



## Spring Pork Ramen

### Gluten free, 6 servings

When we featured this ramen in April 2016, it got rave reviews thanks to a rich, flavorful stock that is created as the pork slowly cooks with aromatics. This time around, we're doubling up on pork so that you'll have leftovers to make Banh Mi tomorrow night. Smarts: If you'd like, use instructions in this previous ramen recipe to make soft-boiled eggs to top off your bowls.

**Active** 45 min **Total** 4 hr 40 min

### Asian Pork and Stock (makes pork for 2 nights)

- Onions - 1 1/2, quartered
- Garlic - 9 cloves, peeled and crushed
- Ginger - 4 1/2 Tbsp, peeled and sliced
- Oil, cooking - 3 Tbsp
- Pork, bone-in shoulder roast (sometimes labeled pork butt) - 4 1/2 lbs
- Mushrooms, dried shiitakes - 1 1/2 oz
- Stock, any low-sodium variety - 9 cups
- Miso paste, any type - 2 1/4 Tbsp
- Tamari - 1 1/2 Tbsp

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- Peas, snap, fresh or frozen - 15 oz, chopped (sub spring peas)
- Limes - 1 1/2, wedges
- Cilantro - 3/8 cup, chopped
- Noodles, gluten-free ramen (sub any gluten-free noodle like soba) - 9 oz
- Oil, toasted sesame - 1 1/2 tsp

### Prep

1. Onions / Garlic / Ginger - Prep as directed and combine. (Can be done up to 5 days ahead)
2. Slow-cook pork: Season pork with some salt and pepper. Heat a skillet or non-stick pan over medium-high heat. Add oil. Once heated, sear pork on all sides until golden brown. Combine onions, garlic, ginger, mushrooms, stock and pork in the bowl of a slow-cooker. Cook until pork is tender and falling off the bone, 4 to 5 hours on high or 7 to 8 hours on low. (You can also sear the pork in a Dutch oven, add the other ingredients and cook at a low simmer until pork is tender and falling off the bone, 1 to 2 hours). (Can be done up to 3 days ahead)
3. Snap peas / Limes / Cilantro - If using frozen snap peas, run under warm tap water to defrost. Prep as directed. (Can be done 1 day ahead)

### Make

1. When pork is finished cooking, remove meat from the slow-cooker (or Dutch oven) and place on a cutting board.
2. Place a strainer over a large mixing bowl and pour cooking broth through the strainer. Reserve broth and discard any solids caught in the strainer. Return broth to the slow-cooker. Turn the slow-cooker up to high (or medium heat under the Dutch oven) and whisk in miso paste and Tamari. Simmer broth (it will continue to develop flavor while you prepare the rest of the ingredients).
3. Shred pork and discard bone. Taste and season meat with some salt and pepper. (Remember to reserve half the shredded pork for tomorrow.)
4. Add noodles to simmering broth and cook until noodles are tender, 8 to 10 minutes (check the package for instructions on cook time for your brand of noodles).
5. Heat a skillet with sesame oil over medium-high heat. To heated oil, add snap peas and a pinch of salt. Saute until peas turn bright green and are warmed through, 1 to 2 minutes (be careful not to overcook or they will lose their crunch). Transfer peas to a serving bowl.
6. Optional step: Return the skillet to stovetop and increase to high heat. Add a splash of cooking oil (not on ingredients list) and then shredded pork. Saute pork until golden brown and crisp around the edges, 4 to 5 minutes. This will give the pork crunchy edges and add flavor, but skip it if you are short on time.

7. When noodles are finished cooking, taste broth and season with additional miso, tamari, or a bit of hot sauce if you like spice. (Don't skip this final seasoning step because there is variation in the flavor and sodium content of stock.)
8. Ladle noodles and broth into serving bowls. Top each bowl with pork, snap peas and cilantro. Serve with lime wedges to squeeze over the finished dish. Enjoy!

**Nutrition per Serving (4 Servings Total)**

**Calories 636 Total Fat 33g Saturated Fat 11g Trans Fat 0g Cholesterol 109mg  
Sodium 629mg Total Carbs 50g Dietary Fiber 4g Sugars 3g Protein 33g**