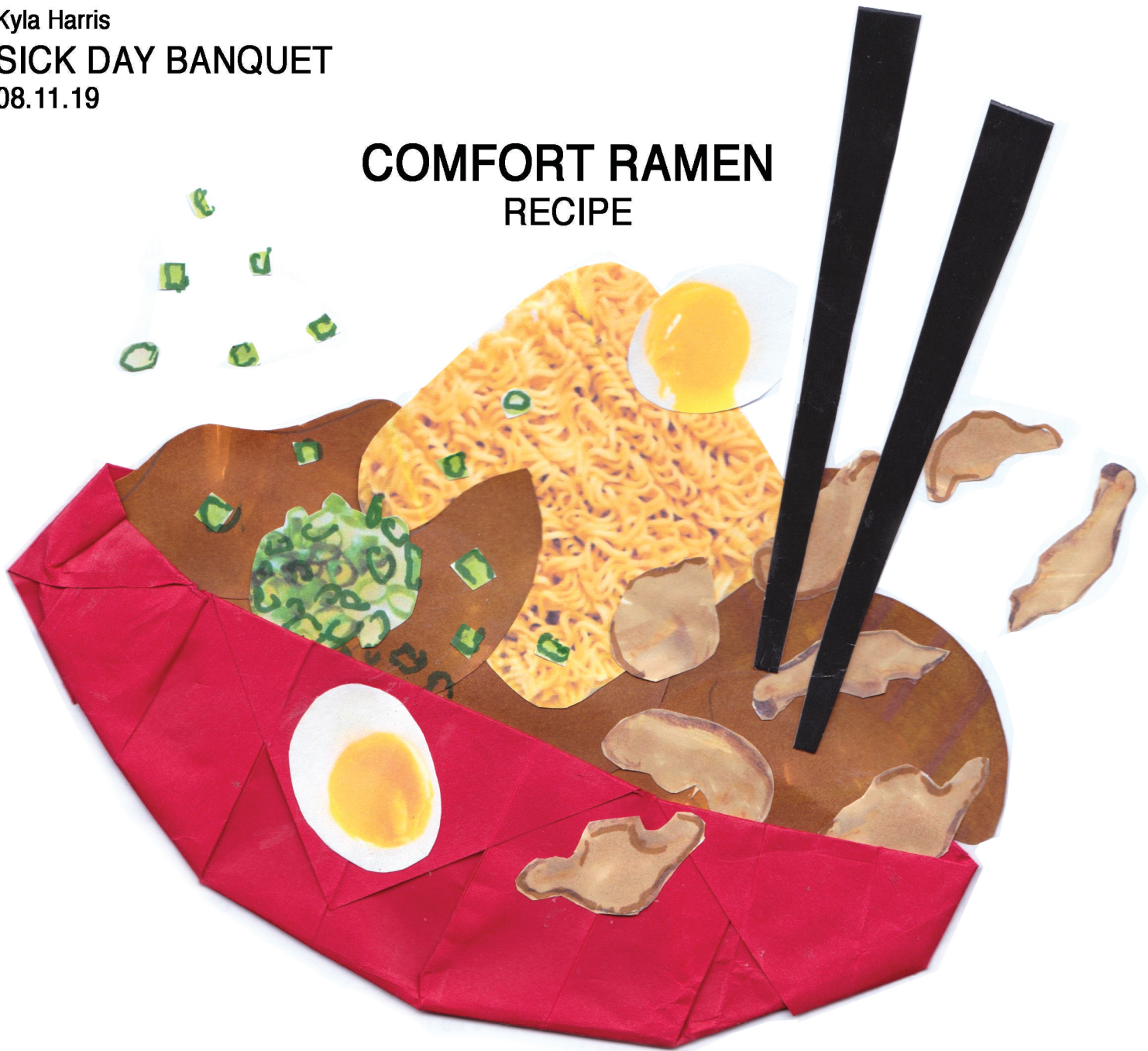


Kyla Harris

**SICK DAY BANQUET**

08.11.19

## **COMFORT RAMEN RECIPE**



Kyla is a visual artist, writer and activist who explores the perspective of 'the other'. Her work subverts relationships with the body, capitalism and normativity. Kyla is the creator of The Other Screen, a film event dedicated to widening the outlooks of disabled people and the D/deaf community. She is currently writing a television series for Channel 4.

**There's nothing more life affirming than a warm broth, intense with flavour, contrasted by silky noodles. Too grandiose, and sweeping of a statement? Definitely. But this is how I feel about ramen. This is an ever changing recipe, adaptable to what's in the fridge, time and of course, personal taste.**

**At times when it is difficult to access the outside world, or desperately need a creative, meditative day in the kitchen, this is the dish I make. To me, food truly has transformative powers. Fire, salt, fat and acid change any ingredient and in this recipe, combined, they become a bowl of nostalgia and comfort that I hope you take as much pleasure in as I do.**

## COMFORT RAMEN RECIPE CONT'D

Note: For maximum flavour, cook the stock beforehand and strain the next day. If making the stock from scratch is too arduous, you can use premade stock, boil it with the star anise and ginger for 20 minutes, discard them and then go to the 'turning stock to broth' instructions below.

**SERVES 4** For the stock (if making from scratch):

1. Prepare the carrots, onions, celery and mushrooms by finely chopping them into small cubes. This can be a laborious process but the more surface area you have in a vegetable, the more flavour you can extract.
2. Heat a large pot and add oil. You may have to do the next steps in batches.
3. Fry the onions until golden brown, add the celery and stir frequently.
4. Add the star anise and bay leaves. Stir until aromas are released. Put all contents into a large bowl.
5. Fry the carrots, once almost browned, add the ginger. Stir and cook for another 3-5 minutes. Remove the contents and add to the large bowl.
6. Fry the mushrooms until browned, add the peppercorns and cook for 3-5 minutes.
7. Place the large bowl of vegetables and spices into the stockpot.
8. Add the parsley. Cover with water. Stir in three tablespoons of bouillon.
9. Let the stock boil for half an hour and then simmer for a further hour.
10. Once the stock has finished cooking, let it cool, strain and reserve the liquid!

For the ramen:

1. Slice the mushrooms for the ramen and put in a bowl. Add four tablespoons of sriracha and set aside.
2. Finely slice the spring onion and set aside.
3. Put at least six large ladles full of stock into a pot.
4. Add the ingredients to turn the stock into the broth (see below) and gently simmer.
5. Gently fry the mushrooms in oil during the below steps.
6. Put two medium sized saucepans on the stove, fill them 2/3rds full of water and put to a boil. The eggs and noodles will have to be cooked at the same time.
7. In one pot of boiling water, gently place four eggs. Cook for 6 minutes,.
8. In the other pot of boiling water, add a large pinch of salt to one pot and once it's back up to a boil, add one 'nest' of noodles per person to the boiling water.
9. Run cold water over the eggs. Peel the eggs and reserve.
10. Cook the noodles for 1 minute less than the recommended time. Strain and reserve.
11. In individual bowls, place a nest of noodles and stock. Pile the mushrooms in one section on top of the noodles. Do the same for the spring onion. Place an egg on top and slice down the middle, exposing the yolk.
12. Take a brief moment to be proud of your ramen endeavour, then dig in!

### INGREDIENTS

For the stock:

- 1 kg carrots (finely chopped)
- 6 large white onions (finely chopped)
- 500g of shiitake, chestnut or a mixture of both mushrooms (finely chopped)
- 10 celery stalks (finely chopped)
- 50g parsley including stalks (finely chopped)
- 6 bay leaves
- 8 whole star anise
- a small handful of whole peppercorns
- 4L of water
- three tablespoons of vegetable bouillon (I recommend marigold vegetable bouillon, reduced salt)
- A thumb of peeled ginger
- olive oil or sesame oil for frying
- a handful of dulse or wakame seaweed (optional)

For the ramen:

- 1 packet of Biona Organic Spelt Noodles for Stir Frys
- Six finely chopped spring onions
- 500g shiitake mushrooms
- 4 free-range eggs
- A large pinch of salt

Turning the stock to broth:

- Three tablespoons of marmite
- A level tablespoon of sriracha or equivalent
- Four tablespoons of soya sauce or tamari (plus more to taste)