

# Spicy Mushroom and Tofu Mazemen

By [Hetty Lui McKinnon](#)

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Armando Rafael for The New York Times. Food Stylist: Cyd Raftus McE

**Total Time** 30 minutes

**Prep Time** 10 minutes

**Cook Time** 20 minutes

**Rating** 4 ★★★★★ (129)

**Notes** [Read 24 community notes](#) ↕

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## INGREDIENTS

**Yield:** 4 servings

## PREPARATION

### Step 1

Mazemen, sometimes known as mazesoba or abura soba, is a brothless ramen dish believed to have originated in Nagoya, Japan. Inspired by a punchier spicier Taiwanese flavor profile, the soup is replaced with an intensely savory sauce. In this vegan take, the sesame paste-based sauce delivers a rich finish, bolstered with umami agents such as miso, soy sauce and chile crisp. Mazemen, which translates to mixed noodles in Japanese, should be tossed before eating, that the sauce and the toppings distribute evenly through the noodles. While this recipe is vegan, an egg yolk or an onsen tamago (soft-cooked egg) is a common mazemen topping, which falls apart as it is tossed through the noodles, leaving a silky and creamy finish.

## FOR THE MAZEMEN

Canola or vegetable oil

8 ounces mushrooms (such as cremini, button or shiitake), sliced

Salt and pepper

1 (14- to 16-ounce) package extrafirm tofu, drained and crumbled into ½-inch chunks

4 baby bok choy (about 12 ounces), each trimmed and cut into 4 pieces through the stem

12 ounces dried ramen noodles

2 scallions, thinly sliced

## FOR THE SAUCE

¼ cup Chinese or Japanese sesame paste, or tahini

8 teaspoons chile crisp

4 teaspoons white (shiro) miso paste

4 teaspoons soy sauce

Just-boiled water

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[Ingredient Substitution Guide](#)

Prepare the mazemen: Heat a large skillet on What would you like to cook? medium-high. When hot, add 1 to 2 tablespoons of oil, along with the mushrooms. Season with salt and pepper. Cook, tossing occasionally, until the mushrooms have softened, with golden edges, 4 to 5 minutes. Remove from the pan.

### Step 2

Drizzle the pan with another 2 tablespoons of oil, add the tofu and cook over medium-high, tossing occasionally, until golden, 5 to 7 minutes. (The tofu will break up more as you toss it, which is fine.)

### Step 3

Meanwhile, bring a large pot of salted water to a boil. Add the baby bok choy and cook for 1½ to 2 minutes, until the stems are just tender and the leaves are bright green. Use tongs, remove the greens from the water and place in a colander.

### Step 4

To the same pot of water, add the ramen noodles and cook according to packet instructions, until just tender.

### Step 5

Meanwhile make the sauce: In a large bowl, add the sesame paste, chile crisp, miso paste, soy sauce and ½ cup just-boiled water; whisk to combine.

### Step 6

Drain the noodles. Add them to the sauce and, using tongs or chopsticks, toss everything together until the noodles are coated. (If the sauce is very thick, add another tablespoon or two of just-boiled water to help loosen up the noodle

## Step 7

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Divide the noodles evenly among serving bowls and top each with the baby bok choy, mushrooms and tofu. Top with scallions, toss everything together and serve immediately.

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## COOKING NOTES

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**char** 1 day ago

Instead of 4 teaspoons of miso and soy, I used 3 of both and added 2 teaspoons of honey and 2 teaspoons of rice vinegar to manage the saltiness (could sub those for an sweet and sour liquid). Otherwise; perfect for a simple weeknight.

Is this helpful?  39

**Lynn** 3 days ago

Should have thought this through before I started: major SODIUM bomb! Even with Lower sodium Soy sauce and miso, chili crisp no way I could justify this one:(