

Soba Noodle Bowl w/Korean Meatballs

Makes 4 serving

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1 bundle Soba Noodles
1 Tbs sesame oil
6 cups vegetable, chicken, or beef stock
1-inch piece of fresh ginger
1 garlic clove
2 Tbs soy sauce or Bragg's Aminos
2 Tbs Oyster Sauce
2 cups fresh mushrooms (cremini, white button, shiitake, oyster, enoki)
2 small bok choy
Korean meatballs-recipe below

Toppings

2 Scallions, sliced thin on the bias
2 Tbs sesame seeds
12 leaves Thai or Italian sweet basil sliced thinly
½ bunch Cilantro leaves and stems chopped (parsley is fine if you prefer)
1 lime, quartered
Sriracha sauce

Equipment

Cutting board
Chef's knife
4 qt saucepan or small soup pot
Strainer
4 Soup bowls

Korean Style Meatballs

Ingredients

1pound ground beef
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon toasted sesame oil
3 tablespoons soy sauce
1 tablespoon rice vinegar
¼ cup chopped scallion
¼ cup chopped cilantro or parsley
2 teaspoons ginger, minced
2 cloves garlic, minced
1 large egg, beaten
½ cup dry breadcrumbs or panko breadcrumbs

Equipment

Cutting board
Chef's knife
Medium mixing bowl
Food processor or immersion blender

Soba Noodle Bowl w/Korean Meatballs

Serves 4

1 bundle Soba Noodles

1 Tbs sesame oil

6 cups vegetable, chicken, or beef stock

1-inch piece of fresh ginger, sliced thinly or chopped fine

1 garlic clove, sliced thinly or chopped fine

2 Tbs soy sauce or Bragg's Aminos

2 Tbs Oyster Sauce

2 cups fresh mushrooms, sliced thinly (cremini, white button, shiitake, oyster, enoki)

2 small bok choy, chopped

Korean meatballs-recipe below

Toppings

2 Scallions, sliced thin on the bias

2 Tbs sesame seeds

12 leaves Thai or Italian sweet basil sliced thinly

½ bunch Cilantro leaves and stems chopped

1 lime, quartered

Sriracha sauce

1. Cook the soba noodles according to package directions (about 5 minutes). Drain well, rinse with cold water, and drizzle with sesame oil. Divide the noodles between 4 soup bowls.
2. In a medium saucepan, heat the stock, ginger, garlic, soy sauce, oyster sauce, mushrooms, and bok choy (white parts and leaves). Heat to a simmer and cook for 5 minutes. Remove from heat.
3. Divide the soup over the noodles and top each serving with 4-5 cooked Korean meatballs and any extras you'd like to add. Serve the soup hot and offer lime and sriracha sauce at the table.

Korean Style Meatballs

Makes 18 small meatballs

1pound ground beef

1 teaspoon salt

1 teaspoon ground black pepper

1 tablespoon toasted sesame oil

3 tablespoons soy sauce

1 tablespoon rice vinegar

¼ cup chopped scallion

¼ cup chopped cilantro or parsley

2 teaspoons ginger, minced

2 cloves garlic, minced

1 large egg, beaten

½ cup dry breadcrumbs or panko breadcrumbs

1. Preheat oven to 450 degrees.
2. Combine salt, black pepper, sesame oil, soy sauce, vinegar, scallion, cilantro, ginger, and garlic in the bowl of a food processor. Process until blended.
3. In a medium bowl, combine the ground beef with the seasoning, egg, and breadcrumbs and mix well.
4. Form the meat mixture into 1 1/2-inch balls and arrange on a baking sheet. Place in a lightly oiled baking pan and put into the oven. Cook for 15 minutes. Serve hot.