

Japanese Recipe - 28

Cold Soba Noodle

Cold soba is served with bits of dried Nori seaweed and dipping sauce known as Soba Tsuyu on the side. The Tsuyu is made of a strong mixture of Dashi, sweetened soy sauce and Mirin. Using chopsticks, pick up a small amount of Soba from the tray and dip it in the cold Tsuyu before eating it.



Ingredients (Serves 2)

- 200g Soba Noodle
- 120g Soba Tsuyu
- Dash of Wasabi
- 1 Nori seaweed sheet
- 1 spring onion

Soba is a all seasons type of noodle. You can have it whole year because there are many ways to eat Soba, as a cold Soba, hot Soba, fried Soba and so on. You can also put many kind of ingredients that you like.



Method

1. Boil the dried Soba noodles in a large pot about 5-10 minutes (according to the package instructions).
2. Prepare the dipping sauce. Ready-made Soba Tsuyu (some brands need to be diluted with water as directed) can be used or you can make the sauce by mixing soy sauce, Mirin, Dashi stock and a little sugar with water.
3. Check the Soba are of a suitable consistency. Then, drain the noodles and thoroughly wash it under a cold running water to get rid of starch.
4. Arrange the Soba on a plate. Use a traditional Zaru bamboo tray if available. Garnish with shredded Nori seaweed. Add a small amount of Wasabi and some finely chopped spring onions to your sauce.
5. Eat the Soba noodles by dipping the noodles in a sauce, but do not dip too long.



Soba Noodle

Soba noodle is thin noodles made from buckwheat flour or a combination of buckwheat and wheat flours. Soba noodles are served either cold with a dipping sauce, or in hot broth as a noodle soup. You can buy dried noodles.

Soba Tsuyu

Soba Tsuyu is a watery dipping sauce that is made with a combination of soy sauce, sugar, Mirin (cooking Sake), and Dashi (often extracted from bonito flakes, Konbu <seaweed>, Shiitake mushroom, and dried small fish called Iriko). The quality of Tsuyu is as important as the quality of Soba.



Kifuu - goes well with 'Soba'

Kifuu Junmai Ginjo

Kifu Junmai Ginjo a beautiful dry richness which is not overpower at the start or after the meal. The clean aftertaste cleanses the palate to enjoy the saltiness of the soba dish which is either hot or cold. Drink at slight chilled temperature.



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