

HOT POTS AND MORE HOT POTS



Shrimp and brown rice noodles



Tofu and Brown Rice Noodles



Shrimp and Shell Pasta

This recipe is fat free except for a splash of sesame oil on top. It is the broth that wins your appetite. I use Normandy frozen vegetables which are broccoli, cauliflower, a few small carrots and some squash slices. I cut the pieces, so they fit on a Japanese style soup spoon. I add 3 – 4 ounces of fresh baby spinach and about ¼ head of cabbage roughly chopped. I make vegetable broth cubes that I keep in the freezer and use 2 cubes. You can use any soup broth you like. I add 1 package of ramen or any noodle, potato or pasta you like. For the sauce, I use 1 TBS each of light soy sauce, *5-star sauce*, *teriyaki sauce* and sweet dark soy sauce or sweet black bean sauce. 1-2 TBS Gochujang, 2 TBS mirin, 1 tsp of Maggie's. As many frozen shrimps as you like, I typically use 10 large and pick them out for the first serving. You can add any protein you like. I like to eat all the protein on day one and add more the next time around. It's a texture thing for me. You do what you like. If you are making for 2 or more, then use the ingredient amounts you feel will serve everyone.

I start with a pot of water (about 1-1/2 quarts with the veggie cubes and bring to a quick simmer. Then toss in the ramen or pasta and cook that about ½ way through. I add the sauce. Add the Normandy veggies, shrimp and the cabbage. I keep the heat at a medium simmer. When it has cooked long enough to make the cabbage and the ramen al dente, it's done – about 5 minutes. That's it. You can do this in a hot pot or any pot available.

I will get through about 1/3 or ½ and the rest is back in the fridge for the next day. To reheat, you can scoop out your portion and use the microwave or stovetop. You can add any ingredients that you like to refurbish the content. No leftovers? Next time you can make more. This does not freeze well.

I do not eat leftovers more than once. With this soup however, I can go 3 times around without any problem. It takes less than 20 minutes to make from start to table. I am disappointed when I don't have some on hand for a delicious meal in minutes. And I never liked Normandy frozen vegetables in a stew or other soup. In a hot pot, they don't overcook, and I like the texture.

I have the recipes in the recipe section for: 5-Star sauce, teriyaki sauce, dumpling sauce, tonkatsu sauce, hot chili oil and the veggie broth cubes. The sauces stay for months and months in the refrigerator and the veggie cubes keep forever in the freezer. I used to make a miracle broth and keep it in jars in the freezer. Now with these cubes, it takes much less space, they thaw much faster and they are tastier since they are not sieved of their flavor.

I use a large bowl that is much larger than a ramen bowl. It's huge and I manage the whole thing. It's the broth that is so good. I like it piping hot.