
Mapo Udon

Description

Chef's Notes: This recipe can be made with ground pork, ground beef, ground turkey, ground chicken or even chopped cauliflower or mushrooms for a vegetarian option.

Total time: 20 min Yield: 1 serving

Ingredients

8 cup water
5 oz udon noodles
2 Tbsp salad oil
1/2 cup ground pork
2 Tbsp garlic (minced)
1 tsp ginger (minced)
1 cup pork stock
1 Tbsp doubanjiang (hot chili paste)
1 Tbsp douchi (fermented black beans, minced)
2 Tbsp mirin
1 tsp miso
1 Tbsp oyster sauce
1 Tbsp tsuyu
1 Tbsp sesame oil
1 Tbsp cornstarch
1 Tbsp cold water
1/2 cup soft tofu (diced)
1/2 cup green onion (thinly sliced)

Prep Time: 10 min Cooking Time: 10 min Total Time: 20 min

Instructions

In a large pot over high heat, bring water to a boil. Add the udon and cook for 3 minutes; remove from the water and place into an ice bath for 30 seconds. Quickly dry the noodles and place into a serving bowl.

Add the salad oil to a medium sized non-stick pan over high heat. When it begins to lightly smoke, add in the pork, garlic and ginger; sauté for a minute then add the stock to deglaze the pan.

Add in the doubanjiang, douchi, mirin, miso, oyster sauce, tsuyu and sesame oil and simmer until the pork is completely cooked, making sure to keep as much liquid as possible, about 3 minutes. Combine

the cornstarch and cold water to make a slurry; add it to the liquid to thicken. Add in the tofu and green onion then place the mixture on top of the udon noodles. Serve immediately.

Recipe brought to you by:

Chef Grant Sato