



Black Garlic Soba Noodle Bowls

{ gluten-free, meatless, vegan option, dairy-free, refined sugar free }

Recipe serves 4-5.

INGREDIENTS

For the Black Garlic Broth:

8 cloves PC Black Label black garlic

6 C chicken broth, homemade or quality store-bought (substitute vegetable broth for vegan version)

3 scallions, thin sliced (reserve ~1/4 for garnishing)

1/2" knob ginger, sliced thin (~15g) (peel on is fine, will be pulled out before serving)

Drizzle of high-heat oil

Kosher salt to taste

For the Noodle Bowls:

4 bundles (~450g total) soba noodles (look for 100% buckwheat for gluten-free)

16 medium (~150g) fresh shiitake caps, thin sliced

4 handfuls (~200g) pea shoot leaves or other asian greens such as bok choy, yu-choy or chinese broccoli (or spinach would work too)

4 large eggs (omit for vegan version)

For garnish:

Sesame seeds

Reserved scallion slices



Shiso leaves, optional (I love these in soups, sushi and my [rainbow rolls](#) when I have them BUT if you can't find, just omit)

METHOD

Place a small pot with 1" of water over medium high heat until the water comes to a boil. Place the eggs in the pot and cover. Turn the heat down to maintain a simmer. Simmer for 6.5 minutes. Immediately run the eggs under cold running water for at least 30 seconds to stop the cooking. Peel, cut in halves and set aside for serving.

Place black garlic cloves and broth in a blender and blend until there are no lumps of garlic remaining.

Set a large pot with water over high heat and bring it to a boil. The noodles will be cooked in this pot later.

Set a second large pot over medium heat. Once hot, add a drizzle of oil, the ginger slices and scallions. Saute to flavor the oil and soften the scallions a wee bit, like 20 seconds. Add the sliced shiitake mushrooms and move them around to brown up a bit. Next, add the snow pea leaves and season everything with some kosher salt to taste. Continue sauteeing everything for a minute or two. Pour the black garlic broth into the pot, put the lid on and bring it to a simmer. Taste and add salt to taste - keeping in mind it should taste salty enough even when the noodles are added. Once the snow pea leaves are softened (the stems should be tender but still retain a slight crunch), turn off heat and keep warm over residual heat.

Meanwhile, the noodle water will have come to a boil. Add a healthy pinch of salt and cook the buckwheat noodles according to package directions. Pull noodles out with a pair of tongs and apportion them into serving bowls. Ladle the soup / veggies over the noodles. Add two halves of soft boiled eggs, reserved scallions and sprinkle of sesame seeds. Serve immediately.

Let me know if you try this recipe xx

