Peanut Broth Noodles

Three deep noodle-soup bowls, each with one firm egg · Active 25 min · Total 50 min

Skills: Coordinating firm eggs and noodle broth, then emulsifying measured nut butter

Ingredients

- 3 large eggs
- About 4 cups water for cooking eggs (1 L), or enough to cover by 1 inch/2.5 cm
- 2 teaspoons neutral oil (10 ml)
- 1 small onion, very thinly sliced (100 g)
- 1 large carrot, cut into thin short matchsticks (150 g prepared)
- 1/2 teaspoon ground ginger (1 g)
- 4 1/2 cups water for broth (1.1 L), plus up to 1/2 cup/120 ml extra hot water if needed
- 2 tablespoons reduced-sodium soy sauce (30 ml)
- 5 1/3 oz dry plain wheat noodles or spaghetti (150 g)
- 1/4 cup smooth peanut butter (60 g)
- 2 teaspoons cider or rice vinegar (10 ml)

Set out

Large saucepan, at least 4 qt/4 L, Small saucepan for eggs, Small heatproof bowl and whisk, Tongs and ladle, Knife and board

Allergens

peanut, soy, wheat, egg. Check labels and substitutions.

Ingredient labels

All four listed ingredients are deliberately present. Soy sauce and noodles may have additional ingredients, including sesame in some products; check actual labels. Absence of sesame from this written base is not an allergy guarantee.

Make it

1. Put eggs in the small saucepan and cover with the egg-cooking water by about 1 inch/2.5 cm. Bring to a boil, lower to a gentle simmer and cook for 10–12 minutes until whites and yolks are firm. Cool briefly in cold water, peel and halve. Keep preparation moving toward serving, or refrigerate promptly if delayed.

2. Meanwhile heat oil in the large saucepan over medium heat. Cook onion and carrot for 6–8 minutes, stirring. Add ground ginger, 1.1 L broth water and soy sauce. Bring to a boil and simmer for 5 minutes.

3. Add noodles and simmer for their package-directed time until tender, stirring to separate strands. If the pan is becoming too concentrated, add extra hot water gradually, up to 120 ml, to keep free broth around the noodles.

4. Put peanut butter in the heatproof bowl. Gradually whisk in about 1/2 cup/120 ml hot broth taken from the pan until smooth. Return all to the soup with the vinegar and heat gently for 1–2 minutes, stirring, without a hard boil.

5. Divide the complete soup among 3 deep bowls, sharing noodles and carrot as well as broth. Add two firm egg halves to each and serve promptly.

Soup containers need headroom

If saving a portion, use a shallow leakproof container with room for broth rather than forcing long noodles beneath a tight lid. Cool promptly and carry perishable portions reliably chilled.

A useful detail

The egg pan and broth pan run in parallel in the 50-minute timetable. A noodle type requiring longer than about 10 minutes needs that extra time; this is not a cold sauce recipe.

Keep it well

Refrigerate shallow soup portions and eggs within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Reheat only the portion wanted to 165°F/74°C throughout, adding a little water as noodles absorb broth. Store egg halves separately from soup if possible and heat them fully when included. Freezing the assembled egg-and-noodle soup is not recommended for texture.