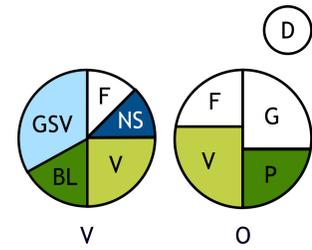


STOVE, FIRE



Sunflower Ramen

Adapted from Dirty Gourmet Plant Power: Food for Your Outdoor Adventures by Aimee Trudeau, Emily Nielson, and Mai-Yan Kwan

4 servings

Equipment

Camp stove
Large pot
Cup measure
Cutting boards or hiking boards
Chef's knives
Cooking spoon

1/2 tsp ground ginger
1 Tbsp neutral oil or plant butter
1 shallot
4 garlic cloves
10 cups water
1 oz dried shiitake mushrooms,
preferably Dynasty brand
14 oz extra firm tofu or 8 oz shelled
edamame
1 bunch broccoli
4 cakes (8 oz) dried ramen noodles
Scallions (for serving)
Sichuan chili oil (optional, for serving)

Ingredients

4 Tbsp miso (awase or darker)
2 Tbsp soy sauce
2 Tbsp unsweetened sunflower butter
1 Tbsp toasted sesame oil
4 tsp Bouillon Powder, bouillon cube
equivalent, or 2 tsp vegetable Better
Than Bouillon concentrate

At Home

In a leakproof container, mix the miso, soy sauce, sunflower butter, sesame oil, bouillon, and ginger until well combined.



At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat or eggs that you might have and wash your hands.

2. Using the best knife for the job, peel and mince the shallot and garlic cloves. Cube the tofu (if using) and cut the broccoli into florets.



3. Heat the oil or butter in a large pot over medium heat. Add the minced shallot and sauté until softened but not browned, about 5 minutes. Add the garlic and cook for about 1 minute.

4. Add the miso mixture to the pot and stir until well combined. Add the water, mushrooms, and tofu (if using). Increase the heat to high, cover the pot, and bring to a boil. Turn down the heat again and let simmer for 5 minutes.

5. Rinse the scallions. Using the best knife for the job, slice the scallions.

6. Add the edamame (if using) and ramen and return the mixture to a boil. Cook the noodles, then serve topped with scallions and optionally Sichuan chili oil.



7. Put any leftovers into the pack cooler as soon as they have cooled to air temperature.

