

Udon Noodle soup for Change

Ingredients (serving 1 person)	Replacement
100g extra firm tofu (the firmer the better)	Any kind of tofu but silk tofu is not suitable
6 TS (tea spoon) of light soy sauce	Dark soy sauce
3 TS of Mirin	Rice vinegar or apple/white wine vinegar
1 TS sesame oil	There is no replacement – this is essential. You can just skip it but you will lose a lot of taste.
1 sachet Dashi Na Moto powder	Ready made Dashi broth (I found it in my health food shop but I am happy with the powder) . Dashi is essential. If you are allergic to MSG you can use chicken broth. There are however allegedly MSG free products on the market. If you are a vegan, choose vegetable broth
S&B Shichimi Toragashi (Japanese seven spices)	Chili powder
200g semi-fresh or 100g dried Udon noodles	Any kind of rice noodles
2 TS of agave syrup	Liquid honey
1 garlic clove	
Vegetable cooking oil	
A bunch of scallions	
A handful of mushrooms, Chinese or European (I prefer fresh Shiitake)	
1 egg	(for vegan option just skip this)

Kitchen utensils

2 small chopping plates
 1 large chopping plate
 a heavy object (for pressing the tofu)
 frying pan or wok
 large pot
 small pot
 paper towels
 cutting knife
 tea spoon
 wooden spoon
 large bowl
 fork
 table spoon and/or chop sticks