



JERNEJ KITCHEN

TURKEY MEATBALL MISO RAMEN SOUP

Turkey Meatball Miso Ramen Soup is a simple recipe for a tasty Japanese soup. This recipe is made with turkey meatballs, noodles, scallions, and mushrooms.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	16	MINUTES
COOK:	14	MINUTES
TOTAL TIME:	45	MINUTES

TURKEY MEATBALLS

550 g (1.2 pound) ground turkey

2 scallions

1 tsp grated fresh ginger

1 garlic clove

1 tbsp light soy sauce

2 tbsp breadcrumbs

1 tbsp sesame seed oil

RAMEN

2 tbsp canola oil or lard

2 shallots

3 garlic cloves

1 tbsp grated fresh ginger

1 tbsp miso paste

1 tsp sugar

1 tsp oyster sauce

1 handful shiitake mushrooms

1/4 tsp Sriracha (optional)

1.5 liters (6 cups) chicken broth

250 g (1/2 pound) ramen noodles

PREPARATION

Line a large baking sheet with parchment paper. Position a rack in the middle of the oven. Preheat the fan-assisted oven to 220 °C / 430 °F or the conventional oven to 230 °C / 445 °F.

MEATBALLS

First, make the meatballs. Combine ground turkey, diced scallions, grated fresh ginger, grated garlic, soy sauce, and breadcrumbs in a bowl. Season with salt and pepper and stir to combine. Divide the mixture into 24 meatballs, each in the size of one tablespoon. Arrange the meatballs on the prepared baking sheet and drizzle with sesame oil (or canola oil). Place in the preheated oven and bake for 16 minutes in the fan-assisted oven at 220 °C / 430 °F or in the conventional oven at 230 °C / 445 °F.

RAMEN SOUP

Place a pot over medium heat. Add the oil or lard, diced shallots, diced garlic, and grated fresh ginger. Saute for 2 - 3 minutes, then add the miso paste, sugar, and oyster sauce. Optionally add Sriracha for some spiciness. Stir, and cook for another minute. Pour in the chicken broth and bring to a boil, then simmer for 10 minutes. Add the mushrooms. If you have large mushrooms, cut them into smaller chunks. Season to taste with salt.

COOK THE NOODLES

Place a large pot with boiling water over medium heat. Add in the noodles and cook them according to the package instructions.

TO SERVE

2 tbsp lard or ghee

2 scallions

TOOLS AND EQUIPEMENT

large baking sheet

parchment paper

bowl

pot

pot for noodles

skillet

SERVE

Melt some lard or ghee butter in the skillet or pan. Divide the cooked noodles and meatballs between four bowls. Pour the soup over the ingredients and serve with melted lard or butter and some diced scallions for freshness.