

COLD SOBA NOODLES

(adapted from Rosa's Yummy Yums blog)

2 bundles of buckwheat noodles (approximately 80 g each)
4 Tbs soy sauce (preferably Kikkoman)
1 + 1/2 Tbs dark sesame oil
2 + 1/2 Tbs rice vinegar (unseasoned)
1 + 1/2 Tsp Wasabi paste
3 Tsp fresh ginger, chopped
2 + 1/2 Tbs sesame seeds, roasted
2 medium carrots, cut into thin matchsticks
1/2 medium cucumber, cut into thin matchsticks

In a large pan, bring salted water to boil, add the noodles, and simmer for about 4 minutes, or according to the package directions. When the noodles are cooked, drain and immediately run cold water over them. Transfer the noodles to a bowl as you finish preparing the other ingredients.

Make the dressing by whisking together in a small bowl the sesame oil, soy sauce, rice vinegar, wasabi, and ginger. Add to the noodles, tossing to combine. Add the toasted sesame seeds, and mix gently. Refrigerate for about 30 minutes.

When ready to serve, add the carrot and cucumber, mix gently, sprinkle with more sesame seeds if you so desire.