 cup purple potato  
2 pinches of salt  
4 tbsp cane sugar  
3 tbsp coconut oil

1. Bring a pot of water to boil, and peel the taro and sweet potato  
Roughly chop them into smaller cubes to help them cook faster
2. Place the taro on one half of the steaming basket, and the purple potato on the other half separated with parchment paper
3. Steam for 20-25min or until completely soft
4. Place the purple potato into a mixing bowl, and drain out the liquid.  
Add a pinch of salt, 2 tbsp cane sugar, 1 tbsp coconut oil, and mash
5. Place the taro in a separate bowl. Add 2 tbsp coconut oil, 2 tbsp cane sugar, a pinch of salt, and mash
6. Line ramekins with plastic wrap or parchment paper
7. Add about 1 tbsp of taro, and press to form a base. Use your hands to add more taro to form a wall around the inside of the ramekin
8. Add about 1 tbsp purple potato, and flatten out with your thumb
9. Carefully collapse the taro wall onto the purple potato. Add slightly more taro on top if needed, and flatten firmly
10. Cover and place in the fridge for at least 6 hours or overnight
11. Carefully remove the mould and enjoy with your favourite hot tea



# COCONUT BLACK RICE PUDDING

**SERVES:** 2

(multiply as needed)

**TIME:** 2 hrs

**INGREDIENTS:**

1/2 cup taro

1/2 cup black rice

1 1/2 cups coconut milk\*

2 cups water

3 tbsp cane sugar

2 tsp vanilla extract

pinch of salt

\*use full fat coconut milk for best results

1. Peel and chop the taro into small cubes
2. Rinse and drain the rice in cold water 2-3 times
3. Heat up a saucepan on medium heat. Add the rice, and stir around for about 2min
4. Add the remaining ingredients
5. Bring to a boil while stirring occasionally
6. When it comes to a boil, turn the heat down to medium. Stir occasionally (every 10min or so) for about 1.5hrs. The taro will eventually melt into the pudding, and the consistency should be fairly thick
7. Top with some chopped ripe mango, and enjoy hot or cold



# MANGO MATCHA SORBET

**SERVES:** 4  
(multiply as needed)

**TIME:** 5 min - 3 hrs

**INGREDIENTS:**

2 tsp matcha  
2 tbsp cane sugar  
3/4 cups almond milk  
3 cups frozen mango

1. Add the matcha powder, cane sugar, and almond milk to a high powered blender. Blitz until smooth
2. Add 3 generous cups of frozen mango chunks, and blend on medium to medium high. Use a tamper to press down the ingredients. Be mindful not to blend for too long because the friction from the blades will eventually start melting the sorbet
3. Serve right away, or store in the freezer for at least 2-3 hours before serving for best results. If freezing overnight, remember to let it sit in room temperature for 15-20min before scooping



RAMEN



# SHIO CLASSIC

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 20 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
noodles - pg 37  
veggie stock - pg 4  
bamboo - pg 16  
ginger onion oil - pg 8

**INGREDIENTS:**

4 cups veggie stock	
10g kombu	
8 pieces bamboo	
1/4 cup corn	
1/4 tsp + 2 pinches of salt	
90g x 2 noodles	
2 tsp cane sugar	
2 tsp rice vinegar	
2 tsp sake	
2 tsp sesame oil	
1 green onion (green part)	
6 pieces nori	
2 tbsp ginger onion oil	

1. In a saucepan, bring a pot of water to boil for the noodles
2. In another saucepan, bring the veggie stock, kombu, bamboo, and corn to a boil. Add 2 pinches of salt
3. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
4. In the serving bowls, divide and whisk together the 1/4 tsp salt, cane sugar, rice vinegar, sake, and sesame oil
5. When the dashi reaches a boil, pour into the serving bowls using a sieve to catch the solid ingredients to set aside
6. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
7. Top with the corn, bamboo, fresh chopped green onion, nori, and the ginger onion oil



# SHIO BOLD

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
noodles - pg 37  
black garlic oil - pg 6

**INGREDIENTS:**  
2 tsp olive oil  
1/2 onion (rough chop)  
4 piece garlic (crushed)  
4 cups veggie stock  
10g kombu  
4 dried shiitakes  
1/4 tsp + 2 pinches of salt  
2 tsp rice vinegar  
2 tsp cane sugar  
2 tsp sake  
2 tsp sesame oil  
90g x 2 noodles  
2 tbsp minced raw onion  
4 slices candy cane beets  
2 tbsp black garlic oil

1. Heat up a saucepan on medium high, and add the olive oil
2. Sauté the roughly chopped onion and garlic until golden brown
3. Once the onion and garlic is golden brown, add the veggie stock, kombu, dried shiitake mushrooms, and 2 pinches of salt
4. In another saucepan, boil water for the noodles
5. In the serving bowls, divide and whisk together the 1/4 tsp salt, cane sugar, rice vinegar, sake, and sesame oil
6. When the dashi reaches a boil, turn down the heat and simmer for 5 min
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
8. Remove the shiitakes from the dashi and set aside to cool. Then, turn the heat back up on the dashi to a boil
9. Carefully remove the stalks from the shiitakes and slice them thinly
10. Pour the dashi into the serving bowls using a sieve to catch the solid ingredients (garlic and onion can be discarded)
11. Give the serving bowls a whisk
12. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
13. Top with the sliced shiitake, minced raw onion, thinly sliced candy cane beet (use a mandoline slicer), and black garlic oil



Chopsticks

# SHOYU CLASSIC

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 25 min  
(plus prep in advance)

**PREP IN ADVANCE:**

noodles - pg 37  
vegan egg - pg 20

**INGREDIENTS:**

2 tsp olive oil  
60g oyster mushrooms  
4 cups water  
10g kombu  
2 pinches of salt  
90g x 2 noodles  
2 tbsp soy sauce  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
2 tsp sesame oil  
2 vegan egg  
1 green onion (green part)

1. Heat up a saucepan on medium high heat, and add the olive oil
2. Sauté the oyster mushrooms until golden brown
3. In another saucepan, boil water for the noodles
4. When the mushrooms are done, set aside. In the same pan, bring the 4 cups of water and kombu to a boil with 2 pinches of salt
5. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
6. In the serving bowls, divide and whisk together the soy sauce, cane sugar, rice vinegar, sake, and sesame oil
7. When the dashi reaches a boil, pour into the serving bowls using a sieve to catch the kombu
8. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
9. Top with the oyster mushrooms, vegan egg, and fresh chopped green onion



# SHOYU BOLD

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
black garlic oil - pg 6  
noodles - pg 37  
olive paste - pg 14  
vegan egg - pg 20

**INGREDIENTS:**

2 tbsp olive oil  
1 bok choy  
1/2 onion (rough chop)  
4 pieces garlic (crushed)  
4 cups water  
10g kombu  
60g fresh shiitakes  
2 pinches of salt  
2 tbsp soy sauce  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
4 tsp black garlic oil  
90g x 2 noodles  
2 tbsp black olive paste  
2 tsp black sesame seeds  
2 vegan eggs

1. Heat up a saucepan on medium high heat. Add 1 tbsp olive oil
2. Cut the bok choy into quarters and brown both sides in the saucepan
3. Set aside the bok choy when seared. Add 1 tbsp olive oil, and sauté the roughly chopped onion and crushed garlic until golden brown
4. In another saucepan, boil water for the noodles
5. Once the onion and garlic is golden brown, add the 4 cups water, the kombu, the shiitake mushrooms, and 2 pinches of salt
6. In the serving bowls, divide and whisk together the soy sauce, cane sugar, rice vinegar, sake, and 2 tsp black garlic oil
7. When the dashi is boiling, turn down the heat and simmer for 5 min
8. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
9. After simmering the dashi, turn the heat up and bring back to a boil
10. Pour the dashi into the serving bowls using a sieve to catch the solid ingredients to set aside. Give the bowls a whisk
11. When the noodles are cooked, strain through a sieve. Divide and plate the noodles in the serving bowls
12. Top with the shiitake mushrooms, bok choy, black olive paste, black sesame seeds, vegan egg, and 2 tsp black garlic oil



# MISO CLASSIC

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 20 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
noodles - pg 37

**INGREDIENTS:**

5 cups water  
10g kombu  
1/2 tsp + 2 pinches of salt  
200g firm tofu  
90g x 2 noodles  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
2 tsp sesame oil  
2 tbsp white miso paste  
1 green onion (green part)  
6 pieces nori

1. In a saucepan, boil water for the noodles
2. In another saucepan, bring the 5 cups water, kombu, and tofu to boil with a couple pinches of salt
3. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
4. In the serving bowl, divide and whisk together the salt, cane sugar, rice vinegar, sake, and sesame oil
5. Whisk the miso paste into the dashi through a sieve
6. When the dashi reaches a boil, pour into the serving bowls using a sieve to catch the solid ingredients to set aside
7. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
8. Top with the tofu, fresh chopped green onion, and nori



# BLACK MISO

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
ginger onion oil - pg 8  
noodles - pg 37  
bamboo - pg 16  
olive paste - pg 14  
black garlic oil - pg 6

**INGREDIENTS:**

2 tsp olive oil  
1 bok choy  
5 cups veggie stock  
10g kombu  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
2 tsp ginger onion oil  
90g x 2 noodles  
2 tbsp hatcho miso paste  
2 tbsp minced raw onion  
6 pieces bamboo  
2 tbsp green olive paste  
2 tsp black sesame seeds  
2 tbsp black garlic oil

1. Heat up a saucepan on medium high. Then, add 2 tsp olive oil
2. Cut the bok choy into quarters and brown both sides in the saucepan
3. In another saucepan, boil water for the noodles
4. Set the bok choy aside once seared, and in the same pan, bring the veggie stock and kombu to a boil
5. In the serving bowls, divide and whisk together the cane sugar, rice vinegar, sake, and ginger onion oil
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. Remove the kombu from the dashi, and whisk the miso paste into the dashi through a sieve
8. When the dashi reaches a boil, pour into the serving bowls and give them a whisk
9. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
10. Top with the seared bok choy, the minced raw onion, bamboo, green olive paste, black sesame seeds, and black garlic oil



# MIXED MISO ARTS

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 20 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
noodles - pg 37

**INGREDIENTS:**

4 cups veggie stock  
10g kombu  
1/4 cup corn  
90g x 2 noodles  
2 tsp cane sugar  
2 tsp rice vinegar  
1/2 tsp salt  
2 tsp sesame oil  
1 tbsp red miso paste  
1 tbsp white miso paste  
1 green onion (green part)  
50g enoki mushrooms  
2 tbsp sesame oil  
2 tsp white sesame seeds

1. In a saucepan, boil water for the noodles
2. In another saucepan, bring the veggie stock, kombu, and corn to a boil
3. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
4. In the serving bowls, divide and whisk together the cane sugar, rice vinegar, salt, and sesame oil
5. Whisk both miso pastes into the dashi through a sieve
6. When the dashi reaches a boil, pour into the serving bowls using a sieve to catch the solid ingredients to set aside
7. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
8. Top with the corn, fresh chopped green onion, enoki mushrooms, sesame oil, and white sesame seeds



# GOLDEN MISO

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

noodles - pg 37

veggie stock - pg 4

chili oil - pg 10

vegan egg - pg 20

**INGREDIENTS:**

2 tsp olive oil

50g oyster mushrooms

1/4 cup thin sliced fennel

5 cups veggie stock

10g kombu

90g x 2 noodles

2 tbsp orange juice

2 tsp sake

2 tsp turmeric powder

4 tsp chili oil

1/2 tsp salt

2 tbsp white miso paste

2 vegan egg

2 tbsp fennel trimmings

1. Heat up a saucepan on medium high, and add the olive oil
2. Sauté the sliced fennel and mushrooms until golden brown
3. In another saucepan, boil water for the noodles
4. Set aside the mushrooms and fennel when cooked, and in the same pan bring the veggie stock and kombu to a boil
5. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
6. In the serving bowls, divide and whisk together the orange juice, sake, turmeric powder, 1 tsp chili oil each bowl, and salt
7. Whisk the miso paste through a sieve into the dashi
8. When the dashi reaches a boil, pour into the serving bowls using a sieve to catch the kombu. Give the bowls a whisk
9. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
10. Top with the sautéed mushrooms and fennel, vegan egg, fennel trimmings, and the remaining chili oil



# SHIITOTSU

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
cashew milk - pg 12  
veggie stock - pg 4  
noodles - pg 37  
vegan egg - pg 20  
black garlic oil - pg 6

**INGREDIENTS:**

60g fresh shiitakes  
2 dried shiitakes  
1 cup cashew milk  
3 cups veggie stock  
10g kombu  
60g shimeji mushrooms  
2 tbsp soy sauce  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
90g x 2 noodles  
1 green onion (green part)  
2 vegan egg  
2 tbsp black garlic oil

1. Begin by brushing off any dirt from the fresh shiitakes with a paper towel. Then, remove and discard the stalks, and slice the mushrooms
2. In a blender, blitz the dried shiitake mushrooms into powder. Then, add the 1 cup cashew milk and blend on high to combine. It only needs a few seconds
3. In a saucepan, bring the veggie stock, kombu, and all of the fresh mushrooms to a boil. Then, simmer on medium heat for 3-5min
4. Meanwhile in another saucepan, boil water for the noodles
5. In the serving bowls, divide and whisk together the soy sauce, cane sugar, rice vinegar, and sake
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. When the dashi is ready, use a slotted scoop to take the mushrooms and kombu out to set aside
8. Bring the blender to medium and slowly pour the dashi into the milk while blending. Blend on high once all the dashi is poured in. It only needs a few seconds
9. Pour the broth back into the saucepan and heat back up to medium high while stirring. Use a mesh scoop or a paper towel to remove the froth
10. Pour the broth into the serving bowls, and give it a quick stir
11. When the noodles are cooked, strain through a sieve. Divide and plate the noodles in the serving bowls
12. Top with the mushrooms, fresh chopped green onion, vegan egg, and black garlic oil



# RISING SUN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
noodles - pg 37  
cashew milk - pg 12  
vegan egg - pg 20  
chili oil - pg 10

**INGREDIENTS:**

2 tbsp olive oil  
60g oyster mushrooms  
1/4 cup diced tomatoes  
3 cups veggie stock  
10g kombu  
4 pcs sundried tomatoes  
2 tsp cane sugar  
2 tsp rice vinegar  
1 tsp salt  
2 tsp sesame oil  
90g x 2 noodles  
1 tbsp red miso paste  
2 tbsp tomato paste  
1 cup cashew milk  
2 vegan egg  
2 tsp white sesame seeds  
1 green onion (green part)  
2 tsp chili threads  
2 tbsp chili oil

1. Heat up a saucepan on medium high heat. Add the olive oil
2. Sauté the oyster mushrooms until golden brown
3. Meanwhile in another saucepan, boil water for the noodles
4. Once the mushrooms are done, set them aside. In the same pan, add in the fresh tomatoes and sauté for about 2 min
5. Add in the veggie stock, kombu, and the sundried tomatoes
6. In the serving bowls, divide and whisk together the cane sugar, rice vinegar, salt, and sesame oil
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
8. When the dashi reaches a boil, turn down the heat to low and whisk in the miso paste and tomato paste through a sieve
9. Remove the kombu and whisk in the cashew milk. Then, turn the heat back up to medium high whisking often
10. When the dashi is hot, pour into the serving bowls using a sieve to catch the solid ingredients. Give the bowls a whisk
11. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
12. Top with the mushrooms, sundried tomatoes, vegan egg, white sesame seeds, fresh chopped green onion, chili threads, and chili oil



# HOT SOUR

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 40 min  
(plus prep in advance)

**PREP IN ADVANCE:**

noodles - pg 37  
ginger onion oil - pg 8

**INGREDIENTS:**

2 tbsp olive oil  
2 tbsp minced ginger  
2 tbsp minced garlic  
1 minced shallot  
2 tsp chili powder  
4 1/2 cups water  
15g black fungus  
10g kombu  
2 dried shiitakes  
3 tbsp soy sauce  
3 tbsp rice vinegar  
2 tsp shoaxing wine  
2 tsp sesame oil  
90g x 2 noodles  
100g firm tofu  
8 slices bamboo  
1 green onion (green part)  
2 tbsp ginger onion oil

1. Heat up a saucepan on medium heat. Add the olive oil
2. Sauté the ginger, garlic, and shallot until golden brown
3. Add the chili powder, and give it a stir
4. Add the 4 1/2 cups of water, black fungus, kombu, and dried shiitakes. Bring to a boil
5. Meanwhile in another saucepan, boil water for the noodles
6. In the serving bowls, divide and whisk together the soy sauce, rice vinegar, shoaxing wine, and sesame oil
7. When the dashi comes to a boil, turn it down to medium and simmer for 5 min covered
8. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
9. Check to see if the shiitakes are soft. Take them out, carefully remove the stalks, and slice them
10. Chop the tofu into cubes. Then, add the tofu and bamboo into the dashi. Turn the heat back up to boil
11. When the dashi comes to a boil, pour into the serving bowls using the sieve to catch the soild ingredients. Give the bowls a whisk
12. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
13. Top with the mushrooms, tofu, bamboo, black fungus, fresh chopped green onion, and the ginger onion oil



# BLACK MAGIC

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
sesame paste - pg 32  
noodles - pg 37  
chashu - pg 18  
vegan egg - pg 20  
black garlic oil - pg 6

**INGREDIENTS:**  
4 cups veggie stock  
10g kombu  
15g black fungus  
2 tbsp soy sauce  
2 tsp cane sugar  
2 tsp black rice vinegar  
1 tbsp black sesame paste  
90g x 2 noodles  
1 tbsp hatcho miso paste  
4 pieces chashu  
2 pieces nori  
2 vegan eggs  
2 tsp chili threads  
2 tbsp black garlic oil

1. Preheat the oven to 350F. Then, bring the veggie stock, kombu, and the black fungus to a boil in a saucepan
2. Meanwhile in another saucepan, boil some water for the noodles
3. In the serving bowls, divide and whisk together the soy sauce, cane sugar, black rice vinegar, and black sesame paste
4. When the dashi comes to a boil, turn the heat to medium and simmer for 5 min
5. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
6. Take the kombu and black fungus out from the dashi and set aside
7. Whisk the miso paste into the dashi through a sieve. Bring the dashi back up to a boil
8. When the dashi comes to a boil, pour into the serving bowls and give them a whisk
9. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
10. Top with the black fungus, chashu, nori, vegan egg, chili threads, and black garlic oil



# SPICY TAN TAN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

chashu - pg 18  
bamboo - pg 16  
veggie stock - pg 4  
noodles - pg 37  
sesame paste - pg 32  
chili oil - pg 10  
cashew milk - pg 12

**INGREDIENTS:**

2 tbsp olive oil  
6 pieces chashu  
4 slices bamboo  
4 tbsp corn  
3 cups veggie stock  
10g kombu  
2 pinches of salt  
90g x 2 noodles  
2 tbsp soy sauce  
2 tsp rice vinegar  
2 tsp cane sugar  
2 tbsp white sesame paste  
2 tsp sesame oil  
2 tbsp + 2 tsp chili oil  
1/2 cup cashew milk  
1 green onion (green part)  
1 tbsp chili threads

1. Heat up a saucepan on medium high heat. Add the olive oil
2. Dice up the chashu, and sauté for 3-5min. Then, set aside
3. Meanwhile in another saucepan, boil some water for the noodles
4. Sauté the bamboo and corn for 3-5min. Then, set aside
5. In the same saucepan, bring the veggie stock and kombu to a boil with a couple pinches of salt
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. In the serving bowls, divide and whisk together the soy sauce, rice vinegar, cane sugar, white sesame paste, sesame oil, and 2 tsp chili oil
8. When the dashi comes to a boil, turn the heat to low, and remove the kombu
9. When the dashi stops bubbling, add in the cashew milk while whisking. Then, turn the heat back up to medium high. Whisk occasionally
10. When the dashi is hot, pour into the serving bowls and give them a whisk
11. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
12. Top with the chashu, bamboo, corn, fresh chopped green onion, the remaining 2 tbsp of chili oil, and chili threads



# DYNASTY WARRIOR

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

bamboo - pg 16  
veggie stock - pg 4  
noodles - pg 37  
Chinese chili paste - pg 28  
olive paste - pg 14  
chili oil - pg 10  
black garlic oil - pg 6

**INGREDIENTS:**

2 tbsp olive oil  
6 asparagus spears  
4 slices bamboo  
3 cups veggie stock  
10g kombu  
4 dried red chili peppers  
90g x 2 noodles  
3 tbsp soy sauce  
2 tsp cane sugar  
2 tbsp shaoxing wine  
2 tbsp Chinese chili paste  
2 tbsp black olive paste  
2 tsp chili threads  
2 tbsp chili oil  
2 tbsp black garlic oil

1. Heat up a saucepan on medium high heat. Add the olive oil
2. Break off the spear part of the asparagus, and add into the saucepan
3. Add the bamboo, and sauté for 3-5min
4. Meanwhile in another saucepan, boil water for the noodles
5. Set aside the bamboo and asparagus when it is done. In the same saucepan, add the veggie stock and kombu
6. Tear the dried red chili peppers in half to remove the seeds, then add it into the dashi. Bring the broth to a boil
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
8. In the serving bowls, divide and whisk together the soy sauce, cane sugar, shaoxing wine, and the Chinese chili paste
9. When the dashi is hot, remove the kombu, and pour into the serving bowls and give them a whisk
11. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
12. Top with the asparagus, bamboo, black olive paste, chili threads, chili oil, and black garlic oil



# BOWL OF KINGS

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
noodles - pg 37  
chashu - pg 18  
olive paste - pg 14  
vegan egg - pg 20  
ginger onion oil - pg 8

**INGREDIENTS:**

4 tbsp olive oil  
2 king oyster mushrooms  
1/2 bok choy  
5 cups veggie stock  
10g kombu  
14g dry lobster mushrooms  
90g x 2 noodles  
2 tbsp soy sauce  
2 tsp rice vinegar  
2 tsp cane sugar  
2 tbsp sake  
2 tsp truffle oil\*  
4 pieces chashu  
2 tbsp green olive paste  
2 vegan eggs  
2 tsp chili threads  
1 green onion (green part)  
2 tbsp ginger onion oil  
2 tsp white sesame seeds

\*artificial truffle oil is vegan

1. Preheat the oven to 350F. Then, heat up a saucepan on medium heat and add 2 tbsp olive oil
2. Slice the king oyster mushrooms into discs, and the cap in half
3. Sauté the oyster mushrooms until golden brown, then set aside.  
Add 2 tbsp olive oil. Slice the bok choy in half, and sauté until golden brown
4. Meanwhile in another saucepan, boil some water for the noodles
5. When the bok choy is golden brown, set aside. In the same saucepan, add the veggie stock, kombu, and dried lobster mushrooms. Bring to a boil
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
7. When the dashi comes to a boil, turn the heat down to medium and cook for about 5 min covered
8. In the serving bowls, divide and whisk together the soy sauce, rice vinegar, cane sugar, sake, and truffle oil
9. When the dashi comes to a boil, pour into the serving bowls using a sieve to catch the solid ingredients. Give the bowls a whisk
10. When the noodles are cooked, strain out the water through a sieve.  
Divide and plate the noodles in the serving bowls
11. Top with the lobster mushrooms, king oyster mushrooms, chashu, green olive paste, bok choy, vegan egg, chili threads, fresh chopped green onion, ginger onion oil, and white sesame seeds



Photo by [Jesse H. S. Kim](#)

# WANDERING SAMURAI

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
noodles - pg 37

**INGREDIENTS:**

4 dried shiitakes  
5 cups water  
10g kombu  
1/4 daikon  
1/4 carrot  
100g firm tofu  
4 baby corn spears  
90g x 2 noodles  
1 tbsp salt  
2 tsp soy sauce  
1 tbsp rice vinegar  
2 tsp cane sugar  
1/2 cup daikon leaves  
1 candy cane beet  
2 tbsp sesame oil

1. Begin by carefully removing the stalks from the dried shiitakes
2. In a saucepan, start the dashi by bringing the 5 cups of water, kombu and dried shiitake mushrooms to a boil
3. Meanwhile in another saucepan, boil some water for the noodles
4. Peel and slice the daikon into 1/4 inch discs. Slice the carrot, and chop the tofu into cubes
5. When the dashi comes to a boil, turn the heat down to medium. Add the daikon, carrots, corn, and tofu. Cook for 8-10min covered
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. In the serving bowls, divide and whisk together the salt, soy sauce, rice vinegar, and cane sugar
8. When the dashi is done, pour into the serving bowls using a sieve to catch the soild ingredients. Give the bowls a whisk
9. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
10. Top with the shiitakes, daikon, carrots, tofu, corn, raw chopped daikon leaves, super thin slices of candy cane beets, and sesame oil



# GAIA

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
noodles - pg 37  
cashew milk - pg 12  
black garlic oil - pg 6

**INGREDIENTS:**  
100g fresh shiitakes  
1/3 lotus root  
1 Japanese sweet potato  
4 cups veggie stock  
10g kombu  
4 baby gai lan  
3 tbsp soy sauce  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tbsp almond butter  
2 tsp sesame oil  
90g x 2 noodles  
1/2 cup cashew milk  
2 tbsp black garlic oil

1. Start by prepping the veggies. Remove the stalks from the shiitake mushrooms. Peel, and thinly slice the lotus root. Roughly chop the potato into bite sized pieces
2. In a saucepan, add the veggie stock, kombu, gai lan, shiitakes, potatoes, and the lotus root slices. Bring to a boil
3. Meanwhile in another saucepan, boil some water for the noodles
4. In the serving bowls, divide and whisk together the soy sauce, cane sugar, rice vinegar, almond butter, and sesame oil
5. When the dashi comes to a boil, remove the kombu, turn the heat to medium, and cook for 8-10min covered
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. When the dashi is done, turn the heat down to low. Remove all of the veggies, and set them aside. When the dashi stops bubbling, add the cashew milk while whisking. Then, turn the heat back up to medium high. Whisk occasionally
8. When the dashi is hot, pour into the serving bowls while whisking
9. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
10. Top with the gai lan, shiitake mushrooms, potatoes, lotus root, and black garlic oil



# FREE SPIRIT

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 25 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
red Thai chili paste - pg 24  
veggie stock - pg 4  
noodles - pg 37  
chashu - pg 18  
black garlic oil - pg 6  
chili oil - pg 10

**INGREDIENTS:**  
50g fresh shiitakes  
1/2 cup purple cabbage  
2 tbsp olive oil  
1/4 cup edamame  
2 tbsp red Thai chili paste  
4 cups veggie stock  
10g kombu  
1/2 tsp salt  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp sake  
2 tsp sesame oil  
90g x 2 noodles  
1/2 cup bean sprouts  
4 pieces chashu  
2 tsp black sesame seeds  
2 tbsp black garlic oil  
2 tbsp chili oil

1. Preheat the oven to 350F. Then, remove the stalks from the shiitake mushrooms, and shred 1/2 cup worth of purple cabbage
2. Heat up a saucepan on medium high. Add 1 tbsp olive oil
3. Sauté the edamame for 2-3min
4. Meanwhile in another saucepan, boil some water for the noodles
5. Set the edamame aside. In the same saucepan, add 1 tbsp olive oil and sauté the chili paste for 2min. Then, add the veggie stock, kombu, and shiitake mushrooms
6. In the serving bowls, divide and whisk together the salt, cane sugar, rice vinegar, sake, and sesame oil
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
8. When the dashi comes to a boil, remove the kombu and shiitakes. Set the mushrooms aside
9. Pour the dashi into the serving bowls, and give them a whisk
10. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
11. Top with the shiitakes, edamame, shredded cabbage, fresh bean sprouts, chashu, black sesame seeds, black garlic oil, and chili oil



# COCONUT CURRY

**SERVES:** 2

(multiply as needed)

**COOK TIME:** 25 min

(plus prep in advance)

**PREP IN ADVANCE:**

green Thai chili paste - pg 26

veggie stock - pg 4

noodles - pg 37

bamboo - pg 16

**INGREDIENTS:**

2 tbsp olive oil

1/4 cup corn

1/2 cup coconut milk

2 tbsp green Thai chili paste

100g extra firm tofu

3 cups veggie stock

10g kombu

1 tsp + 2 pinches of salt

2 tsp cane sugar

1 tsp matcha powder

2 tsp lime juice

90g x 2 noodles

5 slices bamboo

1/4 cup red bell pepper

several sprigs cilantro

2 tbsp coconut oil

1. Heat up a saucepan on medium heat. Add 2 tbsp olive oil. Add and sauté the corn for 2-3min, then set aside. In the same saucepan, add 1 tbsp of the coconut milk (for best results, use full fat coconut milk)
2. When the coconut milk starts bubbling, add the chili paste, and sauté for 2-4min. Chop the tofu into cubes in the meantime
3. Add the veggie stock, kombu, tofu, the rest of the coconut milk, and a couple pinches of salt. Turn the heat up to medium high
4. Meanwhile in another saucepan, boil some water for the noodles
5. In the serving bowls, divide and whisk together the salt, cane sugar, matcha powder, and lime juice (use a sieve when adding the matcha powder to prevent it from clumping)
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. When the broth comes to a boil, remove the kombu and tofu cubes. Then, pour into the serving bowls and give the bowls a whisk
8. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
9. Top with the tofu, bamboo, corn, thinly sliced red bell pepper, a few sprigs of fresh cilantro, and coconut oil (melted)



# PHOENIX

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
sesame paste - pg 32  
noodles - pg 37  
Korean chili paste - pg 30  
chashu - pg 18  
chili oil - pg 10

**INGREDIENTS:**

2 dried chili peppers  
4 cups veggie stock  
10g kombu  
15g black fungus  
1/4 cup corn  
6 bean curd sticks  
2 tbsp soy sauce  
2 tsp cane sugar  
2 tsp rice vinegar  
2 tsp black sesame paste  
90g x 2 noodles  
2 tbsp Korean chili paste  
4 pieces chashu  
2 tsp chili threads  
2 tbsp chili oil

1. Preheat the oven to 350F. Then, tear the dried chili peppers in half and discard the seeds
2. Heat up a saucepan on medium high heat. Add the veggie stock, kombu, dried chili pepper, black fungus, corn, and the bean curd
3. Meanwhile in another saucepan, boil some water for the noodles
4. In the serving bowls, divide and whisk together the soy sauce, cane sugar, rice vinegar, and the black sesame paste
5. When the dashi comes to a boil, turn the heat to medium low, and cook for another 5-8min covered. Remove the kombu
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
7. When the dashi is done, remove the black fungus, chili peppers, and the bean curd to set aside
8. Add the chili paste into the dashi, and whisk to combine. Bring the dashi back up to a boil
9. Pour the dashi into the serving bowls using a sieve to catch the corn. Give the bowls a whisk
10. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
11. Top with the black fungus, bean curd sticks, corn, red chili peppers, chashu, chili threads, and chili oil



# FIRE EATER

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
chashu - pg 18  
bamboo - pg 16  
noodles - pg 37

**INGREDIENTS:**

1/2 cup dried chili peppers  
1 stick green onion  
2 tbsp ginger (grated)  
2 tbsp garlic (chopped)  
3/4 cup grapeseed oil  
1 tbsp sichuan peppercorns  
2 tbsp broad bean paste\*  
1/2 tsp white pepper  
2 tsp sake  
2 tsp rice vinegar  
2 tbsp soy sauce  
4 cups veggie stock  
4 pieces chashu  
4 slices bamboo  
10g kombu  
90g x 2 noodles  
2 tsp black sesame seeds  
2 tsp red pepper flakes

\*a fermented bean paste that  
can be purchased at Asian  
grocery stores

1. Coarsely chop the peppers and onion. Finely chop the garlic, and grate the ginger
2. Heat up a saucepan on medium heat. Add 2 tbsp grapeseed oil
3. In another saucepan, bring some water to boil for the noodles
4. Sauté the peppercorns and chili peppers (and seeds) for about 40 seconds, then set aside
5. Add another 2 tbsp grapeseed oil. Sauté the garlic, green onions, bamboo, and chashu for about 2min. Then, remove and set aside
7. In the serving bowls, divide and whisk together the broad bean paste, white pepper, sake, rice vinegar, and soy sauce
8. Add the veggie stock and the kombu to the saucepan. Turn the heat up to medium high and cook until boiling. Then remove the kombu
9. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
10. Pour the broth into the serving bowls and give them a whisk
11. In the same saucepan, heat up the rest of the oil with the ginger
12. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
13. Top the ramen with the chashu, bamboo, the sautéed peppers, black sesame seeds, and the red pepper flakes
14. When the ginger starts to turn golden brown, pour the hot oil on top of the red pepper flakes. It will sizzle, so do it table side!



# KIMCHI RAMEN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 20 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
chili oil - pg 10  
noodles - pg 37  
Korean chili paste - pg 30  
kimchi - pg 22  
vegan egg - pg 20

**INGREDIENTS:**

5 cups veggie stock  
10g wakame seaweed  
2 tbsp soy sauce  
2 tsp rice vinegar  
2 tsp cane sugar  
4 tbsp chili oil  
90g x 2 noodles  
2 tbsp Korean chili paste  
1 cup kimchi  
2 vegan eggs  
1 green onion (green part)

1. Bring a pot of water to boil for the noodles
2. In another saucepan, bring the veggie stock and the dried wakame seaweed to a boil
3. In the serving bowls, divide and whisk together the soy sauce, rice vinegar, cane sugar, and 2 tbsp of the chili oil
4. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
5. When the veggie stock comes to a boil, remove the wakame and set aside. Add in the Korean chili paste, and whisk to combine
6. Add the kimchi, and bring the stock back up to a boil
7. Pour the hot stock into the serving bowls using a sieve to catch the solid ingredients. Give the bowls a whisk
8. When the noodles are cooked, strain out the water through a sieve. Divide and plate the noodles in the serving bowls
9. Top with the wakame, kimchi, vegan egg, and fresh chopped green onion (also doesn't hurt to serve a small side of extra kimchi!)



VIETNAM

# FIRE AND ICE (COLD)

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 25 min  
(plus prep in advance)

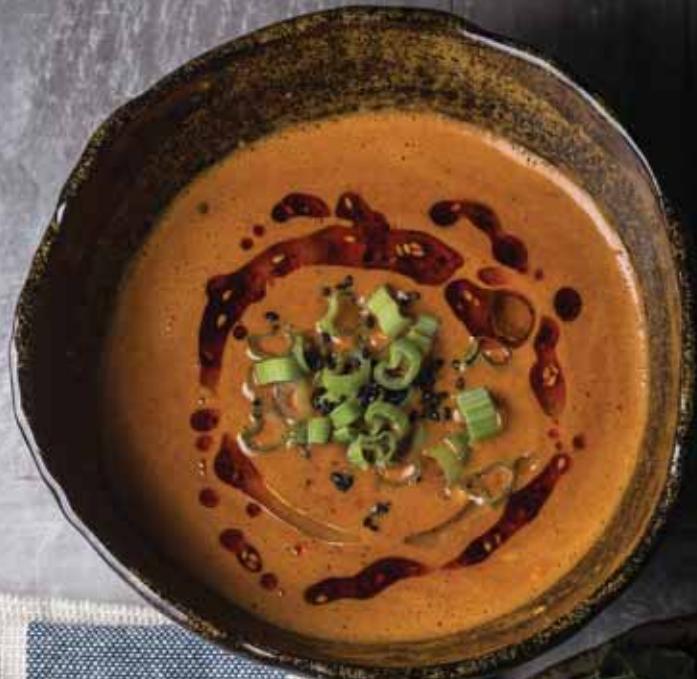
**PREP IN ADVANCE:**  
veggie stock - pg 4  
noodles - pg 37  
Korean chili paste - pg 30  
chili oil - pg 10

**INGREDIENTS:**  
3 cups veggie stock  
10g kombu  
90g x 2 noodles  
2 tbsp Korean chili paste  
4 tbsp soy sauce  
2 tsp cane sugar  
2 tbsp rice vinegar  
2 tbsp sake  
chili pepper (optional)  
4 ice cubes  
1 green onion (green part)  
1 cup nappa cabbage  
1/2 cup bean sprouts  
85g enoki mushrooms  
couple sprigs of cilantro  
2 tbsp chili oil

1. Bring a pot of water to boil for the noodles
2. In another saucepan, bring the veggie stock and kombu to boil
3. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
4. In the serving bowls, divide and whisk together the Korean chili paste, soy sauce, cane sugar, rice vinegar, and sake. For more spicy kick, add a finely chopped chili pepper
5. When the dashi comes to a boil, remove the kombu. Divide and pour the dashi into the serving bowls. Give the bowls a whisk
6. Divide and add the ice cubes into the serving bowls. Give it another whisk until the ice melts completely
7. When the noodles are cooked, strain out the water through a sieve and cool the noodles under cold water. Divide and plate the noodles in the serving bowls
8. Top with fresh chopped green onion, thinly sliced nappa cabbage, fresh bean sprouts, enoki mushrooms, a couple sprigs of cilantro, and chili oil



## NOODLE DISHES



# SPICY TSUKEMEN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**

noodles - pg 37  
veggie stock - pg 4  
Korean chili paste - pg 30  
cashew milk - pg 12  
vegan egg - pg 20  
bamboo - pg 16  
ginger onion oil - pg 8  
chili oil - pg 10

**INGREDIENTS:**

2 king oyster mushroom  
2 gai lan sticks  
4 tbsp olive oil  
90g x 2 noodles  
4 baby corn spears  
1 1/2 cups veggie stock  
10g kombu  
4 tbsp soy sauce  
2 tbsp Korean chili paste  
2 dried shiitakes  
1 cup cashew milk  
2 vegan eggs  
8 slices bamboo  
1 green onion (green part)  
2 tsp black sesame seeds  
2 tsp ginger onion oil  
2 tsp chili oil

1. Bring a pot of water to boil for the noodles
2. Slice the king oyster mushroom into discs, and the cap in half
3. Prep the gai lan by slicing off a bit of the woody stalk
4. Heat up another saucepan on medium high. Add 2 tbsp olive oil
5. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
6. Sauté the mushroom slices for 2-3min, then set aside. Add another 2 tbsp of olive oil. Sauté the gai lan and baby corn for 3-5min, then set aside
7. In the same saucepan, add the veggie stock, kombu, soy sauce, and chili paste. Give the dashi a whisk
8. In the blender, blitz the dried shiitake mushroom into powder. Then, add the cashew milk, and blend to combine
9. When the dashi comes to a boil, remove the kombu. Then, pour into the blender and blend to combine. Pour back into the saucepan, and heat up gently to medium high while stirring. Remove the froth by using a mesh scoop or paper towel
10. Once the noodles are cooked, rinse off some of the sticky texture with warm water. Then, strain out the water through a sieve
11. Divide and plate the noodles with the gai lan, mushroom, vegan egg, baby corn, and bamboo. Divide and plate the dip in its own bowl
12. Garnish the dip with fresh chopped green onion, black sesame seeds, ginger onion oil, and chili oil

\*Add a cup of hot veggie stock to the dip at the end of your meal and enjoy as soup



# SHIITOTSU TSUKEMEN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
cashew milk - pg 12  
noodles - pg 37  
chashu - pg 18  
black garlic oil - pg 6

**INGREDIENTS:**  
1 bok choy  
100g fresh shiitakes  
1 1/2 cups veggie stock  
10g kombu  
2 dried shiitakes  
1/2 cup cashew milk  
2 tsp cane sugar  
2 tsp sake  
2 tsp rice vinegar  
1 tsp salt  
2 tbsp olive oil  
90g x 2 noodles  
6 pieces chashu  
6 pieces nori  
1 green onion (green part)  
2 tsp black sesame seeds  
2 tbsp black garlic oil

1. Preheat the oven to 350F. Then, slice the bok choy into quarters, and remove the stalks from the fresh shiitakes
2. Bring a pot of water to boil for the noodles
3. In another saucepan, bring the veggie stock and kombu to a boil
4. In the blender, blitz the dried shiitake mushrooms into powder. Then, add the cashew milk and blend to combine
5. When the dashi comes to a boil, remove the kombu. Pour the dashi into the blender along with the cane sugar, sake, rice vinegar, and salt. Blend to combine
6. In the same saucepan, turn the heat to medium high. Add the olive oil
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
8. Sauté the bok choy for 3-5min. Then, add the fresh shiitakes and sauté for another 3-5min. When cooked, set them aside
9. Pour the broth back into the saucepan and heat up to medium high while stirring. Use a mesh scoop or paper towel to remove the froth
10. Once the noodles are cooked, rinse off some of the sticky texture with warm water. Then, strain out the water through a sieve
11. Divide and plate the noodles with the bok choy, shiitakes, chashu, and nori. Divide and plate the dip in its own bowl
12. Garnish the dip with fresh chopped green onion, black sesame seeds, and black garlic oil

\*Add a cup of hot veggie stock to the dip at the end of your meal and enjoy as soup



# CLASSIC MISO TSUKEMEN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**

veggie stock - pg 4  
noodles - pg 37  
bamboo - pg 16  
vegan egg - pg 20  
chili oil - pg 10

**INGREDIENTS:**

4 tbsp olive oil  
2 pieces minced garlic  
1 tbsp minced ginger  
2 cups veggie stock  
10g kombu  
2 dried shiitakes  
2 tsp white sesame seeds  
2 tsp cane sugar  
2 pinches of salt  
90g x 2 noodles  
2 tsp sake  
60g baby king oyster-mushrooms  
2 sticks gai lan  
6 slices bamboo  
2 tbsp diced white onion  
2 tbsp miso paste  
2 vegan eggs  
4 pieces nori  
2 tsp black sesame seeds  
1 green onion (green part)  
2 tbsp chili oil

1. Bring a pot of water to boil for the noodles
2. Heat up another saucepan on medium high heat. Add 2 tbsp olive oil
3. Sauté the garlic and ginger for 3-5min, then set aside
4. In the same saucepan, bring the veggie stock and kombu to a boil
5. In a blender, add the dried shiitake mushrooms, white sesame seeds, cane sugar, a couple pinches of salt, and blend on high until all the ingredients become a powder
6. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. When the kombu dashi comes to a boil, remove the kombu. Then, pour the dashi into the blender along with the garlic, ginger, sake, and blend on medium high to combine
8. In the same saucepan, sauté the baby king oyster mushrooms, gai lan, and bamboo with 2 tbsp of olive oil. Cook for about 5min, then set aside. In the same saucepan, add the diced white onion and cook for about 1 min
9. Pour the broth back into the saucepan and bring to a boil. Meanwhile, whisk the miso paste into the broth through a sieve
10. Once the noodles are cooked, rinse off some of the sticky texture with warm water. Then, strain out the water through a sieve
11. Divide and plate the noodles with the mushrooms, gai lan, bamboo, vegan egg, and nori. Divide and plate the dip in its own bowl
12. Garnish the dip with black sesame seeds, fresh chopped green onion, and chili oil

\*Add a cup of hot veggie stock to the dip at the end of your meal and enjoy as soup



# DARK MISO TSUKEMEN

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 30 min  
(plus prep in advance)

**PREP IN ADVANCE:**

noodles - pg 37  
veggie stock - pg 4  
sesame paste - pg 32  
vegan egg - pg 20  
chashu - pg 18  
chili oil - pg 10  
black garlic oil - pg 6

**INGREDIENTS:**

2 dried shiitakes  
2 dried red chili peppers  
90g x 2 noodles  
3 cups veggie stock  
10g kombu  
75g shimeji mushrooms  
15g black fungus  
1 tbsp black sesame paste  
2 tsp sake  
2 tsp cane sugar  
2 tsp black rice vinegar  
2 tsp soy sauce  
2 tbsp hatcho miso paste  
2 vegan eggs  
6 pieces chashu  
4 pieces nori  
1 green onion (green part)  
2 tsp black sesame seeds  
2 tsp chili oil  
2 tsp black garlic oil

1. Preheat the oven to 350F. Then, bring a pot of water to boil for the noodles
2. In a blender, blitz the dried shiitake mushroom into powder
3. Tear the dried red chili peppers in half, and discard the seeds
4. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles). Meanwhile, place the chashu in the oven to warm up
5. In another saucepan on medium high heat, add the veggie stock, kombu, shimeji mushrooms, black fungus, and dried chili peppers. When it comes to a boil, reduce to medium, cover, and cook for 5min
6. Remove the soild ingredients from the dashi. Then, pour the dashi into the blender along with the black sesame paste, sake, cane sugar, black rice vinegar, and soy sauce. Blend on high to combine
7. Pour the broth back into the saucepan, and bring to a boil. Meanwhile, whisk in the miso paste using a sieve
8. Once the noodles are cooked, rinse off some of the sticky texture with warm water. Then, strain out the water through a sieve
9. Divide and plate the noodles with the mushrooms, black fungus, vegan egg, chashu, and nori. Divide and plate the dip in its own bowl
10. Garnish the dip with fresh chopped green onion, black sesame seeds, the red chili pepper pieces, chili oil, and black garlic oil

\*Add a cup of hot veggie stock to the dip at the end of your meal and enjoy as soup



# JAPANESE CURRY NOODLES

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
veggie stock - pg 4  
noodles - pg 37

**CURRY POWDER INGREDIENTS:**  
4 tbsp cumin  
1 tbsp turmeric  
2 tbsp coriander  
1 tsp fenugreek  
1 tsp nutmeg  
2 tsp cinnamon  
1 tsp chili powder  
1 tsp allspice  
1 tsp clove  
1 bay leaf (ground)

**CURRY NOODLE INGREDIENTS:**  
2 tbsp olive oil  
1 large onion  
8 baby Japanese-sweet potatoes  
2 carrots  
1 tbsp cane sugar  
4 cups veggie stock  
2 tbsp soy sauce  
90g x 2 noodles  
few sprigs of cilantro

1. Mix together the curry powder ingredients
2. Heat up a sauté pan to medium heat. Add olive oil
3. Chop the onion in half, thinly slice, and add to the pan. Sauté for 5-7min. Roughly chop the baby Japanese sweet potatoes and carrots. Add those into the pan and sauté for another 3-5min
4. Make a well in the middle of the pan, and add 4 tbsp of the curry powder mix. Let the spices toast for about 30 sec, then stir everything to combine
5. Add the cane sugar, followed by the veggie stock and soy sauce
6. Give everything a stir and let it cook on medium for 15 min
7. Bring a pot of water to boil for the noodles
8. Place the noodles in the boiling water and cook as per packaged instructions (refer to pg 37 for handmade noodles)
9. Place a sieve on top of the blender and pour in the curry. Catch the solid ingredients and set aside. Transfer some of the potatoes into the blender (about 2 baby potatoes worth). This will thicken the curry and will also add a nice sweet flavor
10. Blend the curry on high and check the consistency. If you are happy with the thickness, pour back into the veggies. If the curry is too runny, add a little more potato and blend
11. Strain out the water from the noodles, and plate them alongside the curry and veggies. Garnish with some sprigs of cilantro



SOBA NOODLES  
WITH BOK CHOI AND MUSHROOMS

# TERIYAKI NOODLES

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 25 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
noodles - pg 37

**INGREDIENTS:**

120g fresh shiitakes  
1 bok choy  
4 tbsp soy sauce  
4 tbsp black rice vinegar  
2 tbsp sesame oil  
3 tbsp olive oil  
90g x 2 noodles  
2 tbsp ginger (minced)  
4 tbsp cane sugar  
2 tsp white sesame seeds

1. Bring a pot of water to boil for the noodles
2. Remove the stalks from the shiitakes, and slice the bok choy into quarters
3. In a mixing bowl, combine the soy sauce, vinegar, and sesame oil
4. Heat up a sauté pan to medium heat. Add olive oil
5. Sauté the bok choy for about 5-7min, then add the shiitakes and sauté for another 3-5min
6. In the meantime, place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
7. Set the veggies aside. Finely chop the ginger, and sauté for about 1 min, then add the cane sugar. Give the pan a stir
8. Add the sauce and give it a stir to combine. Cook for about 3 min on medium heat. The sauce will reduce and thicken
9. Add the veggies back into the pan. Strain out the water from the noodles, and add to the pan. Turn the heat off and gently fold everything together
10. Plate the noodles and sprinkle with white sesame seeds



# SPICY PEANUT NOODLES

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 25 min  
(plus prep in advance)

**PREP IN ADVANCE:**

chashu - pg 18  
chili oil - pg 10  
noodles - pg 37  
veggie stock - pg 4

**INGREDIENTS:**

1 cup chashu  
1 bok choy  
1 stick green onion  
3 pieces garlic  
2 tbsp ginger (minced)  
2 tbsp rice vinegar  
2 tbsp sake  
1 tbsp cane sugar  
2 tbsp soy sauce  
2 tbsp chili oil  
1 tbsp sichuan peppercorns  
1/2 cup peanuts  
3 tbsp grapeseed oil  
90g x 2 noodles  
1/4 cup peanut butter\*  
2 cups veggie stock  
2 tsp white sesame seeds

\*unsweetened peanut butter

1. Roughly chop the chashu, bok choy, and green onion. Finely chop the garlic and ginger
2. In a mixing bowl, whisk together the vinegar, sake, cane sugar, soy sauce, and chili oil
3. Bring a pot of water to boil for the noodles
4. Heat up a sauté pan on medium heat. Toast the peppercorns for about 40 sec, then transfer to a mortar and pestle. Crush the peppercorns and set aside
5. Coarsely crush the peanuts and toast them in the pan for 1-2min. Set them aside
6. Turn the heat up to medium high. Add the grapeseed oil to the sauté pan followed by the chopped chashu. Sauté for 2-4min. Set the chashu aside
7. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
8. Next, sauté the bok choy, green onion, garlic, and ginger for 2-3min. Set aside the veggies once cooked (keep the chashu separate)
9. Add the previously mixed sauce, peanut butter, and the crushed peppercorn into the pan. Turn the heat to medium and whisk
10. Add the veggie stock and whisk. Let it cook for about 5 min
11. When the noodles are cooked, strain out the water and transfer to the sauté pan. Turn the heat off, add the veggies back into the pan (not the chashu), and gently fold everything together
12. Plate the noodles and top with the sesame seeds, the crushed peanuts, the chashu, and a drizzle more of chili oil (optional)



# SESAME TOSSED NOODLES

**SERVES:** 2  
(multiply as needed)

**COOK TIME:** 15 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
chili oil - pg 10  
noodles - pg 37

**INGREDIENTS:**  
2 tbsp white sesame seeds  
4 tbsp soy sauce  
2 tbsp black rice vinegar  
2 tbsp sesame oil  
4 tbsp chili oil  
2 sticks green onion  
2 tbsp ginger (minced)  
90g x 2 noodles  
2 bok choy  
120g shimeji mushrooms

1. Bring a pot of water to boil for the noodles
2. Heat up a sauté pan on medium heat. Add the sesame seeds
3. Toast the seeds for about 40 sec, then transfer to a mortar and pestle. Give the seeds a coarse crush
4. In a mixing bowl, combine the soy sauce, vinegar, sesame oil, chili oil, fresh chopped green onion, finely chopped ginger, and the sesame seeds
5. Place the noodles in the boiling water and cook as per package instructions (refer to pg 37 for handmade noodles)
6. Roughly chop the bok choy. Add the bok choy and mushrooms into the boiling water with the noodles when the noodles have 1 min left
7. Strain out the water from both the noodles and veggies. Place them in a large mixing bowl
8. Pour in the sauce mix, and toss to combine
9. Serve with an extra drizzle of chili oil



DRINKS



# GREEN APPLE MILK TEA

**SERVES:** 1

(multiply as needed)

**TIME:** 10 min

(plus prep in advance)

**PREP IN ADVANCE:**

cold brew tea - pg 34

**INGREDIENTS:**

1/4 granny smith apple

1/2 cup cold green tea

1 tbsp cane sugar

1 star anise

1 1/2 cups almond milk

1/4 tsp matcha powder

1/4 tsp cinnamon

ice cubes

1 cinnamon stick

**PREP**

1. Peel the apple, remove the core, and roughly chop

**COLD**

1. Warm up the green tea, cane sugar, star anise, and cinnamon stick in a small saucepan on medium heat for about 5min
2. Blitz all of the ingredients, except for the cinnamon stick, star anise, and ice cubes in a blender on high until smooth
3. Pour into the serving glass with ice cubes
4. Top with a sprinkle of cinnamon and garnish with the cinnamon stick

**HOT**

1. Heat up the ingredients (except for the ice cubes) gently on medium heat in a saucepan while stirring for about 5-8min
2. Take the cinnamon stick and star anise out. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving cup, top with a sprinkle of cinnamon, and garnish with the cinnamon stick



# TARO MILK TEA

**SERVES:** 1  
(multiply as needed)

**TIME:** 35 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
cold brew tea - pg 34

**INGREDIENTS:**

1 tbsp taro\*  
1 tbsp purple potato\*  
1 cup cold green tea  
2 tbsp cane sugar  
1 1/2 cups almond milk  
ice cubes

\*actual portion for making drink. Steam more taro and purple potato and keep in the fridge for up to 2 weeks

## PREP

1. Bring a pot of water to boil
2. Peel the taro and purple potato. Then, chop them into small cubes to help them steam faster
3. Place the taro on one half of the steaming basket, and the purple potato on the other half (separate them with parchment paper)
4. Steam the potatoes and taro for 20-25min or until completely soft
5. Drain out any excess liquid

## COLD

1. Add the ingredients into a blender (except for the ice cubes)
2. Blitz the ingredients on high until smooth
3. Pour into the serving glass with ice cubes

## HOT

1. Heat up the ingredients (except for the ice cubes) gently to medium heat in a saucepan while stirring
2. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving glass



# RED BEAN MILK TEA

**SERVES:** 1

(multiply as needed)

**TIME:** 15 min - 2 hrs  
(plus prep in advance)

**PREP IN ADVANCE:**  
cold brew tea - pg 34

**INGREDIENTS:**

1 tbsp red adzuki beans\*  
1/2 cup cold jasmine tea  
1 tbsp cane sugar  
1 1/2 cups almond milk  
1 sweet frozen cherry  
ice cubes

\*actual portion for making drink. Make more red bean paste and keep in the fridge for up to 2 weeks

## PREP

1. If using dry beans, place 1 cup of beans into a pot with enough water to cover the beans
2. Bring it to a boil for about 5min. Strain out the water, and add enough fresh water to cover the beans
3. Simmer on medium low for 1-2hrs. Then, discard the water
4. If using canned beans, start here. Add 1/2 cup of cane sugar (to 1 cup of canned beans) into a saucepan on medium heat
5. Stir constantly for 8-10min. Make a line in the middle of the pot with a spatula; if it is covered in 2 seconds, it is done. Remember, the paste will thicken once cooled

## COLD

1. Add all the ingredients into a blender (except for the ice cubes). Use dark sweet cherries to help boast the red colour
2. Blitz the ingredients on high until smooth
3. Pour into the serving glass with ice cubes

## HOT

1. Heat up the ingredients (except for the ice cubes) gently to medium in a saucepan while stirring
2. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving glass



# BLUEBERRY MILK TEA

**SERVES:** 1

(multiply as needed)

**TIME:** 5-10 min

(plus prep in advance)

**PREP IN ADVANCE:**

cold brew tea - pg 34

**INGREDIENTS:**

1 tbsp frozen blueberries

1/4 cup cold green tea

1 tbsp cane sugar

1 1/2 cups almond milk

ice cubes

COLD

1. Add all the ingredients into a blender (except for the ice cubes)
2. Blitz the ingredients on high until smooth
3. Pour into the serving glass with ice cubes

HOT

1. Heat up the ingredients (except for the ice cubes) gently to medium heat in a saucepan while stirring
2. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving glass



# GOLDEN MILK TEA

**SERVES:** 1  
(multiply as needed)

**TIME:** 5-10 min  
(plus prep in advance)

**PREP IN ADVANCE:**  
cold brew tea - pg 34

## INGREDIENTS:

1 tsp ginger  
1 tbsp turmeric  
1 cup cold green tea  
1 cup almond milk  
1 tbsp cane sugar  
ice cubes

## PREP

1. Peel the ginger, and roughly chop

## COLD

1. Blitz all the ingredients (except for the ice cubes) in a blender on high until smooth. Leave a little turmeric for sprinkling (optional)
2. Pour into the serving glass with ice cubes
3. Top with a sprinkle of turmeric

## HOT

1. Heat up the ingredients gently (except for the ice cubes) to medium heat in a saucepan while stirring. Leave a little turmeric for sprinkling (optional)
2. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving glass and top with a sprinkle of turmeric

## NOTE

The turmeric may stain the blender. Simply wash the blender with soapy water and leave it in direct sunlight (yes, for real!). The yellow stain should disappear in a day or two



# BLACK SESAME MILK TEA

**SERVES:** 1

(multiply as needed)

**TIME:** 5-10 min

(plus prep in advance)

**PREP IN ADVANCE:**

sesame paste - pg 32

cold brew tea - pg 34

**INGREDIENTS:**

1 tbsp black sesame paste

1 1/2 tbsp cane sugar

1 tsp coconut oil

1 cup almond milk

1/2 cup cold green tea

ice cubes

**COLD**

1. Blitz all of the ingredients (except for the ice cubes) in a blender on high until smooth. Leave a few sesame seeds for sprinkling (optional)
2. Pour into the serving glass with ice cubes
3. Top with a sprinkle of black sesame seeds

**HOT**

1. Heat up the ingredients (except for the ice cubes) gently to medium in a saucepan while stirring. Leave a few sesame seeds for sprinkling (optional)
2. Pour the ingredients into a blender
3. Blitz the ingredients on high until smooth
4. Pour into the serving glass and top with a sprinkle of black sesame seeds



# GENMAICHA MILK TEA

**SERVES:** 1

(multiply as needed)

**TIME:** 5-10 min

(plus prep in advance)

## INGREDIENTS:

2 tbsp genmaicha leaves  
2 tbsp cane sugar  
2 cups almond milk  
ice cubes

## COLD

1. Heat up the ingredients (except for the ice cubes) gently to medium high in a saucepan while stirring
2. Pour the milk into a blender using a sieve to catch the leaves
3. Blend on high to create some froth, then pour into the serving glass with ice cubes

## HOT

1. Heat up the ingredients (except for the ice cubes) gently to medium high heat in a saucepan while stirring
2. Pour the tea into the serving cup using a sieve to catch the leaves



# CHOCOLATE HOJICHA

**SERVES:** 1

(multiply as needed)

**TIME:** 10-15 min

**INGREDIENTS:**

3 tbsp dark chocolate

1 tbsp hojicha

2 cups almond milk

2 tbsp cane sugar

ice cubes

1 tsp cacao nibs (optional)

**PREP**

1. Make about 3 tbsp worth of chocolate shavings (set some aside for sprinkling)

**COLD**

1. Heat up the hojicha, almond milk, and cane sugar gently to medium high in a saucepan while stirring for about 2min. Turn the heat off, cover, and steep for about 3-5min
2. Pour the milk into a blender using a sieve to catch the leaves
3. Add the chocolate, and blitz on high until smooth
4. Pour into the serving glass with ice cubes
5. Top with a sprinkle of shaved chocolate or cacao nibs

**HOT**

1. Heat up the hojicha tea, cane sugar, and almond milk to medium in a saucepan while stirring
2. Transfer the ingredients into a blender using a sieve to catch the hojicha
3. Add in the chocolate and blitz on high until smooth
4. Pour into the serving glass and top with a sprinkle of shaved chocolate or cacao nibs



# MATCHA LATTÉ

**SERVES:** 1

(multiply as needed)

**TIME:** 5-10 min

## INGREDIENTS:

1 generous tsp matcha  
1/4 cup hot water  
2 tbsp cane sugar  
ice cubes  
1 1/2 cups almond milk

COLD

1. Add the matcha to a matcha bowl (use a seive to prevent clumps)
2. Add 1/4 cup of hot water, and whisk until frothy
3. Pour the matcha and the cane sugar into the serving cup. Give it a stir to dissolve the sugar
4. Add some ice cubes, and pour in the almond milk

HOT USING BLENDER

1. Heat up the almond milk, hot water, and cane sugar in a saucepan to medium heat. Leave a little matcha for sprinkling (optional)
2. Transfer the ingredients to a blender, and add the matcha
3. Blitz on high until smooth
4. Pour into the serving glass, and top with a sprinkle of matcha powder

HOT USING A STEAM WAND

1. Sift the matcha into a matcha bowl (this will prevent clumps)
2. Add 1/4 cup of hot water to the matcha, and whisk until frothy
3. Pour the milk and cane sugar into the milk jug. Steam until frothy
4. Pour the matcha into the serving cup along with the steamed milk. Top with a sprinkle of matcha powder



# MATCHA LEMONADE

**SERVES:** 1  
(multiply as needed)

**TIME:** 5 min

**INGREDIENTS:**

1 tsp matcha  
2 tbsp hot water  
1 tbsp cane sugar  
1 tbsp lemon juice  
1 1/2 cups cold water  
ice cubes

1. Sift the matcha into the matcha bowl. This will prevent clumps
2. Add 2 tbsp of hot water to the matcha, and whisk until frothy
3. Add the cane sugar and lemon juice into the serving cup
4. Add the matcha and give the cup a stir
5. Add ice cubes and fresh cold water



# FUJI APPLE SODA

**SERVES:** 1  
(multiply as needed)

**TIME:** 10 min

**INGREDIENTS:**

1 fuji apple  
1 tbsp maple syrup  
1/2 tsp lemon juice  
1 1/2 cups sparkling water  
ice cubes

1. Quarter the apple, make 3 thin slices, and set aside
2. Use a juicer to extract the juice. If you do not have a juicer, grate the apple into a bowl over a sieve. Then, press the juice into the bowl (should get about 1/4 cup worth of juice)
3. Add the maple syrup and lemon juice. Whisk to combine
4. Place the apple slices in the serving glass along with the ice cubes
5. Pour in the apple juice followed by fresh carbonated water



# ORANGE SODA

**SERVES:** 1  
(multiply as needed)

**TIME:** 5 min

**INGREDIENTS:**

1/2 orange  
1/2 tbsp maple syrup  
1 1/2 cups sparkling water  
ice cubes

1. Juice the orange into a mixing bowl
2. Whisk the maple syrup into the juice
3. Add some ice and some pulp into the serving glass (optional)
4. Pour the juice into the glass followed by the carbonated water

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# ACKNOWLEDGMENTS

This cookbook has been by far one of the most challenging projects I have ever worked on. But because of this project, I have learned a lot about myself, became friends with fantastic people I wouldn't have met otherwise, and I must say that I have gotten quite good at making handmade noodles.

When I initially met Helen and Sorlie at their ceramics studio to discuss concepts for the serveware, my wife and I were in the process of moving cities. Due to significant and unexpected delays, we were almost homeless and living in a bit of a limbo state for several months. After we settled into our new dwelling, I received the serveware from Helen. They absolutely exceeded my expectations. I was incredibly impressed with how the serveware was made (entirely by hand) in such a short amount of time, and managing regular studio operations at the same time. I sincerely hope that this book has expressed the incredible skill and artistry of the serveware in a way it deserves. More information on their work can be found at [secreteatime.com](http://secreteatime.com)

Even though my wife is the dreamer, and I am the hyper analytical one, I'm constantly thinking up the craziest ideas. Not all of them are executed (thankfully), but she has always been my strongest support. She's been by my side for my highest achievements, and has fought with me through times when I fell to my very lowest. You could say that she's the little bit of light that still shines no matter how dark a place is.

This book would not be complete without my friend's amazing willingness to help with proofreading. Jennie is a longtime friend I met through my wife during University. Like me, when she sets her mind on something, she's razor focused at accomplishing her goals no matter how many things she's juggling in life.

Lastly and perhaps most importantly, this cookbook would not even exist without the inspiration I absorb daily from my YouTube community. It's wonderful to see viewers making the recipes, but it's incredibly fulfilling to see comments posted on how much value everyone has received and is receiving in their everyday lives. I always say that the more care you put into your food, the more your food will care for you. I believe that when you make food for others with as much sincerity and love as possible, you are doing so much more than just feeding them food.

# ABOUT THE AUTHOR

Wil is a hungry (pun intended) entrepreneur who has developed businesses in the music, education, photography, video, e-commerce, and food industries. He would consider himself as the odd kid that goes against the flow of things. His first ever business was launched in second year when studying violin in University. While his roommates were out partying, he would purchase and sell musical instruments on eBay. A corner of his dorm room was dedicated to boxes that were stacked, packed, labeled, and ready for sale. Instead of watching the tele at the campus pub on the weekends, his Saturdays were booked up with photoshooting the instruments in his 100sqf dorm room.

Upon graduating from music and teacher's college, Wil opened a school for musical education. Shortly after, Wil launched a wedding music service and a photography business. The music school was then sold to a new owner after 4 years, and Wil went on to starting another business producing almond and coconut milks. Within one year, the product was being sold in almost 30 retail stores and grocery chains across the Greater Toronto Area. During this time, Wil was also working as a wedding and commercial photographer, and soon expanded into videography.

Wil has licensed his photography for books, magazines, city guides, and has done contract work for the city of Mississauga and online publications. He is also the official Japan Festival Canada photographer, and has filmed tourism commercials in South Korea and Japan. Every week, Wil plans and films new episodes for his cooking show on YouTube. He believes in building the skills to make good food from scratch, and in the value of appreciating the process that goes along with it.

Wil would never define his accomplishments as overnight successes - ever. His family immigrated to Canada from Hong Kong when he and his brother were young boys. The only thing to his name at the time was his ability to speak Cantonese and perhaps some broken English. Wil now lives in Ontario, Canada and does most of his work in the Greater Toronto Area and abroad. For more information on his work, please visit [yeungmancooking.com](http://yeungmancooking.com) and [wyphotography.com](http://wyphotography.com).

I sincerely believe that everybody has the ability to learn and nurture incredible skills that can add a lot of value to the world. But be prepared to make a lot of sacrifices. If you're too comfortable, then you're not moving forward - if you're uncomfortable, then it means that you really care about what you're working on.