

---

## RECIPE OF THE WEEK

---

# Miso Sausage Noodles

When I worked in London I sometimes popped into Wagamama near Selfridges for a bowl of soup and noodles for lunch. Some years later I discovered their Wagamama cookbook and realised that those noodle dishes are not just thrown together but have



a distinct method and the soup is made from miso paste - the Japanese seasoning made from fermented soybeans, salt and koji fungus - which probably explains why the Japanese are so long lived. In this recipe I use my mild Toulouse or Beef & Sushi Ginger or Pork & Spring Onion sausages so not to

compete with the miso. If you want a bit of excitement try hot mizuna leaves thrown in at the last minute so the veg is fresh and crisp.

*4 Toulouse, Pork & Spring Onion or Beef & Sushi Ginger sausages, griddle then sliced*  
*Udon rice noodles*  
*2 long red chillies*  
*miso paste or packet miso made up as broth*  
*1 good size pak choi or Chinese cabbage halved (or mizuna if you want a bit of heat),*  
*Trapani sea salt and freshly ground black pepper*

Grill, fry or bake 6 the sausages, until browned decoratively. Pour a litre of water into a large saucepan and bring to the boil. Stir in 4 tsp of dark miso paste. Add a couple of whole red bird's eye chillies. Slice the

sausages and reserve. Pour away any fat from the sausage pan, then pour in a ladle of the soup, bring to the boil and stir in the juices until dissolved. Transfer to a large saucepan.

Boil some water, place two or three servings of udon noodles in a Pyrex bowl or saucepan then cover with boiling water and leave for a couple of minutes. When tender drain the noodles and substitute with miso soup. Slice a pak choi in half lengthways, add to the soup and continue to cook for a couple of minutes. Add the sliced sausages

to the soup, leave for a minute to warm through, then serve. Enough for 2-3.

*To download this recipe go to [www.squisito-deli.co.uk](http://www.squisito-deli.co.uk)*

---