

BUCKWHEAT (SOBA) NOODLES

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Soba Noodles

1 tsp fresh garlic, minced	1/2 cup dry sherry, rice or white wine or water
2 Tbsp. fresh ginger root, slivered	1/2 cup veggie or chicken like stock
3/4 cup carrots, match-stick sliced	1 tsp. cornstarch
2 to 4 Tbsp. soy or tamari to taste	6 to 8 drops toasted sesame oil
1/4 cup or so broth, water or wine to saute with	1 Tbsp. honey (optional)
1/2 cup green onion, sliced	

Put on to boil for the noodles. Prepare garlic, ginger, carrots and onion and set aside. Combine sherry (or other liquid) with the broth and cornstarch and set aside. In a medium pan sauté the garlic, ginger and carrots with soy sauce and broth (water or wine) over moderate heat for 4 min. If liquid evaporates, add enough to keep from burning. After 4 min., add green onion and sauté 2-3 min more.

Add reserved liquid and cornstarch and cook for 2-4 minutes more. Add sesame oil and honey and remove from heat. Check noodles for doneness, drain well and toss with sauce.

Add some mung bean sprouts or sliced cucumber or other garnishes as desired.

Dipping Sauce for Soba Noodles

1 cup seaweed stock	1 Tbsp. sugar
1/4 cup dark soy sauce	1 tsp. salt
1/4 cup mirin (seasoned rice wine)	

Make the seaweed stock by immersing several pieces of kombu (thick kelp leaves) in cool water, let it sit overnight. To make dipping sauce, simmer all of the ingredients. Add some green onions or sesame seeds to taste.

Zaru Soba (Cold Soba Noodle)

Dipping sauce:

1 cup water

1/4 cup mirin (sweet sake)

1 1/4 Tbsp. soy sauce

1/4 cup clear dashi sauce

Condiments for dipping sauce:

1/4 cup finely chopped green onion

4 tsp. wasabi paste

a little chopped nori seaweed

1 package dried soba noodles

Cooking method:

Bring Dipping sauce ingredients to a boil and cool.

Boil soba noodles in plenty of water 3-8 minutes, stirring to keep from sticking. Rinse well in water and drain.

Place noodles in serving plate. Dipping sauce and condiments in separate small cup and plate.

Makes 4 servings

SPICY PESTO SOBA

The Japanese consider Soba Noodles a tonic for the body.

Toss them with a fresh herb pesto of garlic, fresh basil and mint and they become a superb restorative.

1/2 lb. snow peas, ends snapped, strings removed, sliced lengthwise in half

3/4 lb. Soba noodles, cooked until just tender, rinsed under cold water and drained

Spicy Pesto

Blend to a paste, in a food processor or a blender;

1 to 2 hot red Chile peppers or 1 tsp. crushed red pepper

6 cloves garlic

1 cup fresh basil leaves

1/2 cup fresh mint leaves

3/4 cup minced scallion greens

Rice Wine Dressing

Whisk together;

1/2 cup plus 1 Tbsp. soy sauce

6 Tbsp Japanese rice vinegar

3 Tbsp. sugar

2 Tbsp. mirin (sweetened Rice Wine) or 2 Tbsp. rice wine or sake, plus 1 Tbsp. sugar

Bring a large pot of water to a boil.. Add the snow peas and blanch for 10 seconds. Drain, refresh in cold water and drain again. Blot dry with paper towels.

In a bowl, toss together the noodles and the spicy pesto. Arrange the noodles on a platter and arrange the snow peas and scallions in concentric circles on top, with the scallions in the center. Serve the dressing on the side or sprinkle the dressings on top and toss lightly.

Vegetarian Soba Noodle Sushi

1/2 pound soba noodles - blanched al dente

1/4 cup scallions, green part only finely chopped

2 Tbsp. light soy sauce 1-tablespoon rice wine vinegar

Wasabi oil

1/4 cup pickled ginger - finely chopped

10 sheets nori

1 cucumber, peeled and finely julienned

1 red bell pepper, julienned

1 yellow bell pepper, julienned

In a large mixing bowl, combine soba noodles, spring onions (scallions), soy sauce, rice wine vinegar, wasabi oil, and pickled ginger. Taste for seasoning. On a sushi mat, place one sheet of nori, shiny side down. On the bottom third of the nori, place a thin layer of the noodle mixture.

Place some cucumber and peppers on top. Roll tightly.

Moisten the top edge of the nori with water to seal the sushi roll closed.

Serves 8 to 10

Cauliflower and Garlic over Soba Noodles

1 package of soba noodles

1 medium-small head of cauliflower

1 to 1 1/2 Tbsp. chopped garlic

Salt to taste

It's that easy. Chop the cauliflower into small pieces. Cook with the garlic and salt in enough water to heat thoroughly, and not burn. Serve over cooked soba.

Gomoku Soba (Noodles and Vegetables in a Flavorful Broth)

8 dried shiitake mushrooms

2 cups hot water

3 1/2 cups konbu dashi 5 Tbsp. tamari soy sauce

1/2 cup sake

1/2 large carrot,-thinly sliced

8 scallions, cut in 2 1/2 in. pieces

2 cups sliced Chinese cabbage, cut 1/2 inch thick

1 lb. soba noodles

Soak the shiitake in 2 cups of very hot water for 20 to 30 minutes. Reserving the liquid, remove the soaked shiitake, trim off and discard the stems, and slice the caps into strips. There should be 1 1/2 cups of shiitake dashi left. Combine this with 3 1/2 cups of konbu dashi (or however much konbu dashi it takes to make a total of 5 cups). Add the soy sauce, sake, and shiitake. Simmer. Briefly cook each vegetable in the broth as it simmers, one vegetable at a time so that everything is just barely cooked—or, just barely undercooked. Remove the cooked vegetables from the stock and set aside for later.

Continue to simmer the broth as you cook the soba in a separate pot. After the soba is cooked and drained, in each of four big bowls place approximately a fourth of the noodles. Then arrange, as prettily as possible, the vegetables. Pour a generous cup of broth over everything in each bowl. The broth must be very hot so it can reheat the vegetables and egg. Garnish with chopped scallions, and, if desired, hot red pepper flakes to taste.

Notes: Variation: Snow peas, spinach and mung sprouts are also very good in this dish. Snow peas should be briefly cooked with the other vegetables. Add uncooked spinach or sprouts to the serving bowl before pouring the hot broth over everything.

Konbu dashi:

½ oz. dried konbu

8 cups water

Bring the konbu and water to a boil. Turn the heat down, cover and simmer for 20 minutes. Pour through a strainer to remove the konbu. The remaining liquid is the dashi. If not using right away, let cool and then refrigerate. Konbu dashi will keep for up to five days.

HIYASHI CHUKKA SOBA

This is a Japanese summertime favorite- a cold noodle dish that can be topped with most any cold meat and/or vegetables you have available.

8 oz. Soba noodles*

1/2 tsp + 1 tsp. sesame oil

2 eggs

3 Tbsp. soy Sauce

2 Tbsp. sugar

3 Tbsp. rice wine vinegar

5 Tbsp. dashi

1 Tbsp. hot mustard

GARNISH WITH:

4 oz. ham slice, julienned

1/2 cucumber, seeded and julienned

1 small carrot, julienned

2 cabbage leaves, coarsely chopped

Cook the noodles in boiling water; drain and set aside. Use the first measure of sesame oil blended into noodles to keep noodles from sticking.

Scramble two eggs in a bowl. Fry as you would an omelette in a medium-size skillet. When cooked, remove the omelette from skillet and drain on paper toweling. When cooled, roll the omelette into a tight bundle, then slice across the roll. (This results in long, thin strips of egg crepe.)

Combine in a small saucepan the soy sauce, sugar rice wine vinegar, dashi, second measure of sesame oil and hot mustard. Simmer the mixture over a low heat until thoroughly blended.

Place a serving of cold noodles on a plate. Top with a portion of the julienne egg, ham and other garnishments.

Ladle one serving of the blended sauce over each portion of the noodles just before serving.

Soba Noodles With Cucumbers

1 lb. soba noodles

1/4 cup soy sauce

4 drops hot pepper oil 2 Tbsp. white vinegar tsp. finely minced fresh ginger

2 Tbsp. sesame oil

1 large seedless cucumber, quartered and diced black sesame seeds

Cook the noodles in a large pot of boiling water until tender. Drain well. Whisk together the soy sauce, hot pepper oil, vinegar, ginger and sesame oil and toss with the warm noodles. Add the cucumber and top with the sesame seeds. Serve at room temperature.

Chicken and Cucumber Soba

1/4 cup Dijon mustard

2 Tbsp. soy sauce

2 Tbsp. rice

3 Tbsp. oil

1 Tbsp. minced ginger

4 green onions, sliced

2 cucumbers, peeled, seeded, cut into 1/4 by 3 inch strips

2 C cooked chicken strips, 1/4 inch wide and 3 inch long

Bring a large pot of salted water to a boil. Add the soba, return to a boil, and cook until barely tender, about 6 minutes. Drain and set aside.

In a small bowl, mix together the mustard, soy, and vinegar. Set aside.

Heat the oil in a wok over high heat. Add the ginger and cook, stirring, for 10 to 15 seconds. Add the green onions and cook for 10 seconds. Toss in the cucumbers and chicken, and cook for another 10 seconds, then add the mustard /soy mixture. Simmer for about 1 minute and add the soba. Toss and cook for 1 minute longer. Serve hot.

Serves two.

SOBA NOODLE SUPREME

Asparagus -- cut into 1 inch pieces

1 Butternut squash

1 package Buckwheat noodles (soba)

1 cup cooked spinach cut into bite-size pieces

1 Tbsp. sunflower oil

1 tsp. dill

1/2 tsp. salt

Preheat oven to 400 F. Steam the asparagus until tender, approximately 8 minutes. Cut squash in half, remove the seeds and discard. Place squash in 4 x 8 baking pan cut side down, with 1/3 inch water, and bake for 40 minutes. When cooled, remove skin from squash and cut into bite-size pieces. Combine all the ingredients and mix well. Serve warm.

SPICY COLD SOBA NOODLES

1/3 cup soy sauce

1/2 tsp. molasses

1/4 cup sesame oil

1/4 cup Tahini

1/4 cup brown sugar

1 Tbsp. chili oil

3 Tbsp. Balsamic or red wine vinegar 1/2 bunch sliced green onions salt

1/2 lb. soba

Heat soy sauce until reduced by half. Turn to low and add molasses. Warm briefly and transfer to bowl. Add remaining ingredients except noodles.

Add salt to taste. Boil noodles about 3 minutes. Drain and plunge in ice water. Drain and rinse. Combine with sauce and chill.

Makes 4 smaller servings

Buckwheat Soba with Cabbage and Sesame

8 oz. buckwheat soba noodles

1/2 small head of cabbage (green, savoy, or even bok Choy)

3 Tbsp. sesame seeds, not toasted + 1 tsp

1 shallot, diced fine

1 tsp sesame oil (dark or light)

1 tsp lemon, or orange juice

Heat the oil over medium heat and sauté the shallots and sesame seeds until the shallots are clear and a couple of the sesame seeds pop. Add the cabbage, and stir to coat. Cook until looks "limp", stirring frequently. Meanwhile, cook the noodles to your liking (al dente, etc) and drain well. Add the noodles to the cabbage mixture, heating through. Just before serving, stir the citrus juice into the mix, and serve with a sprinkle of sesame seeds.

Serves: 4-6

Preparation time: 20 minutes

Soba Noodles with Ginger Sauce

Ginger Sauce

1/2 cup cholesterol-free egg product or Egg Substitute

1 (8 ounce) package buckwheat soba noodles

1 cup frozen green peas

1 cup shredded spinach leaves GINGER SAUCE

3 Tbsp. reduced-sodium soy sauce

2 Tbsp. lemon juice

1 Tbsp. vegetable or olive oil

2 tsp. finely chopped gingerroot

1/8 tsp. red pepper sauce

1 clove garlic, crushed

Prepare Ginger Sauce as directed above. Spray 10-inch non-stick skillet with non-stick cooking spray; heat over medium heat. Pour 1/4 cup of the egg product into skillet; rotate skillet to cover bottom. Cook for about 1 minute or until egg product is set. Roll up cooked egg product. Remove from skillet; cool. Repeat with remaining egg product.

Cook noodles as directed on package—except add peas during last 3 minutes of cooking; drain. Finely shred egg rolls. Toss egg, noodles and remaining ingredients until evenly coated.

Makes 4 servings

Noodles

3/4 cup flax gel*

2 cup unbleached white flour

1 cup any specialty flour

*flax gel: boil for 3 minutes 1 Tbsp. whole flax seeds in 1 cup water. Strain immediately and cool to room temperature before using.

This recipe was designed for use with my Cuisinart machine and the noodle attachment (also from Cuisinart).

Put all ingredients into work bowl with blade attachment and whiz for 30 seconds. Stop and scrape sides of bowl. Whiz 10 seconds more. Remove work bowl and attach noodle maker using spaghetti disc. Use noodles fresh or dry for 2 days for long term storage.

Excellent results from; barley, buckwheat, whole wheat, rye, and triticale flours.

Rumor has it that noodle dough recipes made for the Cuisinart can be made equally successfully by hand mixing, rolling, and cutting.

Simple Soba with Slightly Sweet and Spicy Sauce

1 package dried soba (Japanese buckwheat) noodles

tahini (sesame paste, any variety) to taste

sesame oil

rice vinegar

brown rice syrup (optional)

red pepper flakes (optional)

steamed veggies (or frozen, if you're pressed for time): brocolli, carrots,

and most Asian veggies work nicely

Prepare soba according to directions on package. Add the tahini, sesame oil, rice vinegar, brown rice syrup (optional; good if you like your Japanese food sweet), and red pepper flakes (optional; a non-traditional kick) to taste and/or desired fat content. The trick is to proceed with caution, stirring thoroughly and tasting along the way. Finally, stir in the steamed or frozen veggies. Some like this dish hot some like it cold the next day. Some like it with a splash of mirin).

Serves: 1-5

Cold Szechuan Noodles and Shredded Vegetables

1 (16 ounce) package Japanese soba noodles

1/4 cup tamari

1/4 cup sesame oil

1 Tbsp. rice wine vinegar

1 Tbsp. white sugar

1/2 tsp. chili oil (or red pepper flakes)

1 julienned red bell pepper 1 cup thinly sliced green onion

2 julienned carrots

In a large stockpot, cook noodles in boiling salted water until al dente. Rinse with cool water, drain well.

In a small bowl mix together 3 tablespoons tamari sauce, 3 tablespoons sesame oil, vinegar, sugar and Chili oil.

Using tongs, toss noodles with sauce to coat well. Marinate in a covered bowl for 2 hours, or up to 24 hours, tossing occasionally.

Bring marinated noodles to room temperature. Mix the remaining 1 Tablespoon each of tamari and oil and pour over the noodles. Three hours before serving stir in sweet red peppers, two thirds of the green onions, and half of the grated carrots.

To serve, mound the noodles on a serving platter and sprinkle with the remaining green onions and carrots.

Makes 8 servings

Note: This is from a healthy cooking class. The beauty of this salad is that it will wait for you. It makes such a pretty dish on the table. The Soba buckwheat noodles are worth a trip to the Asian grocery store. Serve with salad tongs and try adding a horizontally sliced scallion for an eye-catching garnish.

Beef and Shitake with Buck Wheat Soba Noodles

1 lb. flank steak, lean and trimmed of any fat	1/2 cup thinly sliced red pepper strips
2 Tbsp. Sake or Dry Sherry	1/2 cup fresh sugar or snow peas
2 Tbsp. dark soy sauce	1 cup sliced water chestnuts
1 Tbsp. water	3 Tbsp. oyster sauce
1/4 tsp. Chinese chili sauce	2 tsp. sugar
2 cloves fresh garlic, minced or pressed	3/4 cup chicken broth or 3/4 cup water mixed with 1 teaspoon chicken soup base
8 oz. uncooked buckwheat Soba noodles	1 teaspoon dark Oriental sesame oil
1/2 cup sliced green onions	2 teaspoons cornstarch
1 cup fresh or dried and reconstituted shitake mushrooms, sliced	

Trim any fat from steak and cut meat diagonally across grain into very thin strips. Combine sake, soy sauce, water, Chinese chili sauce and garlic together in a medium size bowl. Add steak to mixture, mix all ingredients together well and set aside to marinate for 10 minutes.

Combine chicken broth together with sugar, oyster sauce, cornstarch and sesame oil and set aside.

Cook soba noodles al dente according to package directions, drain and spray lightly with nonstick cooking spray, cover and set aside to keep warm.

Spray a non-stick wok or large frying pan with cooking spray and heat over medium high. Add green onions and meat to pan and stir-fry for 2 to 3 minutes until meat loses pink color. Remove meat from pan and set aside.

Lightly re-spray pan with cooking spray and add mushrooms, peppers and peas. Stir-fry 2 minutes until vegetables brighten in color. If vegetables begin to dry out or stick, reduce heat to medium and add a little water or stock.

Stir chicken broth mixture well making sure cornstarch is dissolved and add vegetables. Bring ingredients to gentle boil over medium-to-medium high heat. Return meat to pan with water chestnuts and stir-fry all ingredients together until heated, about 1 minute. Remove from heat, add noodles to beef and vegetables tossing together in pan or large serving bowl.

Yield: 4 – 2 cup servings

Soba and Ohitashi

1 package soba

1 bunch spinach

tamari

tahini

miso

ichimi

chopped scallions (optional)

Cook soba according to package. Steam washed spinach in three inches of water until completely wilted, Remove spinach but do not discard water. Squeeze spinach in a sushi roller until completely dry (or as dry as you can get it.) The spinach will look like a long roll from the sushi roller. Cut it into four pieces and stand them up cut side up and bunch together.

Combine tahinni and miso with some water to make a cream and pour this over the spinach. Pour the spinach water into a noodle bowl and add a few drops of tamari soy sauce. Add the cooked soba and a bit more boiling water (from the soba) if needed to allow the soba to "swim" in the broth. Sprinkle with ichimi and toss in a few chopped scallions as a garnish if you wish.

Quick Scallion Seitan Saute over Soba Noodles

1 package of soba noodles - about 8 oz.

1 bunch of scallions

5-6 fresh large button mushrooms (use more if they're small)

10 cloves of garlic, or more if you prefer.

1 cup seitan, chopped

1 Tbsp. miso (or whatever size dollop you usually use)

1/4 to 1/2 cup water to sauté

Cut up scallions into 1/2 inch pieces, using as much of the crispy tops as you can. Mince the garlic, or press (if your press actually works, mine never has). Slice the mushrooms into thinish slices, Cut up the seitan. In a medium fry pan, cook all the ingredients together in the water, adding more as you need it. Cook the soba according to directions at the same time (you will not need very much water for it to cook... just enough to cover). When it is cooked to your liking, turn off heat and serve over drained (and rinsed) soba noodles. Try to leave the seitan/scallion mixture saucy, the gooier it is, the more sauce to mix in with the soba noodles.

Kamonan Soba

3 (7-oz) bundles buckwheat noodles

6 cups Basic Soup Stock

1/2 cup soy sauce

1/4 cup mirin

8 oz. boneless duck, thinly sliced

3 scallions, sliced diagonally

hichimi

Bring 2 quarts of water to a boil. Cook noodles al dente. Drain in a colander and run cold water over them. Drain again.

To the Basic Soup Stock, add the soy sauce and mirin. Bring to a boil. Remove one cup of soup and reserve. Add the noodles and simmer.

Meanwhile, in a small pan, cook the duck in one cup of the soup for 5 minutes. Add scallions and bring to a boil. Remove noodles and spoon into six individual bowls. As soon as scallions and duck mixture comes to a boil, pour over noodles in each bowl. Sprinkle with hichimi and serve.

BUCKWHEAT NOODLE BASKET

2 qt water

12 oz. Dried soba (buckwheat noodles)

3 cup cold water

1 1/2 cup dashi

5 Tbsp. soy sauce

3 Tbsp. mirin

1 Tbsp. sugar

1 piece toasted nori

2 green onions

4 tsp. wasabi powder

-Warm water

Heat 2 quarts water to boiling in large kettle over high heat. Add noodles; a few at a time, stirring gently to separate. When water returns to full rolling boil, add 1 cup cold water; repeat twice, using remaining cold water. When water returns to full boiling, check for doneness; cook noodles until firm tender (do not overcook)*. Drain in colander; rinse well and cool under cold running water. Drain; cover with damp kitchen towel. Cool completely.

Heat dashi, soy sauce, mirin and sugar to boiling in 1-quart saucepan over medium-high heat; stir to dissolve sugar. Cool dipping sauce completely. (Refrigerate, covered, if desired).

Using scissors cut nori crosswise into quarters; cut quarters crosswise into 1/8 inch wide strips.

Cut green onions crosswise into 1/8-inch thick slices. Mix wasabi with just enough warm water to make thick paste; cover and let stand 10 minutes.

Place noodles in 4 medium serving bowls or plates, dividing evenly; top each with 1/4 of the nori. (Traditionally, these noodles are served in bamboo baskets or boxes.)

Place 1/2 cup dipping sauce in each of 4 small serving bowls. Dip noodles in sauce that is mixed with choice of green onion and/or wasabi.

*Cooking time depends upon thickness and content of noodles; follow individual package directions for proper cooking time. (If desired, omit cold water and cook noodles at full rolling