

For additional information on
Pantry to Plate Chefs' Challenge:
www.pantrytoplatechallenge.org



Thank you to our 2016 Pantry to Plate Chefs' Challenge competing Chefs:
Chef Julie Casey, Chef Francesco Aiello and Chef Mark Baize!



Chicken Ramen Bowl



Plaza Venezia, 7760 Sand Lake Rd, Orlando, FL 32819



All proceeds from Pantry to Plate Chefs'
Challenge benefit JFS Orlando's social service
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Chef Mark Baize's Chicken Ramen Bowl (Yields 4 portions)



Ingredients:

- 1/4 TBSP minced garlic
- 1/2 TBSP minced shallot
- 1/2 TBSP minced ginger
- 1 box chicken broth (24 oz)
- 1 lb. cleaned chicken breast
- 8 stems of cilantro
- As needed udon/Ramen Noodles uncooked
- 1/2 cup sliced Shiitake mushrooms
- 1/4 cup Scallions, thinly sliced
- 4 whole chicken eggs
- Assorted vegetables (Blanched)
- Salt and pepper to taste
- Soy sauce to taste
- Miso paste to taste

Instructions:

In a medium sauce pot, heat up 1 TBSP of vegetable oil then add shallots, ginger and garlic sauté for 1 minute.

Deglaze with the chicken broth, soy sauce and miso paste. Simmer for 5 -7 minutes.

After simmering, strain broth into another sauce pot, season to taste and reserve on the side.

While your broth is simmering, in a medium size sauce pot submerge 4 eggs in water; bring to a boil for 5 minutes. Once 5 minutes are up remove the eggs from the boiling water and place in a cool water bath, allow to cool slightly before removing shell. Once eggs cool slightly remove shell and reserve to the side.

Season chicken cutlets with salt and pepper on both sides Heat a sauté pan with 1 TBSP vegetable oil, place chicken in the sauté pan, cook the chicken to 165F.

In a large pot bring water to boil (season with salt, tablespoon of oil) cook noodles to al dente.

Now it's time to Plate!!

Re-heat broth with eggs to a simmer, once the broth simmers remove eggs.

In a deep soup bowl place noodles, mushrooms, scallions and a choice of your favorite vegetables (precook your vegetables). Place chicken and the soft poached egg in the bowl. Finally ladle in the hot broth, garnish with picked cilantro leaves and enjoy!

