

らーめん

@vegan.tanmen
ramen cookbook

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Vegan Ramen Cookbook

Ad-free recipes. Let's talk about vegan ramen!

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This ad-free book is free, accessible, and continually updated. More recipes will be added over time, and I am always considering requests for traditionally non-vegan dishes that you would like to see veganized.

If you can afford it and are making use of this book, **please tip to support my work!** Much time has gone into this book, and more time will be put in to keep it updated.

To send a tip, click the link below -- When sending a tip, let me know your Instagram or Reddit tag so I can properly thank you :)

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Making these recipes is a passion, and I would love to continue to provide free and accessible recipes. This book is made for the benefit of home cooks seeking to better their vegan cooking. Please do not share, reproduce, or profit off of this work in a monetary sense without explicit credit to me - [@vegan.tanmen](https://www.instagram.com/vegan.tanmen).

Thank you!

Introduction

Vegan.tanmen started with a foodgasm. That's when someone eats food so good that they moan, and their clothes explode off their body in a lewd manner.

I am serious. Some anime watchers know what I'm talking about - a Japanese animated show called *Shokugeki no Souma*, also known as "Food Wars!" in English.

I was in college when my friend told me "Chris you like cooking, don't you? You like anime, *don't you?*" and he looked up a pirating site on his laptop to load up *Shokugeki*, an ecchi anime where pro chefs compete in 1-on-1 cooking duels. In this show, it is typical for the loser to eat the winner's superior cooking and moan in defeat, convulsing with waves of culinary pleasure that erupt, scattering their clothes off their body and into oblivion. I thought it was too much and gave up watching after Episode 1.

Months later, at the urging of the same anime-recommending friend, I gave it a second chance and decided to give it a *few* episodes. After getting to know the characters and experiencing an absolutely *ridiculous* ending to Episode 10, I was hooked. It wasn't the sexual part of the show that kept me there, but the fact that the food in the show looked *good*.



(Source 1)



(Source 2)

The cooking techniques it taught me were novel and creative. The writer of *Shokugeki* had worked with a trained chef to design the food it portrays, and I began to try recreating food from the show out of pure fun and curiosity. Themes of balancing flavors, subversive cooking techniques, and finding a *reason* to cook emerged as the show went on. A chef's *reason* is central to *Shokugeki*. Through all of the show's goofy banter, tropey characters, and sexual foodgasms, a question was asked of the chefs. To me, this question was so thought-provoking that it broke the fourth wall of the show, reaching past the English subtitles and through the laptop screen to grip me by the collar and demand that I reflect on my own cooking:

"When you cook, who are you cooking for?"

I wasn't always vegan. I was actually a huge meat eater with a tendency toward beef back in high school. That was, until I met a vegan named Jules, who ended up becoming my romantic partner

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and best friend, and I naturally learned from them about the ethical and environmental impacts of animal products. I gave up meat in 2014, and my tolerances for milk, honey, leather, and non-vegan shampoo fell like dominoes in the next few months.

Do you know what my initial thought was when I first gave up my favorite foods? *Man, this sucks!* I lacked knowledge of where to get good vegan meat and cheese replacements. I was convinced that food wouldn't be good ever again without In-n-Out burgers or one pound bags of cheap mozzarella. And ironically, it was during this time of culinary struggle that I started watching *Shokugeki*.

Soma, the main character in *Shokugeki*, is often put in a situation where a particular dish is ordered, but he doesn't have the ingredients to properly cook it. So he gets creative. When a substantial *meat dish* is ordered but Soma only has bacon and potatoes, he makes a faux roast by wrapping mashed potatoes cooked in sweet wine sauce in a shell of bacon. When Soma needs to defeat a rival chef who is using A5 wagyu steak that he cannot afford, he turns to tenderizing a discount steak with marinade made entirely of minced onions. Obviously none of this is vegan, but I was inspired by the themes of subversion, creativity, and always, always believing there *has* to be a way to get a delicious dish even when your options are limited.

Being a college student at the time, I often was staying at Jules' dorm or having Jules over at my apartment. During those times I tried to make the most impressive vegan food possible. Though I had just gone vegan, we had been dating for 3 years and I was familiar with the vegan culinary scene. At this time, it was globally known to be *not that good*. Our vegan cheeses were like cardboard, our vegan meats too soft, and oat milk wasn't mainstream yet. When Jules came over to my place, I wanted to cook for them, and I constantly was experimenting to show them meals that proved that even though we were vegan, our food could be good anyway.

One day I tried recreating a ramen dish from *Shokugeki* for Jules. It was the first time I made ramen, and it happened to be vegan. The soup was made of soy milk, miso, and grated mountain yam, and topped with grilled vegetables and tempeh. Even with my amateur execution and the fact I was using dried *buckwheat noodles* of all things, Jules took a sip of the broth and told me that I had made something especially delicious. They urged me to make them more ramen dishes, and this prompted me to look up recipes and read up on the culture of the dish.



(Source 2)

I learned how obsessed people were with this noodle dish. I learned about how chefs spend 24 hours tending to a pot of tonkotsu broth, and how some people travel to Japan just so they could eat

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three bowls of it a day. I learned about a guy named Mike Satinover, AKA Ramen Lord, whom people regarded as a god of ramen on Reddit, and began listening to the Way of Ramen podcast. I was thrilled when Jules took me to see *Ramen Heads*, a movie about Osamu Tomita, the #1 ramen chef in Japan at the time. I absolutely lost it after the screening when Tomita himself came on stage and answered questions from the audience, including my inquiry about what the best kombu is (he said *rausa* is the best). Ramen was not just a dish, but a way of life. I began to understand that ramen was something you give hours and days of your time to, all for the sake of creating *the purest expression of your cooking*.

I ate 21 bowls of vegan ramen on my 2018 trip to Japan. In the ramen heartland, the culture of vegan ramen is alive and well. From a stunning garlic shoyu in Harajuku, to a surprisingly good gluten-free carrot ramen in Tokyo station, to a massive Halal curry ramen in Shinjuku, I was blown away. In Asakusa I ate a shio ramen that had a curious piece of chewy, dried bread as a topping. Upon closer inspection of the pink swirl drawn on, I was delighted to realize it was a vegan stand-in for naruto, the iconic fish cake topping.

I took photos of every bowl I had, with the idea of posting all of the photos online as a food journal. Since I had been making tomato ramen and vegan chicken paitan at home, featuring my own cooking wasn't out of the question. I was overlooking the evening Shibuya skyline when I thought of the name “@gantamen”, a play on words combining my Filipino surname “Gantan” and the Chinese ramen dish “tantenmen” in a nod to my two ethnic cultures.

When Ryan from Way of Ramen asked me to appear on the podcast, I came on with such limited knowledge of the dish, but a firm belief in its ability to overcome its need for animal products. I remember talking about known things such as creating tonkotsu from plant-based milk, and *theoretical* things like making bone broth out of agar agar powder. As much as I stuttered through that interview (I haven't personally listened to it), it was released. People with questions on how to make their vegan ramen started to message me on Instagram. Through answering questions from ramen heads around the world, I learned that - at any given moment - *someone, somewhere* is out there scheming on how to make the best bowl of vegan ramen possible. And they're always trying to give it to someone - a vegetarian girlfriend, distant vegan relatives, or a close plant-based friend.

Vegan ramen has been my vehicle to show others that, even though they see the ways in which vegan cuisine is limited, I can prove time and again that it has the power to subvert expectations. Our global food system mistreats people and animals and destroys our environment. I am not a pushy vegan that likes to shame, but I am determined to prove to everyone I talk to how *awesome* the world of plant-based cooking can be. And I figure that if I can take ramen, an iconic dish *known* for its

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powerful umami, veganizing it while still maintaining its ability to blow away both you and your clothes, I think I will have made my point.

Jules was, and still is, the person I want to make the absolute best damn bowl of vegan ramen for. But today, with the advent of this free book, it's become more than that. With the people around the world who follow my content asking me questions about how to improve their bowls, I have made it my goal to help others perfect their craft. Whether you're trying to make vegan ramen for your mom, your partner, your friend, or yourself -- I want you to know that this genre of ramen is my passion, and I plan to take it as far as I can. With that being said, allow to ask you the same question that I once asked myself:

“When you cook, who are you cooking for?”



(Source 1)

Kitchen Essentials

- Electric kitchen scale - for this book it is a non-negotiable. Measuring by weight is the only way to ensure accurate seasoning of soup and precise hydration of noodles. Everything in this book is measured in grams (g) for simplicity
- Fine mesh sieve or [ramen sieve](#) - for cooking noodles and shaking the water out
- Large stock pot - for preparing both stock ahead of time and cooking ramen noodles the day of serving
- [Ramen bowl](#) - large serving bowls you can find in Asian grocery stores or restaurant supply shops. Ramen is a big dish with a lot of components to accompany it
- [Chopsticks](#) - ideally Japanese wooden chopsticks with pointed ends
- Asian soup spoons
- [Tofu press](#) - most of these recipes use [Tofu Chashu](#) as a topping. Anyone who makes tofu on a regular basis should have a tofu press because of how many paper towels you save when squeezing the water out. Tofu presses also help control the pressure put on tofu, reducing the possibility of crushing it

Pantry Essentials

- Dark soy sauce (koikuchi shoyu) - Japanese soy sauce. Has a deep and robust flavor, and we will be using it in a lot of tares and toppings
- Salt (shio) - Don't be afraid to splurge on salt - it's the most common spice in every kitchen after all. I am partial to [Diamond Kosher Salt](#)
- Nutritional yeast - also called "nooch", this yellow flaky seasoning is full of glutamines, meaning it imparts a ton of plant-based umami on broth. I buy it by the pound online and use it in my tares and virtually the rest of my everyday recipes
- All-purpose flour - for the purpose of simplicity, we will be using only all-purpose flour to make noodles. AP flour is soft, easy to work with, and common. In the future we will go over the pros and cons of mixing in bread flour and cake flour to modify the texture of your noodles
- Baking soda - when making fresh noodles, you will need to know how to make your own [kansui](#) out of this
- [Konbu](#) - dried Japanese kelp for extracting glutamines, the building blocks of umami, and making dashi. You'll notice at the Japanese grocery store that prices can vary widely based on what type of konbu you are using
 - Rausa and rishiri konbu are high end konbu that impart more umami. In my experience, they are wildly expensive compared to other types.
 - Hidaka and ma konbu are more budget friendly, while still having great flavor. I recommend choosing these types of konbu if you are just getting started in making ramen
- Dried shiitake mushrooms - dried mushrooms for extracting guanylates, another building block for umami flavor. Dried shiitake can be found in any Asian grocery store
- Sundried tomato - a lesser-known source of umami. I like to put a very small amount of dried tomatoes into my dashi for the added flavor, and also to give it the slightest amount of tart

Vegan Dark Tonkotsu Ramen

FORMERLY: "Vegan Chicken Paitan"



I consider this my signature bowl. This take on shoyu tonkotsu is extremely rich, with strong herbal notes. Shoyu and nutritional yeast work in tandem to deliver so much glutamic acid that its umami rivals the non-vegan counterpart. The addition of oat milk makes the broth creamy, rounding out its punchy flavors. If you were to try only one recipe from this blog -- I would recommend you try this one.

36g [Dark Tonkotsu Tare](#)

15g [Shallot Oil](#)

240g [Dashi Stock](#) (1 cup)

120g oat milk (½ cup)*

1 portion of [fresh noodles](#)

(weighing in at around 140g)

1/2 [Roasted Tomato](#)

[Tofu Chashu](#), 3 pieces

[Kikurage mushroom](#)

Thinly sliced green onion

Just Egg Sheet

Method

1. Place the tare and oil at the bottom of your serving bowl.
2. Combine the measured dashi stock and oat milk in a small pot. Heat on medium heat until it reaches a hot soup temperature, around 190°F/88°C. Do not let this boil, or the oat milk will break and the soup might over-concentrate.
3. Pour the heated stock and oat milk directly into your bowl.
4. Add in your cooked ramen noodles and garnish with toppings.

Vegan Light Tonkotsu Ramen

FORMERLY: "Vegan Tonkotsu Ramen"



This is the sibling recipe to Vegan Dark Tonkotsu Ramen. The clearest change is the difference in tare. Taking inspiration from smoked bacon, this broth uses a different tare that has little to no shoyu, and favors accentuating the combined flavors of salt and nutritional yeast. This can be considered the vegan equivalent to shio tonkotsu.

36g [Light Tonkotsu Tare](#)

15g [Shallot Oil](#)

240g [Dashi Stock](#) (1 cup)

120g oat milk (½ cup)*

1 portion of [fresh noodles](#) (weighing in at around 140g)

1/2 [Roasted Tomato](#)

[Tofu Chashu](#), 3 pieces

[Kikurage mushroom](#)

Thinly sliced green onion

Method

1. Place the tare and oil at the bottom of your serving bowl.
2. Combine the measured dashi stock and oat milk in a small pot. Heat on medium heat until it reaches a hot soup temperature, around 190°F/88°C. Do not let this boil, or the oat milk will break and the soup might over-concentrate.
3. Pour the heated stock and oat milk directly into your bowl.
4. Add in your ramen noodles and garnish generously with toppings.

Instant Vegan Tonkotsu



If you don't have time for the above recipes and want to try a quick version of their broths, this is the recipe for you. Cutting out most of the toppings but keeping the essential broth makes an instant broth that is very much creamy and rich like the recipes above it.

1 Tbsp + 1 tsp shoyu
2 tsp nutritional yeast
1/4 tsp celery salt
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp white wine vinegar
A few shakes of paprika
2-3 drops of liquid smoke
1/2 C boiling water
3/4 C oat milk
1 serving instant Ramen noodles from a packet
Chili oil
Green onion

Method

1. Put shoyu, nutritional yeast, celery salt, garlic powder, onion powder, white wine vinegar, paprika, and liquid smoke into a small pot.
2. Heat on medium heat and mix with chopsticks. When the seasoning starts to bubble, turn off the heat.
3. Fill a medium pot with water and bring to a boil.
4. Cook your noodles in the boiling water based on the manufacturer's directions. (Discard any seasoning packet the noodles came with)
5. While the noodles cook, use a measuring cup to take 1/2 Cup of boiling water from them, and add that to your seasonings. Mix thoroughly.
6. Add 3/4 Cup of oat milk to the seasoning and water mixture. This is your soup. Heat to a near boil, but do not actually let it boil or the oat milk will break.
7. When the noodles are done, put them in your serving bowl, followed by the hot broth.
8. Top with scallions, your favorite chili oil, and anything else you'd like. Enjoy!

Vegan Shio Ramen

Clear, straightforward shio. The soup used here can be swapped out for any of the other soups such as [onion dashi](#) or [vegan bone broth](#). This is a great recipe to use if you want to highlight the flavor and texture of noodles.

36g [Shio Tare](#)

15g [Shallot Oil](#)

400g [Dashi Stock](#)

1 portion of [fresh noodles](#) (weighing in at around 140g)

1/2 [Roasted Tomato Tofu Chashu](#), 3 pieces

[Kikurage mushroom](#)

Thinly sliced green onion

Method

1. Place the tare and oil at the bottom of your serving bowl.
2. Heat the broth in a pot over medium heat until it reaches a hot soup temperature, around 190°F/88°C. Do not let this boil.
3. Pour the heated stock directly into your bowl.
4. Add in your cooked ramen noodles and garnish with toppings.

Vegan Shoyu Ramen

Pardon Our Mess - This area is under construction

There's a lot I want to do with shoyu ramen to make it really unique. For one thing, I want to incorporate [Onion Dashi](#), but I am keenly aware through my tests that the flavor isn't where I want it to be. I use [Shallot Oil](#) in almost all of my ramen recipes, but I'm reconsidering that. The best ramen I've ever gotten at a restaurant is the shoyu at [Kyushu Jangara](#) in Harajuku, which had endless fried garlic available to pile on. I do believe that garlic oil might actually be more fitting.

Every recipe in this book is heavily vetted before being allowed to stay, thus this classic bowl requires more testing before it is a staple.



Vegan Saimin



Saimin is a melting pot of Chinese, Japanese, Korean, Portuguese, and Filipino cuisine. Romantic lore states that migrant workers from each of these groups came together with their cultures' ingredients and co-created this dish over communal dinners, after a full day of working the sugar plantations in Hawaii during the 19th century.

This humble and sentimental Hawaiian noodle soup is known for its shrimp-based broth, egg noodles, egg shreds, sliced pork, and fish cake. Do I have the right to take all of that away and call it the same dish? Probably not, but there's probably vegans in Hawaii that wish they could still eat the soup they grew up with. Using modern vegan products like shredded Just Egg and sliced Omnipork Luncheon Meat, I can attest that the vegan experience of saimin lives.

400g [Dashi Stock](#)

36g [Shio Tare](#)

140g bundle of fresh [yellow ramen noodles](#), cooked*

2 slices of fried Omnipork**
Luncheon Meat, sliced

90g Just Egg Plant-Based
scramble, cooked and
thinly sliced***

[Potato Kamaboko](#), 1/2" slice

Green onion

Method

1. Heat the dashi stock in a small pot over medium heat until it is barely boiling, around 200°F/93°.
2. Meanwhile, place the shio tare directly into your serving bowl.
3. Once the stock is very hot, pour it directly into the serving bowl. Add noodles and toppings, and enjoy!

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** [Omnipork](#) is an accurate vegan pork alternative made by the Hong Kong-based [@omnifoods.global](#). Its release was actually what prompted me to make this recipe in the first place :)

There are 3 types of Omnipork

- Ground (ideal for vegan pork dim sum)
- Strips (ideal for stir fry)
- Luncheon (just like Spam. Ideal for saimin and vegan spam musubi)

In the US, you can find all 3 Omnipork products at your local Sprouts Grocery. The Ground and Strips can be found at any Whole Foods.

***Just Egg is a vegan egg scramble made from mung beans. It can be found at many US grocery stores. Cooking Just Egg is similar to cooking regular eggs, but I find that it takes a little longer to come together. For this “egg” topping, I cooked the Just Egg in a tamago (rectangular, Japanese omelet) pan and cooked the egg into a rectangular loaf. From that shape, it is easy to slice it into 2” x 1/4” matchsticks that are a suitable shape to be a soup topping.

Puerto Rican Saimin



Another group of migrant workers in 19th century Hawaii were from Puerto Rico. Saimin is not known to have Puerto Rican influence, but as a gift to my Puerto Rican mother-in-law (who loves ramen) I created this imagined version by adding in a traditional Puerto Rican seasoning, recaito. The recaito cuts through the rich broth and adds an herbaceous zing. With the re-addition of shallot oil and a drop of lime juice, all of the elements play together wonderfully.

400g [Dashi Stock](#)

40g [Recaito](#)

35g [Shio Tare](#)

10g [Shallot Oil](#)

1g lime juice

140g bundle of fresh [yellow ramen noodles](#), cooked

Sliced [Tofu Chashu](#)

Sliced Just Egg

[Potato Kamaboko](#), 1/2" slice

Green onion

Thin slice of lime

Method

1. Heat the dashi stock in a small pot over medium heat until it is barely boiling, around 200°F/93°.
2. Meanwhile, place the recaito, shio tare, shallot oil, and lime juice directly into your serving bowl.
3. Once the stock is very hot, pour it directly into the serving bowl. Add noodles and toppings, and enjoy!

Dashi Stock

All purpose. This is the soup I mostly use because it has a strong, well-rounded flavor profile. The ingredients should be sliced thinly to promote max extraction. We do NOT peel ingredients for this soup because of the earthiness the vegetable skins bring, particularly from the russet potatoes. Because we aren't peeling, the soup will have a cloudy texture that is more suitable for thick broths like miso or tonkotsu. Use organic ingredients when possible -- the skins hold a ton of flavor and nutrients, but also pesticides.

**3L of water, or just enough to
cover the ingredients**

20g kombu

20g dried shiitake

One small sundried tomato

1 large onion, sliced

2 medium carrots, sliced

4 ribs of celery, sliced

4-5 green onions, chopped

1 large russet potato, sliced

1 fuji apple, sliced

1" knob of ginger

**1 head of garlic, cloves peeled
and smashed**

10g parsley leaves and stems

1 tsp peppercorns

4 bay leaves

1 - 15oz can of white beans

**(such as cannellini or
garbanzo), drained and
rinsed**

Method

1. Place the kombu, shiitake, and sundried tomato in 1L of water and let it soak in the fridge for 24-48 hours. This makes dashi.
2. Place the dashi, remaining 2L of water, and the rest of the ingredients into a large stock pot. (Recommendation: make sure the kombu is at the very top).
3. Bring to a near boil, around 190°F/88°C. Immediately remove the kombu to discard.
4. Turn the heat down to low, and simmer for 50 minutes.
5. Strain the stock through a mesh strainer. For clearer broth, strain a second optional time through a nut milk bag.
6. Set aside.

Clear Dashi Stock

Lighter in flavor and serenely clear, this stock is ideal for a clear chintan broth such as shio or shoyu. An important distinction between this recipe and the recipe above is that the vegetables here are peeled and roughly chopped rather than being left unpeeled and thinly sliced. This discourages the vegetables from breaking down and clouding the broth with vegetable particles that will escape even a nylon mesh strainer.

**3L of water, or just enough to
cover the ingredients**

20g kombu

20g dried shiitake

**1/3 head of napa cabbage,
roughly chopped**

**1 large onion, peeled and
chopped**

**2 medium carrots, peeled and
chopped**

1 leek, chopped

4 ribs of celery, chopped

4-5 green onions, chopped

**1 fuji apple, peeled and
chopped**

1" knob of ginger

**1 head of garlic, cloves peeled
and left whole**

10g parsley leaves and stems

1 tsp peppercorns

4 bay leaves

Method

1. Place the kombu, and shiitake in 1L of water and let it soak in the fridge for 24-48 hours. This makes dashi.
2. Place the dashi, remaining 2L of water, and the rest of the ingredients into a large stock pot. (Recommendation: make sure the kombu is at the very top).
3. Bring to a near boil, around 190°F/88°C. Immediately remove the kombu to discard.
4. Turn the heat down to low, and simmer for 50 minutes.
5. Strain the stock through a mesh strainer. For clearer broth, strain a second optional time through a nut milk bag.
6. Set aside.

Onion Dashi



A lot of veggie broth recipes try to impart flavor on a veggie stock by browning the vegetables, and then simmering them to make a broth with those caramelized edges melded in. This recipe seeks to maximize that effect by slow drying onions, causing them to brown very evenly throughout without burning. Onions are full of sugar that will caramelize in this process, so they will impart a very strong savory and sweet flavor onto your recipe.

3L water (or enough to just cover the ingredients)

20g kombu

20g dried shiitake

3 large sweet onions, thinly sliced (about 1200g)

2 medium carrots, sliced

4 ribs of celery, sliced

4-5 green onions, chopped

1 large russet potato, sliced

1 fuji apple, sliced

1" knob of ginger

1 head of garlic, cloves, peeled and smashed

10g parsley leaves and stems

1 tsp peppercorns

4 bay leaves

1 - 15oz can of white beans (such as cannellini or garbanzo), drained and rinsed

Method

1. Place the konbu and shiitake in 1L of water and let it soak in the fridge for 24-48 hours. This makes dashi.
2. Preheat your oven 170°F/76.5°C. Thinly slice the sweet onions and scatter them in a single layer across 2 baking trays lined with parchment paper. Bake (dehydrate) for 20-22 hours, or until the onions have turned a light golden brown.
3. Place the dashi, dehydrated onions, remaining 2L of water, and the rest of the ingredients into a large stock pot. (Recommendation: make sure the konbu is at the very top).
4. Bring to a near boil, around 190°F/88°C. Immediately remove the konbu to discard.
5. Turn the heat down to low, and simmer for 50 minutes.
6. Strain the stock through a mesh strainer. For clearer broth, strain a second optional time through a nut milk bag.
7. Set aside. Use in any vegan ramen, or any recipe calling for veggie broth!

Vegan Bone Broth

I had a lot of great comments about this recipe. Vegans and non-vegans alike didn't like the name for different reasons. Some didn't read the recipe at all and were angry because they believed I had ACTUALLY made a broth out of bones and presumptuously called it vegan. Others joked, asking me where they could obtain the bones of vegans.

Let me be clear here -- this is a bone free vegetable broth. Non-vegan ramen uses chicken, pork, and seafood stocks that have a lot of bones. These bones are full of gelatin and collagen that, when boiled aggressively for hours, deliver a soup that has a particularly silky mouthfeel that is signature to non-vegan ramen.

My vegan argument has always been that plant-based ramen can have EVERY aspect of non-vegan ramen and deliver the same level of satisfaction -- from the toppings, to the aroma oils, to the soup. And ever since I talked big about the possibility of making vegan bone broth on the Way of Ramen Podcast, the fact that my recipe was incomplete and untested has been a chip on my shoulder ever since. So after going through a ton of agar agar and dried beans, I present to you a complete bone broth recipe that uses no bones and still delivers that luxurious, silky mouthfeel.

This recipe requires a lot more care, time, and precision than regular [Dashi Stock](#) and [Clear Dashi Stock](#). I recommend making either of those recipes first before attempting this one.

[↓ Recipe Below ↓](#)

Vegan Bone Broth



**200g of dried chickpeas
(about 1 Cup)
20g kombu
20g dried shiitake
One small sundried tomato
1 large sweet onion
2 medium carrots, sliced
4 ribs of celery, sliced
4-5 green onions, chopped
1 large russet potato, sliced
1 fuji apple, sliced
1" knob of ginger
1 head of garlic, cloves,
peeled and smashed
10g parsley leaves and stems
1 tsp peppercorns
4 bay leaves
Agar agar powder***

*Make sure you are using
agar agar *powder*, rather than
agar agar flakes

Method

1. Place the kombu, shiitake, and sundried tomato in 1L of water and let it soak in the fridge overnight, or for 8-24 hours. This makes dashi.
2. Place the dried chickpeas in 1L of water in a separate container and let it soak in the fridge overnight, or for 8-24 hours.
3. Place the dashi and the rest of the ingredients (excluding the chickpeas) into a large broth pot. Fill the pot with enough water to just barely cover the ingredients (about 2L).
4. Drain the soaked chickpeas, and place them in a heatproof mesh bag OR a nut milk bag. Tie off the top and submerge the bag in the pot.
5. Bring to a gentle simmer, around 190°F/88°C. Immediately remove the kombu to discard.
6. Turn the heat down to low, and simmer for 50 minutes.
7. Remove the bag of chickpeas (they are now cooked). Put them in a container of water in the fridge, and use them later in any chickpea-related recipe!

8. Strain the broth through a mesh strainer. For clearer broth, strain a second optional time through a nut milk bag.
9. Strain out the solids from your broth and weigh the liquid in grams using a kitchen scale. Multiply the weight of your broth by 0.00075 to determine how much agar agar powder you will need.
10. Place the strained broth back in a pot on the stove and heat over medium heat until it reaches a gentle simmer, around 190°F/88°C. Turn the heat down to low to hold the stock at this temperature.
11. In a small bowl, measure out the agar agar powder in grams according to the amount calculated in step 9. Do not add the agar agar to the broth yet.
12. In a small sauce pot, add one cup (240g) of water and heat over medium-high heat.
13. Once this small pot of water is boiling, stir with a whisk or wooden spoon to create a whirlpool motion. Sprinkle the measured agar agar powder into the boiling water while you are stirring it. Continue to mix the agar into the water until it melts. You can visually see this completed when the grains are no longer visible, and the surface of the water has a slightly gelatinous surface.
14. Now we'll do this again, at a larger scale. Using the same utensil, stir your pot of 190°F/88°C broth to create another, larger whirlpool. Slowly pour your hot agar/water mixture into the broth, and stir until completely mixed.
15. Turn off the heat. Your vegan bone broth is ready! Keep a lid on the pot at all times when not serving.

Vegan Bone Broth (Universal Method)

There's no need to be confined to my specific recipe. Vegan bone broth is less of an end-all be-all recipe and more of a method. Use the following method in tandem with any of your favorite veggie stock recipes to add a silky, gelatinous texture.

Dried chickpeas (1/3 Cup, or 65g, per Liter of water used in broth recipe)

Agar agar powder

One entire veggie broth recipe

Method

1. Soak dried chickpeas in water overnight, or for 8 - 24 hours. Soak in 1½ cups of water per 1/3 cup of chickpeas you use. Drain the chickpeas once they are soaked.
2. Place the drained chickpeas in a heatproof mesh bag or a nut milk bag, and tie off the top. Submerge this bag in your broth for its entire cooking time.
3. Make your veggie broth recipe. Your broth's simmering should last anywhere between 50-60 minutes.
4. Remove the bag of chickpeas from the broth and store the chickpeas in a container of water in the refrigerator for later use.
5. Strain out the solids from your broth and weigh the liquid using a kitchen scale. Multiply the weight of your broth by 0.00075 to determine how much agar agar powder you will need.
6. Place the strained broth back in a pot on the stove and heat over medium heat until it reaches a gentle simmer, around 190°F/88°C. Turn the heat down to low to hold the stock at this temperature.
7. In a small bowl, measure out the agar agar powder in grams according to the amount calculated in step 5. Do not add the agar agar to the broth yet.
8. In a small sauce pot, add one cup (240g) of water and heat over medium-high heat.
9. Once this small pot of water is boiling, stir with a whisk or wooden spoon to create a whirlpool motion. Sprinkle the

measured agar agar powder into the boiling water while you are stirring it. Continue to mix the agar into the water until it melts. You can visually see this completed when the grains are no longer visible, and the surface of the water has a slightly gelatinous surface.

10. Now we'll do this again, at a larger scale. Using the same utensil, stir your pot of 190°F/88°C broth to create another, larger whirlpool. Slowly pour your hot agar/water mixture into the broth, and stir until completely mixed.
11. Turn off the heat. Your vegan bone broth is ready! Keep a lid on the pot at all times when not serving.

Dark Tonkotsu Tare

FORMERLY: “Vegan Chicken Tare”

Used for making [Vegan Dark Tonkotsu Ramen](#). This tare is shoyu-forward, so it gives a bold flavor to soup and darkens the color.

240g shoyu
56g nutritional yeast flakes
12.5g white wine vinegar
4g liquid smoke
7g kosher salt
5g celery salt
5g onion powder
4g garlic powder
1/2 tsp ground sage
1/2 tsp ground thyme
1/4 tsp smoked paprika

Method

1. Place all ingredients in a medium pot.
2. Bring to a boil on medium heat. Once simmering, reduce to medium-low heat and simmer for 1 minute. Using a wooden spoon, stir continuously and scrape the sides of the pot as it cooks to avoid burning the shoyu.
3. Turn off the heat and allow to cool entirely, then store in an airtight container in the fridge until ready to use.
4. Mix this tare before using to ensure even distribution.

Light Tonkotsu Tare

FORMERLY: "Vegan Tonkotsu Tare"

Used for making [Vegan Light Tonkotsu Ramen](#). This tare has reduced shoyu and is salt-forward, placing an emphasis on the umami of the nutritional yeast and preserving the bright creamy color that tonkotsu should have.

200g water

100g usukuchi shoyu (light soy sauce)

10g brown sugar

12.5g apple cider vinegar

4g liquid smoke

56g nutritional yeast

20g kosher salt

5g onion powder

4g garlic powder

4g msg

1/4 tsp ground thyme

1/4 tsp ground black pepper

1/4 tsp smoked paprika

Method

1. Add all ingredients to a small pot.
2. Heat on medium heat until the mixture simmers, using a wooden utensil to stir constantly and scraping down the sides to prevent burning. Allow to cook for 1 minute.
3. Store the finished tare in an airtight jar.

Shio Tare

(Source 3)

*This tare is taken from Ryan of [Way of Ramen](#) and I use it all the time. It's simple and versatile, and is perfect for making a chintan that highlights the flavors of your noodles and aroma oil. ****

I've stripped the recipe down to provide more simplicity to it.

450g water

70g salt

25g mirin

7.5g rice vinegar

25g light color shoyu (usukuchi)

5g sugar

2.5g msg

Method

1. Add all of the ingredients to a pot and bring to a simmer over medium-low heat. Simmer for 15-20 seconds, or until the salt and sugar have dissolved.
2. Allow the tare to cool to room temperature, then store in the fridge in an airtight container.

****For an extremely simple vegan shio broth, add 36g of this tare to 15g of [shallot oil](#) and 400g of boiling water. This is a very good practice broth to use in order to test your noodles' flavors. (measurements by Way of Ramen)*

Shoyu Tare

Pardon Our Mess - This area is under construction



Recaito

Fresh, green Puerto Rican sofrito. This recipe makes about a quart, so you will have extra. Recaito can be added to most vegetable stews to add an herbaceous twist, and a deep green color. Used in [Puerto Rican Saimin](#).

1 large green bell pepper
1/2 lb aji dulces OR
anaheim peppers,
stemmed and deseeded
1 bunch of culantro (about
65g)*
1 large sweet yellow onion
10 cloves of garlic

Method

1. Add all ingredients to a blender, and blend at high speed. Avoid adding water, as the vegetables have plenty. Set aside.

**Culantro is also known as Sawtooth Herb in English, or Ngo Gai in Vietnamese*

Noodles

In this section I want to put only what I know, and not oversell my knowledge. This is because noodles are the most complicated ingredient in ramen, and people dedicate their lives and careers to mastering and understanding them.

On the surface, noodles are essentially four ingredients: wheat flour, water, kansui, and salt. That sounds simple enough, and it must be just a matter of kneading the dough, rolling it into a sheet, and cutting it.

When you look more into noodles making, you start to learn about the finer details that make big differences. The types of kansui you use, the protein percentage of your wheat flour, the temperature of the room you make your noodles in, the hardness/softness of your water, etc.

The list goes on.

Ramen is defined by its noodles in that it strictly uses wheat noodles that have been made springy, chewy, and somewhat bitter by the addition of alkaline salts, or “kansui”. There are two kansui primarily added to noodles, and most ramen noodles contain a combination of these in different ratios.

1. Sodium Carbonate (Na_2CO_3)

This is the easiest kansui to find because it can be made at home using baking soda. While sodium carbonate and potassium carbonate both bring out the signature alkaline scent and taste of proper ramen noodles, sodium carbonate distinctly promotes a softer texture in noodles. When making thicker or wider ramen noodles that would pair with a clear broth such as vegan shio, it's ideal to use more sodium carbonate to emphasize a chewy, stretchy noodle.

Depending on the context, sodium carbonate can have other names

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- “Washing soda” - in the late-19th to early-20th centuries, sodium carbonate was used to do laundry and clean kitchens. As you’ll see in a second, sodium carbonate is easy to come by, and if you are ever low on dishwasher detergent, a tablespoon of sodium carbonate is a great substitute



- “Soda ash” - the usage of the term “ash” dates back to ancient times when plants were burned to ashes in order to separate the precious alkaline salts. The term “soda” theoretically comes from the Arabic word *suda* (صداع) which directly means headache, referring to the ancient practice of burning a saltwort plant and mixing its ashes (alkaline salts) in water to cure headaches. Today “soda ash” is an industry term for sodium carbonate in its unrefined, crystalline form.
- “Baked baking soda” - It’s exactly what it sounds like. Baking soda, or sodium bicarbonate (NaHCO_3) is just a less intense version of sodium carbonate. Below is a recipe on how to make sodium carbonate at home with just baking soda and an oven.

Sodium Carbonate (Kansui) <i>“Baked Baking Soda”</i>	
1 cup of baking soda	Method <ol style="list-style-type: none"> 1. Preheat your oven to 250°F/121°C. 2. Line a sheet tray with aluminum foil, and spread your baking soda on it in a thin layer. 3. Bake the baking soda in the oven for 1 hour. Remove it from the oven and let it cool. 4. Store the baked baking soda in an airtight container.

2. Potassium Carbonate (K₂CO₃)

Although it has less practical uses, potassium carbonate is very important in providing ramen noodles with their hardness. A hard noodle does not stretch as much as it snaps. In general, you want to use a higher ratio of potassium carbonate in thin, fine noodles that would be more suited to thick, heavy broths like vegan tonkotsu.

Potassium carbonate cannot be necessarily made in a home kitchen, but it's easy to find [food-grade sales of it online](#).

Wanna really fall down the noodle science rabbit hole? Check out [Yamamoto Noodle's articles](#) on noodle science.

Noodles (KitchenAid)

This is my easy, unadulterated method that I've used for the past several years. With 40% hydration, solely sodium carbonate, and all-purpose flour, these noodles are very soft and easy to work with. In the variations section, we'll go over a few more complicated noodle types that are harder and snappier.

Noodles (KitchenAid)

Yields one 140g bundle. Scale up as needed

Hydration

110g all-purpose flour

44g water

1.1g kosher salt

1.0g [sodium carbonate](#)

Cornstarch

1. Measure out the water, salt, and sodium carbonate in a glass jar or clear plastic container. Using chopsticks, whisk these together until the powders dissolve. Use your chopsticks to crush any lumps that won't dissolve.
2. Measure out your flour into your standing mixer bowl. Pour the water mixture into the flour, and mix it all together with chopsticks until it's a clumpy mixture.
3. Using your standing mixer's beater attachment, mix the dough on low speed for 5 minutes, or until it takes the form of wet sand.
4. Scoop this mixture into an airtight, ziplock bag. Seal it, squeezing out any extra air.
5. Allow the dough to rest for 1 hour at room temperature.

Lamination and Cutting

1. Divide the dough into equal portions, each weighing about 140-145g.
2. Use your hands to form each dough portion into a ball, and then use a rolling pin or the clean bottom of a large frying pan to press the dough ball into a flat, circular disk. Each disk should be about 5mm wide.
3. Using the widest setting on your pasta roller, roll out each

flattened portion of dough.

4. Once passed through, set the pasta roller to the 2nd widest setting, and roll out the dough again. Fold the dough in half, in the same direction as it passed through the roller.
5. Set the pasta roller to the widest setting again, and pass the folded dough sheet through in the same direction as before.
6. Set the pasta roller to the 2nd widest setting again, and pass the dough sheet through.
7. Fold the dough in half, and pass it through the pasta roller set at the widest setting.
8. Set the pasta roller to the 3rd widest setting, and pass the dough sheet through.
9. Set the pasta roller to the 5th widest setting, and pass the dough sheet through.
10. Use your hands to gently but tightly roll up each dough sheet, and place them in an airtight ziplock bag with all of the excess air squeezed out.
11. Allow the dough sheets to rest for 1 hour.
12. Remove the dough sheets from the bag and unroll them. Setting your electric pasta roller to the 5th widest setting, pass the dough sheets through one more time to lengthen and straighten them.
13. Sprinkle about 1 tsp of cornstarch on each side of the dough sheets, and use your hands to evenly rub over the entire surface.
14. Swap your pasta roller attachment out for your spaghetti cutter attachment.
15. Pass the dough sheets carefully through the spaghetti cutter attachment on the lowest speed. Use both hands to “drive” the dough sheet, ensuring that it always goes in straight, without folding over.
16. Once the dough sheet has passed through, you will have your bundle of noodles! Use one hand to hold the entire bundle of noodles by their center (so that they stay all

together) and use your other hand to toss and ruffle the noodles so that the residual cornstarch coats the freshly cut sides of each noodle.

17. For straight noodles, fold each portion of noodles into thirds and place in an airtight ziplock bag with all of the air squeezed out. Store in the fridge.

For curly noodles, knead the portion of noodles firmly into the counter multiple times before bagging and storing them.

18. Let the noodle portions rest in the fridge overnight.

Cooking

1. Add the noodles to boiling water and mix them to ensure they don't stick to one another.
2. Boil for 2 minutes.
3. Using a mesh strainer, lift the noodles out of the water, and shake them to extract out as much water as possible.
4. Add the noodles to your prepared ramen broth.

Noodles (Manual Method)

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Check out the [Way of Ramen noodle making guide](#) to learn the basics of handmade ramen noodles



Noodle Variations

Below are a collection of modifications that can be made to change the color, smell, or flavor of your noodles. Replacing 5-10% of your flour's weight sacrifices a small amount of the gluten structure (the chewiness) for a fun appearance and appealing aroma.

Variant	Method	Notes
Rye Noodles	Toast dark rye flour in a dry pan until it smells nutty. Replace 5-10% of your wheat flour with this before adding liquid. (5% replacement gives a nice wheat aroma, 10% gives a pronounced aroma and strong wheat flavor but makes the dough slightly more difficult to work with)	Popularized by Ivan Orkin to create a speckled, brown noodle with a strong wheat aroma. Because of the dryness of toasted rye, it is worth noting that the noodle dough will be slightly tougher to work with.
Yellow Noodles	For every 2 portions of noodles you are making, use a <i>very</i> conservative pinch of riboflavin (vitamin b2 powder) and mix that with your water and kansui before adding it all to the flour.	Though noodles with kansui are already somewhat yellow, the addition of riboflavin takes their color to a <i>deep</i> yellow that really shows up in food photos.
Spinach Noodles	Replace 5% of your flour's weight with spinach powder, and mix thoroughly with the flour before adding liquid.	Green noodles!
Tomato Noodles	Replace 5% of your flour's weight with spinach powder, and mix thoroughly with the flour before adding liquid.	Red noodles with a tart flavor
Roasted Potato Noodles	Toast potato flour in a dry pan until it smells like roasted potatoes. Replace 10% of your wheat flour with this before adding liquid.	Smells strongly of potato chips. These noodles oxidize in the fridge overnight with a brown surface, but when they are cooked this browning goes away.

Shallot Oil

and also ***Fried Shallots***

Out of all the vegetables in the world, shallots are my absolute favorite. By thinly slicing them and frying them deep in oil, an aroma that is buttery, sharp, and rich rapidly fills your entire house. Your end products are a shallot oil that is liquid vegan gold, and a huge pile of crispy shallots that I like to eat as a [Midnight Snack](#).

225g shallots, thinly sliced
(about 8 medium-sized
shallots)

180g canola oil (3/4 cup)

Pinch of salt

Method

1. In a high-walled saucepan, add all of the ingredients.
2. Heat on medium heat until the oil bubbles and shimmers, and fry for 20-22 minutes. Stir often.
3. Watch carefully when the shallots are all golden brown. When they begin to turn brown-brown, turn off the fire immediately.
4. Strain the shallots from the oil using a mesh strainer. Once fully drained, pour the still-hot fried shallots onto a paper towel to drain excess oil and allow them to cris up.
5. Store both in sealed containers (fried shallots in a cool dry place, Shallot Oil in the fridge)

Habanero Shallot Oil

*A spicy variant of Shallot Oil. This is actually my favorite oil because habaneros are the f*cking best, fresh or fried. I have made this recipe with jalapeños and peruvian yellow chilis respectively, and respectfully those batches never measured up to the buttery, fruity flavor of habanero.*

Read: Wear food grade gloves when handling habanero peppers (the capsicum is active the moment the skin is cut or breaks). Wash every surface the peppers seeds/insides touch with soap and water, and use the [doctor method](#) to take off and dispose of your gloves.

Follow these steps to ensure that things besides the aroma oil don't also end up spicy!

450g shallots, thinly sliced
6-8 habanero peppers, deseeded
and thinly sliced
360g canola oil
Pinch of salt

Method

1. In a high-walled saucepan, add all of the ingredients.
2. Heat on medium heat until the oil bubbles and shimmers, and fry for 20-22 minutes. Stir often.
3. Watch carefully when the shallots are all golden brown. When they begin to turn brown-brown, turn off the fire immediately.
4. Strain the shallots from the oil. Store both in sealed containers (fried shallots and habaneros in a cool dry place, Shallot Oil in the fridge)

Tofu Chashu



My most used recipes, by both myself and people who follow my recipes. In the recipe, texture is key to transforming a normally soft and mild ingredient into a meaty and satisfying protein. Here's this recipe being featured on [Way of Ramen's Youtube Channel](#).

Method

One 14oz block of firm or extra firm tofu

Marinade 1:

**60g shoyu (4 Tbsp)
30g mirin (2 Tbsp)
20g maple syrup (1 Tbsp)
15g rice vinegar (1 Tbsp)
10g neutral oil (2 tsp)
3 cloves crushed garlic
1 tsp minced ginger**

Marinade 2:

**45g shoyu (3 Tbsp)
20g maple syrup (1 Tbsp +
1 tsp)
10g neutral oil (2 tsp)
3g liquid smoke (1/2 tsp
roughly)**

1. Cut open the tofu and press the water from it. I use a tofu press, but you can also drain it by wrapping the tofu in paper towels and weighing it down with a book or a large frying pan. Use gentle pressure to make the sides of the tofu block firm and taut, but don't crush the whole block (that'll ruin the final shape). Tofu takes about 10-15 minutes to drain enough water.
2. Meanwhile, combine all of the Marinade 1 ingredients in a small bowl and mix thoroughly.
3. Using a sharp knife, cut your pressed tofu into 1/2 inch slices. I recommend using a ruler to line up your cuts to make them equal. Place the slices in a shallow container or baking dish.
4. Pour Marinade 1 directly over the tofu slices. If the slices are not completely submerged, top the container off with more shoyu.
5. Allow the tofu to marinate for at least 1 hour. Meanwhile, preheat your oven to 375°F.

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6. Lay the tofu in a single layer on a baking sheet lined with parchment paper or a silicone pad. Bake for 30 minutes, flipping them halfway.
7. Place the baked tofu in an airtight container and let rest for at least 4 hours, up to IDEALLY overnight. This allows the protein to firm up and have a more substantial bite.
8. After the tofu has rested, place an oven rack to the second highest rack position (don't put any additional oven racks above this one). Set your broiler to high.
9. Line a baking sheet with foil or silicone. Place a wire baking rack on top of the lined baking sheet. Lay the tofu on top of the wire baking rack so that all of the slices will receive equal heat from the heating element of your broiler.
10. Combine all ingredients of Marinade 2 into a small bowl and mix thoroughly. Using a basting brush, generously coat the top of the tofu slices with Marinade 2, using up no more than half of the marinade.
11. Broil the tofu slices on high heat until they are a dark golden brown with a slight char. This can take 4-5 minutes. Watch them closely so they don't burn! All ovens are different, so time may vary.
12. Using oven mitts, remove the tofu from the broiler. Gently flip them over with tongs or a spatula. Baste them again with the rest of the marinade.
13. Put the slices back into the oven and broil until the other side also has a dark golden brown color with a slight char.
14. Your Tofu Chashu is ready. Serve it over a bowl of vegan ramen.

Kikurage (Wood Ear Mushroom)

Shredded black fungus is standard on especially tonkotsu ramen. This topping adds a pop of black color that contrasts light oat milk based broths. They are rich in protein and fiber, making ramen bowls more filling. Pre-shredded kikurage is long and thin when rehydrated, making it tangle with ramen noodles. Their snappy bite and mild flavor add contrast to your noodles.

**30g dried shredded
black fungus (about 1
Cup)**

Boiling water

30g shoyu (2 Tbsp)

30g mirin (2 Tbsp)

10g sesame oil (2 tsp)

4g white sugar (1 tsp)

2g MSG (1/2 tsp)

Method

1. Place the dried black fungus in a heatproof bowl. Cover with boiling water and allow to rehydrate for 5 minutes.
2. Pour out the water, and squeeze the mushrooms to drain any excess.
3. Add the rehydrated mushrooms and the rest of the ingredients to a large frying pan.
4. Heat on medium heat, and saute the mushrooms, stirring occasionally.
5. Once all moisture has evaporated, your kikurage mushrooms are ready! Set aside.

Roasted Tomatoes



Vegan ramen doesn't have a perfect rendition of soft-boiled eggs (yet) but that doesn't mean we can't make something that does the same job. Like ramen eggs (ajitsuke tamago), roasted tomatoes are 1-2 bite toppings that are soft, rich, and likely soaked in ramen broth by the time you eat them. By pricking holes deep into halved tomatoes, we can coat the inside of them with olive oil, allowing the tomatoes to cook from the inside. They are 90% water, and their flesh is full of glutamic acid -- so when you roast out most of their water weight, the tomatoes shrink and concentrate into umami-laden flavor bombs.

4 Roma tomatoes, halved

Olive Oil

Salt

Pepper

Method

1. Preheat the oven to 400°F.
2. Wash the tomatoes, and use a sharp knife to slice them in half crosswise.
3. Stand the tomato halves cut side up by slicing off just a little bit of their round bottoms (far enough to remove the tough bits).
4. Line the tomatoes on a baking tray, at least one inch of space between each one.
5. Using a fork, prick a few holes across the cut side of each tomato. (I use a 4-prong fork and make about 20 holes.

That's 5 pricks, by the way)

6. Drizzle about 1 tsp of olive oil onto each tomato half. Use the back of a spoon to gently spread the oil evenly across the surface of the pricked tomato side. The oil will penetrate into the surface of the tomatoes via their holes.
7. Season with a sprinkle of salt and pepper.
8. Bake in the oven for 55 minutes. The roasted tomatoes will become concentrated and juicy (but not watery), and their skin will be leathery. If using more than 4 tomatoes, cook time may be longer.
9. Serve warm on vegan ramen as a topping.

Potato Kamaboko



Someone looked at this recipe and told me that half cooked potatoes sounded hard, flavorless, and boring. And that was one of the best compliments I could get! Because kamaboko is just that: a tacky, boring cake. It comes in a package, it's highly processed, and it has just one flavor: fish. But that's just the flavor profile -- kamaboko has a striking appearance that adds a color accent to ramen. If you so please, feel free to throw 1-2 dried shiitake mushrooms into step #1 to add a little umami to this recipe.

Method

**300g small Russet potatoes,
peeled (Three 100g potatoes
in total)***

**250g red beet, washed (1
large)**

600g water

10g salt

**1-2 dried shiitake mushroom
(optional)**

1. Put all of the ingredients in a small pot, with the peeled potatoes at the very bottom. If the potatoes are not completely submerged, add more water.
2. Bring to a boil, then immediately turn down the heat to low. Cover and simmer for 3 minutes.
3. Turn off the heat, and allow the pot to sit and cool until it is room temperature. (The fire is off, but the potatoes continue to cook)
4. Put the entire pot in the fridge, and let it chill overnight.
5. Pull a dyed potato from the water, wipe off excess liquid, and slice into 1/2" kamaboko slices.**
6. Place a slice of potato kamaboko on your bowl of vegan ramen and marvel at the colors.

Notes

* The potatoes MUST be Russet or some white potato. For a sunset-like mixture of yellow and pink, you can also use Yukon Gold potatoes instead

** If your potatoes are oval and lopsided, but you want the kamaboko to be CIRCULAR when sliced, I recommend to start not with 100g potatoes but 120g potatoes, and use your vegetable peeler to shave down the odd side of the already-peeled potato so that it is circular and cylindrical.

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Serious Midnight Snack

Onion Rice

Probably the goofiest thing I'll put in this book. But it's something I've made for myself many, many times between 12am-3am. If you are in a household that perpetually cooks rice, then you often will have that pot of rice in your fridge that is still soft and fresh. Combined with the crispy, butteriness of the fried shallots you probably also have, and a little salt, this little mixture is the peak of fried onion flavor. Sometimes I just make a mini version of this entire thing in my right hand and press it into an impromptu midnight onigiri. Delicious!

**3/4 Cup of cooked white rice (ideally
cooked less than 24 hours ago)**

2 tbsp [Fried Shallots](#)

1 tbsp sliced green onion

1 tsp [Shallot Oil](#) (optional)

Salt, to taste

Method

1. Reheat your rice if it isn't already soft.
2. Throw everything into a small bowl and mix.
Enjoy, and think about how you know how to make this, and your friends don't.

The Five Components of Ramen

This is either your first time or your one thousandth time going over the five components. This is a book for vegan and non-vegans alike to better understand vegan ramen, so let's go over what each component is, and how making it plant-based can change its importance in the soup.

The 5 components of a ramen bowl comprise of:

1. **Soup** - language around soup varies -- let's specify a few terms.
 - a. Dashi - a soup stock used universally in Japanese cuisine to add umami to food. It's made by simmering ingredients full of ingredients rich in umami building blocks such as glutamine.
For exclusively vegan cuisine, we use konbu, mushrooms, and sometimes sun dried tomatoes to make dashi. Dashi can be made using cold OR hot extraction, meaning you can make it slowly in the fridge or quickly on the stove.
 - b. Stock - vegetable stock is made from simmering vegetables, herbs, and aromatics to extract their flavors into a clear liquid. "Stock" is distinct from "broth" in that stock does NOT have any added salt while broth does.
 - c. Dashi stock - This compound term means what it sounds like - dashi and stock as one homogenous soup. I usually make dashi through cold infusion - steeping konbu and dried mushrooms in water in the fridge overnight. Once that infusion is done and I have dashi, I simmer vegetables and aromatics in the dashi to make the stock -- creating one single, flavorful dashi stock
 - d. Broth - Broth is used to describe the fully finished soup - containing dashi stock, tare, and also aromatic oil.
 - e. Chintan (清湯) - meaning "clear broth", chintan refers to clear soups such as shio or shoyu

- f. Paitan (白湯) - meaning “white broth”, paitan refers to opaque soups such as tonkotsu

- 2. **Tare** (sauce) - tare is a rich sauce that seasons your soup with salt and umami flavors. Saltiness and umami aren’t the only flavors tare can add -- it can also add sweetness, sourness, smokiness, fermentation, etc. Tare is traditionally made with mostly salt or shoyu.

In *non-vegan ramen*, animal-based stock plays a significant role in creating the flavor profile of the final soup, while tare seasons and accents that flavor. This method is repeated in almost all non-vegan ramen because animal-based stocks are often made with animal bones and parts to extract a ton of different flavors and collagen. Non-vegan ramen treats the animal-based stock as a centerpiece, and every component around the soup seasons its flavor profile. I think a lot of non-vegan cooking follows this *centerpiece* approach to food.

In *vegan ramen*, stock and tare’s roles repeatedly switch around based on what kind of ramen you’re making.

In a clear soup like vegan shio ramen, stock and tare follow the traditional model because the tare is simple, composed mostly of salt and umami-imparting glutamines.

In a more new-age ramen like my dark vegan tonkotsu recipe, it is noticeable that the roles of stock and tare are reversed. My [dashi stock](#) is composed of vegetables and aromatics that create a soup with a delicate flavor profile. My [tonkotsu tare](#), on the other hand, is made with a shoyu, liquid smoke, and a whopping 1/2 cup of nutritional yeast flakes. For those unfamiliar with nutritional yeast, it is a flaky vegan seasoning full of nutty, cheesy, and umami flavor. This one ingredient in the tare commandeers the flavor profile of the entire soup -- a job that tare doesn’t usually play in ramen. In this particular ramen, the delicately flavored dashi stock has the role of accenting the centerpiece flavor of the powerful tare.

3. **Noodles** - Noodle's biggest job is to carry broth when they are slurped. We take this component seriously for many reasons. The shape, flour choices, gluten shape, alkaline salts, and water percentage greatly affect how they will interact with the bowl.

And to answer a question you may have asked at some point: "What makes ramen *ramen*?" This component of the dish is your answer. Apart from noodles in udon or pho or somen or korean noodle soup -- ramen noodles are *alkalized*, meaning they contain an alkaline salt AKA ash that turns them yellow, makes them chewy, and grants them their soothing bitter scent.

For chintan ramen, bouncy, wide, high-hydration noodles are ideal for adding substance and chew to an otherwise thin soup.

For paitan ramen, thin, snappy, low-hydration noodles are great for carrying more broth and putting more focus on the flavor of the heavier broth.

4. **Aroma Oil** - Aroma oil is the fat that hot broth is poured over. In doing this, the aroma oil reacts to the hot broth and creates exactly its namesake, the thing that draws passerbys into a restaurant -- an aroma. Oils and fats typically don't smell like much when they are cold, but when a hot soup raises their temperature, they release palpable scent molecules into the air. Aroma is important to ramen because it's the first sensation that a diner notices before the broth hits their mouth. Aroma oil sets the tone, and raises expectations for the broth before the broth has even been tasted.

I'll be perfectly honest with you - in my kitchen, *shallots* are the emperor of aroma. You will find shallots in virtually all of my aroma oil recipes, and you'll even find fried shallots - the byproduct of making shallot oil - in some miscellaneous recipes. If anyone reading this thinks they have an aromatic that makes a superior oil over my favorite vegetable, the god of vegan aromatics, the Shallot, I would love if you challenged me in my [DMs](#) right now.

5. Toppings - Toppings are an interesting component. They are also the most recent staple to the dish. Back during the postwar reconstruction of Japan in the 50s-60s, ramen was meant to be a fast food that was cheap, calorie-dense, and satisfying. A meal like this was suitable for laborers working to rebuild the infrastructure of Japan. Ramen wasn't really the cult dining experience it is today -- it was more of a utilitarian yet delicious fast food. Being how simple ramen was back then -- toppings beyond the simple triad of pork, menma, and green onion didn't really become a focus until late in the 20th century.

Today, modern ramen chefs use toppings to create the unique visual profile of dishes. Whereas aroma oil creates the *smell* of the bowl before the broth is even tasted, the toppings create the *sight* of the bowl. You can see the visual impact of ramen taken to the extreme in the modern [jiro-style](#) ramen.

Oat Milk Manifesto

Coming soon.

For the time being, I recommend any of these oat milks for making vegan ramen that has oat milk in it

1. Califia Barista
2. Oatly (Full Fat)
3. Oatly (Regular)
4. Planet Oat (Original)



Media

- [Instagram](#)
- [Reddit](#)
- [Way of Ramen Podcast Episode](#)
- [Acterra Interview](#)

Contact

Have any questions or feedback for me about this book? Feel free to contact me! Use the link below to send me a message via Google Form.

[Questions and Feedback Form](#)

Alternatively, you can also DM me on Instagram.

Sources

1. Tsukuda, Yuto, and Shun Saeki. *Food Wars!: Shokugeki no Soma, Vol. 16*. VIZ Media, 2014.
2. *Food Wars!: Shokugeki no Soma*. Created by Yuto Tsukuda and Shun Saeki, directed by Yoshitomo Yonetani, J.C.Staff, 2015-2020.
3. "Simple Shio Tare." Ryan Esaki, wayoframen.com, Accessed 12/30/23.
[<https://wayoframen.com/recipe/simple-shio-tare/>]

Send a Tip

This ad-free book is free, accessible, and continually updated. More recipes will be added over time, and I am always considering requests for traditionally non-vegan dishes that you would like to see veganized.

If you can afford it and are making use of this book, **please tip to support my work!** Much time has gone into this book, and more time will be put in to keep it updated.

To send a tip, click the link below -- When sending a tip, let me know your Instagram or Reddit tag so I can properly thank you :)

Support

(<https://linkr.bio/vegan.tanmen>)

Change Log

12/30/23 - v1.0.0

- Recipe Repository released. 🎉

01/28/24 - v1.0.1

- Added Sources page and markers for referenced material
- Fixed hyperlinks
- Minor text edits

06/08/24 - v1.0.2

- Reduced simmering time for all veggie broths from 60 minutes to 50.
- Light Tonkotsu Tare
 - Removed konbu and shiitake soaking step for simplicity.
 - Replaced koikuchi dark shoyu with usukuchi light shoyu.

01/31/25

- Roasted Tomatoes
 - Noted longer cooking times for more tomatoes.