

Homemade Ramen in a Jar

This recipe makes 4 servings*

[Live. Life. Simple.: Ramen Reimagined: Freeze-dried Goodness in a Jar!](#)

Ingredients:

1 pkg (12oz) Ramen Noodles of choice cooked(discard the flavor packet)	4 tsp Maple Syrup
2 inches fresh Ginger diced	6 TBSP Miso paste
12 cloves of garlic diced	4 Green onions thinly sliced
1 C Water	2 Carrots sliced thinly and diced
¼ C Apple Cider Vinegar	2 C Cilantro chopped
¼ C Tahini	6 C mushrooms
	Peas
	Chopped Spinach



Directions:

1. Make the broth by adding the ginger and garlic to a saute pan and saute in a couple of tablespoons of water
2. Add the water, vinegar, tahini, and maple syrup to your pan, stir to make sure you have thinned out the tahini and then saute for an additional 3 minutes (This is thicker than if eating fresh, this is concentrated for freeze drying)
3. While the sauce is still warm, turn off the heat and add and whisk in the miso paste until dissolved, you may need to add a little water.
4. Add your sauce, and cooked noodles to parchment lined trays and freeze until frozen solid.
5. Put your fresh ingredients onto parchment lined trays and freeze until frozen solid (you may wish to switch up the fresh ingredients to your taste).
6. Freeze Dry
7. Add ¼ of each ingredient to storage containers for single serve portions.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 32 hours	Rehydration: Your rehydration may be different depending on what your ingredients were. Add approximately 2 Cups of hot water per container.
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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray