

GREEN CRAB RAMEN SOUP



by Jenny Devivo

West Tisbury School, Martha's Vineyard

The Broth

- 2 lbs cleaned green crab bodies, unpicked
- Approximately 4 1/2 cups water
- 1 onion, roughly chopped
- 2 celery stalks, roughly chopped
- 2 carrots, roughly chopped
- 3 garlic cloves, smashed
- Salt & Pepper

The Ramen

- 1 tsp sesame oil
- 1 tsp vegetable oil
- 3 tsps grated ginger
- 4 tsps grated garlic
- 1/2 tsp Chinese All Spice Powder
- 4 cups green crab broth
- 1 cup of water
- 2 packages dried ramen noodles
- 1/2 cup chopped scallions
- 1/2 cup shredded carrots
- 1/2 cup thinly sliced red peppers
- 1/2 cup shredded kale
- 1 cup extra firm tofu, diced
- 1 Lime, cut into wedges
- 1/4 cup chopped cilantro

Directions

- Place the crabs, onion, celery, carrots & garlic into a large stockpot. Fill pot with cold water until all ingredients are covered. Bring to a boil, add a little salt & pepper then reduce broth to a simmer for 1 to 2 hours.
- Carefully pour the broth through a mesh strainer into a large bowl & set aside.
- Heat the oils in a large skillet over medium low heat. Add the garlic and ginger; stir fry for 2 minutes until soft and fragrant. Add the broth and the water. Bring to a boil then simmer for 10 minutes. Add the Chinese All Spice Powder, tofu & instant noodles to the broth and simmer for an additional 5 minutes or until the noodles have softened. Remove from heat, stir in the scallions, carrots, red peppers & kale. Add a squeeze of fresh lime juice & sprinkle w/ cilantro.

PREPARATION: 30 MIN

COOKING: 1-2 HOURS

READY IN: 1-2.5 HOURS