Cooking Healthy, Eating Well

College Survival 101: Gourmet Ramen

Style #1: Korean Army Soup (Bu-DAE JI-gae)

Prep Time: 5 min.  Cook Time: 10 min.  Yield: 3

Ingredients:

- 1/2 cup of sliced kimchi, cut into bite-sized pieces
- 1 Tbsp. vegetable oil
- 6 cups water
- 2 green onion stalks
- ½ tsp. Korean chili flakes
- 1 hot dog link, cut into bite-sized pieces.
- (3) packets of chicken flavor instant ramen + (2) seasoning packets
- 3 eggs
- 3 slices American cheese
- 1 Tbsp. sesame seeds

Instructions:

1. Add the oil and kimchi to a pot and turn up the heat to high. Stir continuously until the kimchi has softened slightly.
2. Add all of the water and bring to a boil.
3. Take the green onions and cut the green and white part into 2-inch long pieces. Reserve the green pieces for later. Add the white pieces.
4. Add the chili flakes, hot dog, the (3) ramen noodles and (2) seasoning packets.
5. Once the noodles begin to soften and lose their shape, add the eggs.
6. Gently spoon water over them down so they sink. Don’t agitate the water much.
7. Place the green parts of the onion on top and cover with a lid. Wait about 2 min.
8. Take off the lid and pull out only the noodles into serving bowls.
9. Place a slice of American cheese on top of the noodles.
10. Pour the hot broth over the cheese and garnish with sesame seeds.
Style #2: Thai Soup: Tom Yum Goong

Prep Time: 5 min.  Cook Time: 10 min.  Yield: 3

Ingredients:
- 6 cups of water
- 3 Tbsp. Asian Shrimp Paste
- 2 Tsp. sugar
- (3) packets of shrimp maruchan + (2) seasoning packets
- 6 large frozen shrimp
- 1 bell pepper, cut into strips
- 1 handful bean sprouts (about 1 cup)
- a few sprigs of cilantro, to taste
- 1 green onion stalk, thinly sliced
- 3 lime wedges (½ lime)

Instructions:
1. First, take the frozen shrimp and rinse under running water. Devein if desired. Set aside.
2. In a medium-sized pot, bring the water to a boil.
3. Add the shrimp paste and sugar.
4. Add the (3) instant noodles and (2) seasoning packets.
5. After about 2 minutes, add the sliced bell peppers.
6. Add the shrimp.
7. In serving bowls place the bean sprouts and green onions.
8. Cook until the ramen noodles have softened but are still “perky”.
9. Portion into the bowls of bean sprouts.
10. Pour over the broth and garnish with cilantro and a wedge of lime.
**Style #3: Japanese Ramen (Vegetarian)**

**Prep Time:** 15 min.  **Cook Time:** 10 min.  **Yield:** 3

**Soft-Boiled Egg** (can always prepare a day in advance):
- Hot water - enough to cover the top of the eggs
- (3) room temperature eggs
- timer
- slotted spoon
- ice bath ( = ice + water)

**Instructions:**
1. Bring a pot of water to a simmer (this means gentle streams of bubbles -- not a rolling boil)
2. Prepare a timer set for 6 minutes, and a medium-sized bowl of ice. Cover the ice in water.
3. Place the eggs into the simmering water, and start the timer.
4. Adjust the temperature so the boiling water is at a gentle roll.
5. Once the timer goes off, use the slotted spoon to pull out the eggs and shock them in the ice bath.
6. Allow to cool for a few minutes, while you prepare the noodles.

**Ramen:**
- 6 cups of water
- ½ yellow onion, julienned
- garlic, minced
- 3 Tbsp. miso paste
- 1 Tbsp. peanut butter
- 1 Tbsp. sugar
- (3) packets of Oriental-flavored instant ramen + (2) seasoning packets
- 1/2 cup frozen corn
- 1 cup spinach
- 2 green onion stalks, sliced thinly
- pickled ginger
- (3) soft-boiled eggs

**Instructions:**
1. Add the water, yellow onions, garlic, miso paste, peanut butter, and sugar to a medium-sized pot and bring to
a boil.
2. Once boiling, add the (3) **instant noodles** and (2) **seasoning packets**.
3. After about 2 minutes, add the **corn**.
4. Cook the noodles until they have softened but are still ‘perky’.
5. Add the **spinach** and cook until just wilted.
6. Portion into serving bowls and garnish with **green onions, pickled ginger**, and the **soft-boiled egg**.