

## Mushroom Soba Noodles

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
brown Soba rice noodles	24 oz	
shiitake mushrooms	24 oz	
avocado oil	½ cup or so	
soy sauce	2/3 cup	
sugar	4 tsp	
salt	2 tsp	
hot toasted sesame oil	2 tsp	
toasted sesame oil	6 TBLSP	
rice vinegar	6 TBLSP	
garlic	4 cloves	finely minced
ginger	2 TBLSP	finely grated
fish sauce	1 tsp	(optional)
oyster sauce	1 tsp	(optional)
scallions	4	thinly sliced in 2-inch lengths

- In a medium-sized bowl, whisk together ingredients from soy sauce to oyster sauce, and set aside.
- Remove the mushroom stems and cut them in half lengthwise.
- Cut the mushroom caps into thick slices - cut a larger mushroom in half and then cut each half in half.
- In a nonstick pan, heat up enough avocado oil to generously cover the bottom of the pan. Add as many mushrooms as can comfortably fit in the pan without crowding. (I divide the 24 oz into four batches and keep two sauté pans going at once on the stove, so it gets the job done faster.) Cover the pan; Shiitake mushrooms can dry out if you don't cover the pan. Sauté the mushrooms over low heat for 10 to 12 minutes, tossing often. Dump the sautéed mushrooms into a bowl and start the next batch by adding more oil to the pan and then adding more mushrooms until they are all cooked.
- Bring a very large pot of water to boil, and boil the Soba noodles for 10 to 11 minutes. Strain, and rinse immediately with cold water to stop the cooking. Leave the noodles in the strainer for 10 minutes to drain well.
- In a very large bowl, dump the noodles into the bowl. Whisk the sauce once more, and ladle some of it over the noodles. Toss the noodles, and keep adding sauce until you think you have enough. I don't use all of it.
- Add the mushrooms to the noodles and toss.
- Serve topped with the scallions.

**NOTE:** I sometimes substitute Chinese Chili Oil for Hot Toasted Sesame Oil.