



Tonkotsu Soup

INGREDIENTS

- 3kg pork marrow bones
- 500g chicken frame
- 50g pork back fat (minced / whole piece)
- 30g Bonito flakes
- 35g ginger
- 6 dried Shiitake mushrooms
- ½ leek
- 2 garlic clove
- 2 green shallots
- 20g dried Kelp / Kombu (optional - for a more umami flavored broth)



Serves: 8



Prep Time: 20-30 mins



Cooking Time: 9-15 hours

METHOD

1. Place the bones and chicken frame in a bowl, and keep running cold water over it in a sink for 20 minutes to remove the excess of blood and any other impurities. Or place bones in a pot, cover with cold water and bring to the boil. Strain and rinse bones in cold water to clean.
2. In a large stockpot, place cleaned bones and cover with cold water.
3. Bring to a boil.
4. Add roughly chopped leek, shallots, pork back fat & garlic. Skim scum until all scum is removed, ensuring not to remove the fat (should take roughly 5-10 mins of initial cooking to do so).
5. Cook on a rolling boil to emulsify fats, for at least 9 hours (can be cooked for a total of 15 hours for a thicker broth). You should have a thick, rich and creamy Tonkotsu broth at the end.
6. When the stock is ready, add kombu in and cook for a further 30 mins.
7. Turn the heat off and place the bonito flakes in and allow to stand off the heat for 30 mins before straining. Enjoy!

To assemble the Ramen

1. In a large bowl, pour 30g of Tare, and Umami Oil.
2. Add 130g of cooked Ramen noodles, and 300-400ml of Tonkotsu soup.
3. Add the other ingredients to your liking (Cha-Shu, Nitamago and Menma).
4. Garnish with finely sliced shallots and fresh chili.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

