

# 'KAKE-SOBA': SOBA NOODLES IN WARM DASHI BROTH

31 December 2020



## INGREDIENTS (serves two)

- Soba (buckwheat) noodles 200 g
- Water (for boiling soba) As required
- Shallot/spring onion leaves and stems 2 to 3 short stalks
- Carrot c. 5 cm length of medium-sized
- Lemon peel 1 small piece 3 to 4 cm across
- Fresh shiitake 2 to 3 small-sized
- Soy sauce or tamari 1 level tablespoon or to taste
- Japanese sake (or vodka, medium sherry) 1 level tablespoon
- Mirin (or sweet sherry, sweet white wine) 1 level tablespoon
- Water (for cooking shiitake) 1 level tablespoon
- OPTIONAL: Additional toppings such as sliced 'kamaboko' fish cake, tempura prawn/vegetable, blanched English spinach, grilled duck or chicken As required

## Broth

- Konbu-katsuo, katsuo, konbu or shiitake dashi liquid (see separate recipes) c. 2½ cups (600 to 650 ml)
- Soy sauce or tamari 3 level tablespoon or to taste
- Japanese sake (or vodka, medium sherry) 1 level tablespoon

- Mirin (or sweet sherry, sweet white wine) 1 level tablespoon
- Sugar 2 level teaspoons or to taste

NOTE: Amounts of seasonings for the broth are indicative only. Please experiment to get the proportions that work the best for you.

## INSTRUCTIONS

1. Prepare your dashi liquid in advance, preferably a day ahead to allow the flavours to mellow. Refer to separate recipes for detailed instructions.
2. Clean the shiitake well. Remove the stalks and slice them c. 3 mm thick.
3. In a small saucepan, combine the sliced shiitake, soy sauce/tamari, sake (or substitute), mirin (or substitute) and water. Cover with a lid and bring to a gentle boil over medium heat. Once boiling lower the heat and gently simmer. [Take care not to burn, which can easily happen due to the small amount of liquid used.] Remove from the heat when the shiitake slices have absorbed the liquid and are cooked fully (should be brown and soft). Set aside.



4. Prepare the other toppings. Finely slice the shallot/spring onion leaves and stems 1 to 2 mm thick. Either finely julienne the carrot 2 to 3 mm thick, or try you hand at cutting them into 'plum blossom' slices. Very finely julienne the lemon peel 1 to 2 mm thick and 2 to 3 cm long.





5. Combine the dashi liquid prepared at Step 1 with all other ingredients for the broth. Bring to a gentle boil over medium heat. Once boiling, lower the heat and gently simmer for another 2 minutes or so. Skim off any froth that float to the surface. Remove from the heat and set aside.



6. Boil the soba noodles according to instructions on the package. After cooking, be sure to rinse the noodles gently under running cold water to remove the slippery starch coating the noodles.



7. Place the soba noodles in individual bowls. Gently pour the broth (reheat if necessary) over the noodles. Place all the toppings decoratively and serve immediately.