

Rainy Day Soup

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Makes about 3 generous servings or 4 regular-sized ones.

Ingredients

Wheat udon noodles (preferred) or whole wheat thin spaghetti (noodles broken in half)

16 oz block of tempeh

Wok veg – Whatever you like, just make sure you're using fresh. I prefer: carrots (3 or 4), bok choy (1 bunch regular, or at least 2 bunches baby), snap or snow peas (about 2 handfuls), baby portabella or champignon mushrooms (1 standard, shrink-wrapped grocery store container).

Vegetable broth (about 3.5 – 4ish cups, depending on how many you're serving)

Green onion (1 bunch)

Garlic (3 – 5 cloves, minced)

Fresh ginger (grated)

Tamari

Mung bean sprouts

Cilantro

Sesame oil (required; it lends a special flavor to the dish so any other oil would be totally inferior and wrong)

Sesame seeds

Sriracha sauce

How-to

1. Prep the veg. I like rough chopping everything, but whatever you do, just make sure everything is cut and ready to go before beginning the cooking process (because that goes fast and you won't have time to mess with chopping stuff once you get going). My only directions to follow specifically concern the green onions. Here's what you do, for the bunch: Start with the white parts and slice thinly up until you get to the dark green part. Now stop. Set aside the white – light green onion bits. Now take the darker bits and cut them into ½ inch to 1 inch sections, and keep them separate from the first bit.
2. Start a big pot of water boiling on the back burner, to be used later for the noodles.
3. Prepare the tempeh by slicing the block into 8 thin, rectangular slices. Heat a little sesame oil (at least a tablespoon) in a large skillet over medium heat. Add the tempeh slices, drizzle lightly with tamari on either side, and keep turning until they are browned on both sides. Then, move the slices out to the edge of the pan, thus clearing a circle in the middle of the skillet. Within this space, add a touch more oil and when it's good and hot add a clove or two of minced garlic along with a couple of teaspoons of freshly grated ginger. Stir frequently, and after a minute or two, use it to coat the tempeh slices. Immediately remove the slices from heat and set aside on a plate.
4. Cook your noodles according to package directions. Have them boiling in the back while you do the wok. Just, whatever you do, don't overcook them please (because that's gross). When the noodles are done, rinse them with cold water and set aside.
5. Prepare the veg broth according to package directions and after bringing to a boil reduce to low heat to keep it nice and hot.
6. Heat at least two tablespoons of sesame oil in the wok. Once good and hot, add the white – light green onion bits, about 3 (or 4) cloves minced garlic and 1.5 – 2 tablespoons grated ginger.
7. After about one minute, add the carrots.
8. After about two minutes, douse with a fair amount of tamari – 3 or 4 tablespoons, at least.
9. Add the mushrooms, wait a minute and add the bok choy. After another minute add the peas. Just keep things stirring and going until the veg are done but still slightly firm (probably only takes

- a minute or two longer, if that!). Just before the end, throw in those longer pieces of green onion and cook for about a minute more. Don't overcook – no one likes soggy veg! Once done, remove from heat.
10. Grab a few gigantic soup bowls. Put a small handful of the (now cold) noodles in the bottom of the bowl. Top with a generous amount of veg. They'll be some juices at the bottom of the wok – make sure everyone gets at least a generous ladleful of it added to their soup bowls. Place at least a few tempeh pieces on the top. Pour the hot broth on over everything – this heats the noodles back up nicely.
 11. Garnish with: cilantro, mung bean sprouts, sesame seeds. Let each individual add more tamari and some sriracha to their own soup bowls, according to their personal tastes.