



Spring Chicken Miso Soup

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By David Tanis | Time: 1 hour 15 minutes | Yield: 6 servings

Ingredients

1 ½ pounds boneless, skinless chicken thighs
Salt and pepper
2 tablespoons vegetable oil
2 garlic cloves, minced
2 teaspoons grated ginger
1 tablespoon mirin or sherry
1 tablespoon sugar
1 tablespoon tamari or light soy sauce
8 ounces soba (buckwheat noodles)
8 ounces sugar snap peas or snow peas, trimmed
8 cups water
2 medium leeks, white and tender green part, diced, about 2 cups
¼ cup white miso, or more to taste
5 ounces baby spinach, about 4 cups
A few basil or shiso leaves, julienned

Preparation

- 1.** Season chicken thighs on all sides with salt and pepper. Put oil in a heavy-bottomed soup pot over medium high heat. Add thighs and cook for 3 to 4 minutes, reducing heat to keep meat from browning. Turn and cook other side for about 2 minutes.
- 2.** Add garlic and ginger and let sizzle without browning. Add mirin, sugar, tamari and 8 cups water, then bring mixture to boil. Lower heat and simmer gently for 20 minutes. Turn off heat. Remove thighs and chop into 1/2-inch chunks, then return meat to pot. Taste broth and adjust salt if necessary.
- 3.** In a separate pot, cook buckwheat noodles according to package directions, being careful not to overcook. Drain noodles and refresh with cool water, then leave at room temperature.
- 4.** Bring a small pot of salted water to boil. Add snap peas and leeks and simmer 1 minute, then drain and refresh with cool water. Leave at room temperature.
- 5.** To serve, reheat broth to just under a boil. Dilute miso with a little hot broth and whisk into soup. Add spinach and let wilt slightly, then add leeks and snap peas and let them warm for 1 minute. Divide the noodles among 6 warmed bowls and ladle soup over. Top each bowl with a little basil.