



Somen Noodle Soup (Nyumen) Recipe

This quick and comforting noodle soup recipe is a good way to use up leftover vegetables! Add in or swap out your vegetables of choice.

Ingredients:

- 1 Bok choy
- 2-inch Carrot
- 4 Shiitake mushrooms
- 3 Large eggs
- 3 Bundles dried somen noodles
- 4 slices kamaboko (fish cake)
- Optional: green onions and toasted sesame seeds for garnish

Somen broth from scratch:

- 3 Cups Dashi
- 2 Tbsp Soy sauce
- 1 ½ Tbsp mirin
- 1 tsp Sugar
- ¼ tsp Kosher salt

Optional quick broth method:

- 6 Tbsp mentsuyu (concentrated noodle soup base)
- 2 2/3 Cup water
- 2 Tbsp mirin

Directions:

Cooking the Somen Noodles:

1. Cook the dried somen noodles by adding them to a pot of boiling water. Follow the package instructions to cook as the noodles cook very quickly.
2. Stir the noodles occasionally. Once the noodles are done, strain and rinse under cold running water. Drain well and set aside.

Preparing the Broth:

3. To make somen broth from scratch, add water or dashi to a large pot and bring it to a boil.
4. Once boiling, reduce to heat to low and cover for 2-3 minutes.
5. Add in the soy sauce, mirin, sugar, and salt, and mix it all together. Turn off the heat, cover the pot, and set it aside.

Preparing the Vegetables.

6. Cut the bok choy in half lengthwise and then cut into 2-inch pieces. Separate the white parts from the leafy green parts and set aside.
7. Peel the carrot and cut into thin rounds. Set aside with the white parts of the bok choy.
8. Remove and discard the stems of the shiitake mushrooms. Set these aside with the leafy green parts of the bok choy.
9. Cut the kamoboko into slices and set aside with the bok choy and shiitake mushrooms.
10. Cut the green onion into small pieces and set them aside on a small plate for garnish later.
11. In a small bowl, beat three eggs with a whisk and set aside.

Cooking the Somen Noodle Soup

12. Bring the broth to a simmer and add the white parts of the bok choy and the carrots to the broth. Cover and cook for 4-5 minutes over medium heat.
13. Add the shiitake mushrooms, kamaboko, and the leafy green parts of the bok choy to the broth. Cover and cook for two minutes.
14. Slowly drizzle the beaten eggs over the simmering broth, which will create a fluffy texture.
15. Add the cooked somen noodles and let them warm up while the eggs continue to cook.
16. Sprinkle the green onions and sesame seeds on top.
17. Serve into individual bowls and enjoy!

The original recipe from Just One Cookbook can be found [here](#).