

TOFU SOUP WITH NOODLES

(SERVES 4-6)

INGREDIENTS

125g firm tofu, made with *Pink Lake Nigari*, cut into 2 cm cubes

Lake Crystal Salt

125g Udon Noodles or tagliatelle

2 teaspoons oil

1.2ltrs vegetable stock

60ml sake or Japanese rice wine

1 tsp sugar

1 tsp soy sauce

75g green beans

2 Spring Onions, trimmed and thinly sliced

2 tabs. miso paste

1 small Red Chilli, chopped



METHOD

- Cook the noodles according to packet instructions. Drain, refresh under cold water, drain again.
- Toss with the oil and leave to one side.
- Pour stock, sake or rice wine, sugar and soy sauce into a saucepan.
- Bring to boil, cover and simmer for 10 mins.
- Add the miso paste, tofu and green beans.
- Heat thoroughly for about 5 minutes.
- Add the noodles.
- Heat through.
- Serve immediately.

Pink Lake Nigari an organically certified coagulant to enhance your Tofu making.