



# TOUGHEST TABLE



COOKING FOR THOSE YOU LOVE

[TOUGHESTTABLE.COM](http://TOUGHESTTABLE.COM)

## Lobster Soba Miso

**THIS BOWL IS TRULY PAN-ASIAN** and borrows from a few different cultures. We love soup, noodles and seafood in a bowl in all forms, and this one has become one of our "special" celebratory meals during the pandemic. It combines great organic red miso, with Korean gochujang chili sauce, seafood and vegetable broths, lobster juice, lemon grass, ginger and garlic with organic buckwheat noodles and fresh lobster. Topped with a soft-boiled egg...pick your fowl of choice and this is a complete meal in a bowl. **And who said chicken soup was the ultimate for wellness.**

■ **SERVES 4**

■ **INGREDIENTS:**

4 tablespoons safflower oil

1 tablespoon minced garlic

1 3-inch piece of lemongrass, peeled and cut into ½ inch pieces

1 thumb sized piece of ginger, peeled and cut into matchsticks

4 tablespoons organic red miso

2 tablespoons gochujang chili sauce

2 tablespoons rice wine vinegar

1-quart seafood stock

1-quart vegetable stock

8 ounces lobster juice (*substitute with clam juice if not available*)

2 tablespoons butter

1-pound cleaned cooked lobster meat

12 ounces buckwheat noodles

1 bunch scallions, tops and bottoms coarsely chopped

Dash of fish sauce

4 soft-boiled eggs (*optional*)

■ **INSTRUCTIONS:**

Heat safflower oil in bottom of soup pot on low. Add garlic, lemongrass and ginger to pot and sauté for 5 minutes. Add miso and gochujang and mix thru for 2 minutes.

Turn up heat to medium and deglaze the pot with rice wine vinegar. Add seafood and vegetable stocks, and lobster juice. Cover and simmer for at least one hour.

Melt butter in a small sauce pan over low heat. Add cooked lobster meat to coat and warm.

Cook buckwheat noodles in salted water and drain.

To serve, place noodles, lobster and scallions in a large bowl. Ladle in enough soup to cover and top with a soft-boiled egg (if desired). 