

Chicken Soba Noodle Soup with Miso and Poached Egg

At ART, Chef Kerry Sear poaches the eggs for 8 to 10 minutes wrapped up in a layer of plastic wrap. He lines a ramekin with the wrap, cracks an egg in, twists the ends to seal, and puts it right into a pot of boiling water. His method worked perfectly for me, but poach using whatever method you like best.

I found the timing worked well if I put the chicken stock, water for the pasta, and water for the eggs on the stove at the same time.

TIME: 25 minutes

MAKES: 4 servings

8 cups rich homemade chicken stock
1 large boneless, skinless chicken breast (about 3/4 pound)
2 large celery stalks, thinly sliced on a diagonal
2 carrots, peeled and thinly sliced on a diagonal
1 bundle soba noodles (about 1/3 pound, or the diameter of a quarter)
1 tablespoon yellow miso paste
Salt and freshly ground pepper
4 large eggs, poached
Shichimi togarashi (Japanese seven spice mix, optional)

Bring the stock to a bare simmer in a large saucepan. Add the chicken breast, celery, and carrots, and cook for about 10 minutes, or until the chicken is cooked through. Shred the chicken and return it to the pot with the vegetables.

Meanwhile, bring a pot of salted water to boil for the noodles. Cook until al dente, according to package instructions. Drain, rinse with cool water, and set aside.

Add the miso to the soup, and stir the noodles into the soup to warm. Season the broth to taste with salt and pepper, if necessary. Using tongs, divide the noodles between four soup bowls, then add vegetables, chicken, and broth to each. Top each bowl with a poached egg, and serve with a few sprinkles of *shichimi*, for a bit of spice, if desired.