

## Japanese Ramen Ingredients List

### Noodle Ingredients:

2 3-ounce bundles of straight ramen noodles

### Chasu Pork Tenderloin Ingredients:

¼ pound pork tenderloin  
4 cloves garlic  
1 tablespoon ginger  
Salt and pepper, to taste  
¼ cup Tare (separate recipe)  
½ cup water

*Vegetarians/vegans can substitute smoked tofu or can eliminate protein from this dish (I recommend the tofu).*

### Stock for Ramen Ingredients:

1 gallon chicken or vegetable stock  
4 green onions  
1 inch ginger  
4 cloves garlic  
½ apple  
4 dried shiitake mushrooms (can use fresh mushrooms instead)  
2 pounds pork bones (optional)

*Note the vegetarian option.*

*Coach says: A combination might work also. Dried mushrooms provide a more intense umami flavor, fresh a different texture. I might have both on hand and ask the instructor about options!*

### Ramen Tare Ingredients:

½ cup soy sauce  
½ cup mirin  
¼ cup Sake (*not included in kit*)  
2 cloves garlic  
½ inch ginger  
1 tablespoon rice vinegar  
1 green onion  
2 dried shiitake mushrooms

*Whether you add sake is up to your parents. The alcohol will be cooked off so you will not get a buzz from our ramen! But your parents may prefer that you do not cook with sake and in that case, simply omit this ingredient.*

### Ramen Egg Ingredients:

2 eggs  
½ cup soy sauce  
½ cup mirin  
¼ cup Sake (*not included in kit*)  
¼ cup water

*Whether you add sake is up to your parents. The alcohol will be cooked off so you will not get a buzz from our ramen! But your parents may prefer that you do not cook with sake and in that case, simply omit this ingredient.*

### Equipment:

6+ quart stock pot  
3 3-quart (small) sauce pots

2 strainers or colanders  
Knife  
Cutting board  
Measuring spoons and cups  
Bowls  
Tongs  
Ladle  
Serving or mixing spoons