



Udon Miso Soup with Wild Garlic Meatballs

Serves 4

If you prefer noodles such as those used for ramen, use those in place of the fat, squidgy, udon (which I adore).

Also if you are awash with wild garlic, and really want a garlicky hit, add a handful to the soup as well as adding it to the meatballs.

Meatballs:

250g lamb mince

1 teaspoon or to taste, dark soy sauce, or as desired

1/2 teaspoon sesame oil, or more as desired

1/2 teaspoon grated fresh ginger or a pinch dried

Handful ramps/wild garlic, coarsely chopped

2 heaped tablespoons raw couscous or fine bulgar

1 egg

Pinch each: salt and pepper

1 teaspoon sugar

Soup:

1.5 litres stock or bone broth

Udon (since it usually comes in individual portions, allow 4)

3 heaped tablespoons white miso

Combine all of the meatball ingredients; mix well and form large meatballs.

Brown the meatballs on a pan they are hopefully not going to stick to; take care they don't fall apart.

When they are cooked through, and firmish to the touch, set aside while you make the soup.

Heat the stock or bone broth, then reduce heat and simmer while you cook the udon.

Boil the udon until just tender then rinse gently in cool water.

Mix the miso with a few tablespoons of the soup to thin it down to keep it from leaving salty lumps in the soup.

Add the thinned miso to the soup, warm through until it slightly thickens add the wild garlic if using.

Into each bowl place a meatball, a portion of udon, and ladle in the hot soup. Eat right away.