

OTSU

(adapted from Heidi Swanson's Supernatural Cooking)

For the dressing:

zest of 1 lemon
1 Tbs fresh ginger, grated
1 tablespoon honey
3/4 teaspoon cayenne
3/4 teaspoon salt
2 Tbs freshly squeezed lemon juice
1/4 cup rice vinegar
1/3 cup soy sauce
2 tablespoons extra-virgin olive oil
2 tablespoons toasted sesame oil

for the noodles:

12 ounces soba noodles
1/4 cup chopped fresh cilantro
3 green onions, thinly sliced
1/2 cucumber, peeled, cut in half lengthwise, seeded and thinly sliced
1/4 cup toasted sesame seeds

Make the dressing by combining the lemon zest, ginger, honey, cayenne and salt in a small bowl, mixing very hard with a whisk (you can use a small food processor, if available). Add the lemon juice, rice vinegar, and soy sauce, and continue mixing (or processing) until smooth. Drizzle the olive oil and the sesame as you mix, to form an emulsion. Reserve.

Cook the noodles in boiling salted water for 3 to 4 minutes (do not overcook), drain, and rinse briefly in cold water. Transfer to a bowl, add 3/4 cup of the prepared dressing, then add the cilantro, green onions, cucumber, and combine. Sprinkle with toasted sesame seeds, and serve. Add more fresh cilantro if you like.