

## **Bacon & Miso Noodles** (Raymond Ford)

**Serves 4 people**

### **Ingredients**

1. 200 gm bacon ends or pork pieces
2. 1 carrot ( 180-200g)
3. 1 potato ( 140g-160g)
4. 1 medium onion
5. 25 gm dried shitake mushrooms
6. 1 small piece of dried kelp (optional)
7. 1 clove garlic
8. 2 teaspoons soya sauce
9. Approx. 2 tablespoons miso paste
10. 300g firm tofu ( 1 packet)
11. 2 spring onions
12. 320 gms of dry udon noodles

### **Method**

#### **Before the tramp**

1. Peel and dice the vegetables. Cut bacon into small pieces and fry until cooked.
2. Break the shitake mushrooms into small pieces

#### **On the tramp**

1. Cover the shitake mushrooms with hot water and soak for about 30 minutes
2. Cover vegetables and bacon with water and cook until the vegetables are done. Add konyaku strips if you are carrying them
3. Cut the tofu into small cubes and set aside
4. Put the noodles into a billy and cover with boiling water to break up noodles (check instructions).
5. Add miso in small amounts until desired consistency and flavour is reached
6. Drain the noodles
7. Add soya sauce, then tofu and spring onions bring the mixture back to simmer, turn the stove off and serve over the noodles.

### **Variations**

1. . 2-3 pak choi sliced into quarters. Add to the end of the cooking.
2. 1 packet of Ito konyaku noodles (sometimes called shirataki) (180 gms). Before the trip, drain the konyaku, rinse in running water and pack in sealable plastic bag.

## Chef's Notes

1. This is one of those dishes where the exact quantities are not too vital. Traditionally, Japanese use pork rather than bacon for this dish, but I have substituted bacon as it keeps better.
2. Konyaku resembles jelly or gelatine. It is often used in Japanese and Chinese cooking. Konyaku is made from a potato like plant; it has no calories but is very high in fibre. Ito konyaku is usually sold in plastic bags containing water from most Asian food shops. It has quite a strong smell, which disappears when rinse it running water.
3. Miso, soya sauce and bacon are quite salty. This may be fine on trips where people are likely to sweat a lot. But if it is too salty, the proportion of meat could be reduced and more vegetables added. The bacon could be replaced with diced pork pieces mixed with the miso paste. But this should be eaten on the first night.
4. Dissolve the miso, by mixing small amounts of paste in a small amount of the hot water
5. A pair of long chopsticks is a useful part of the party gear. They weigh very little, and are good for stirring and cooking.
6. Dried udon noodles about 70- 80 gm per person.
7. Dried pieces of kelp is often used in Japanese cooking as stock base.
8. I use the "Four seasons" brand of Tofu. A number of Asian food shops stock this brand. The tofu comes in cardboard packs so can withstand some of the rigours of packing. It is added at the end of the cooking because it doesn't require cooking and boiling will cause it to disintegrate.

Number of people	Two	Four	Six	Eight	Ten
Bacon ends	100g	200g	300g	400g	500g
Carrot	95g	190g	290g	380g	475g
Potato	75g	150g	225g	300g	450g
Onion	1 medium	1 large	1 large	2 medium	2 large
Shitake mushrooms	12g	25g	40g	50g	25g
Garlic	1 clove	1 clove	2 cloves	3 cloves	4 cloves
Soya sauce	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Miso paste	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Tofu	150 g (1/2 packet)	300g ( 1 packet)	450g (1 ½ packets)	600g ( 2 packets)	750g (2 ½ packets)
Spring onions	1	2	3	4	5
Udon noodles	160g	320g	480g	640g	800g