Cold Japanese Noodles for Hot Summer Days
ざる蕎麦と冷やしそうめん

To eat Japanese noodles it is polite to slurp the noodles with unapologetic sounds. And nothing is as refreshing and soothing as having cold noodles on hot summer days. It is a Japanese tradition to have light cold noodles in the summer such as *Soba* noodles and *Somen* noodles. *Soba* is made with healthy buckwheat flour which is high in protein, and *Somen* is very fine and delicate noodles as angel hair. Both are eaten by dipping into a soy sauce based sauce garnished with *wasabi*, thin sliced scallions, *Shiso* (Japanese herb), and freshly grated ginger. I'm going to demonstrate how to make the dipping sauce, prepare the cold *Soba* and *Somen* noodles, and how to slurp it! The class includes a whole meal.

GLOSARY

GREETINGS

Itadakimasu—Japanese greeting before the meal. It expresses gratitude to the person who prepared the meal, the person who grew the ingredients, and the privilege to be able to have food.

Gochisosama— Japanese expression of thanks after a meal.

FOOD

Dashi—broth made with *Katuobushi*, or *Kobu* or both. It can be made with *Shiitake* mushrooms.

Hiyashi Somen—cold thin noodles.

Kaeshi—soysauce, *Mirin* and sugar mix to make a dipping sauce for cold noodles.

Soba Tsuyu—a dipping sauce for cold *Soba* noodles or *Somen* noodles.

Soba—buckwheat or buckwheat noodles, or noodles .

Somen—thin white wheat noodles.

Zaru Tempra Soba—cold Soba noodles with *Tempra*. Usually with shrimp *Tempra*.

Zarus Soba—cold *Soba* noodles with *Nori* on it.

INGREDIENTS

Katsuobushi— Japanese name for dried, fermented, and smoked skipjack tuna or bonito fish.

Konbu or Kobu—seaweed often used to make broth, sold dry.

Mirin—is an essential condiment used in Japanese cuisine. It is a kind of rice wine similar to *Sake*, but with a lower alcohol content and higher sugar content. The content is a complex carbohydrate formed naturally via the fermentation process; it is not refined sugar.

Nori—seaweed, dried and paper like shape.

Shiso—a Japanese herb.

Wakame— seaweed, often used with *Miso* soup.

Wasabi—Japanese horseradish, usually used for sushi and *Sashimi*. It is a condiment with a strong flavor closer to hot mustard.

Basic Japanese Cooking with Miso Soup
味噌汁と日本料理の基礎

INGREDIENTS—4 Servings

***Soba Tsuyu* (Cold Noodle Dipping Sauce)**
3 *Dashi* : 1 *Kaeshi* Ratio
Dashi (makes 2 Cups of Soup Broth)

4 Cups	Water
2 oz	*Katsuobushi*

Kaeshi (makes 2 Cups of soy sauce mix)

1 ¾ Cups	Soy Sauce
½ Cups	*Mirin*
4Tb	Sugar

Hiyashi Somen

½ Lb	*Somen* Noodles
8 Cups	Water
	Ice Cubes

Garnished with:

1" Long	Fresh Ginger, peeled/grated
1	Green Onion, thinly sliced
4 pieces	*Shiso*, thinly sliced

Zaru Soba

1	*Soba* Nooles
8 Cups	Water
	Ice Cubes
1piece	*Nori*, cut into 1 ½" long thin pieces

Garnished Sauce with:

1"	Green Onion, thinly sliced
	Wasabi

DIRECTION

Soba Tusuyu (dipping sauce for cold noodles)
1. Make **Kaeshi**, the soy sauce mix, first and store it ideally for 2 to 3days before.
2. Make **Dashi** and mix it with *Kaeshi* when it is still warm by 1(Kaeshi) : 3 (Dashi) ratio.
3. Chill it in the refrigerator. It should be used within a week.

Kaeshi
1. In a soup pan mix soy sauce and Mirin and heat it up with medium heat. Do not boil it.
2. Stir sugar into the soy sauce and Mirin mix to dissolve it.
3. Turn off the heat right before the boiling point and cool it.
4. Seal it with paper towel until it completely cool down, then seal it. Store it in a dark cool. *Kaeshi* is possible to be stored for more than one year.

Dashi (Soup Broth)
5. Put *Katsuobushi* into the boiling water and boil it about 10 to 15 minutes with high heat.
6. Take the *Katsuobushi* out by a mesh ladle.
✓ There is premade, no additive *Dashi* available on e-bay. It is very convenient and the quality is comparable to traditional *Dashi*. I recommend "Riken Katsuo Dashi Stock."

Hiyashi Somen
1. Start boiling water to boil *Somen* noodles.
2. Slice green onion thinly.
3. Slice *Shiso* into thin pieces.
4. Slice cucumbers thinly (optional.)

5. Peel and grate ginger.
6. Prepare water in a large bowl with ice to chill the cooked noodles.
7. Put *Somen* into the boiling water.
8. Add about ¼ cups of water when the water is boiled again.
9. When it is boiled again, damp water and *Somen* noodles into a colander.
10. Dipp the colander in the cold water with ice.
11. Rinse the noodle to cool it and take excessive starch.
12. Serve it in a bowl with water and ice.
13. Serve the *Soba Tsuyu* in a small cup like bowl.
14. Serve the green onions, ginger and *Shiso* side.

Zaru Soba
1. Start boiling water to boil *Soba* noodles.
2. Slice green onion thinly.
3. Cut *Nori* into small pieces.
4. Put Soba noodles into boiling water and cook it for about 5 minutes.
5. Damp the Soba into colander
6. Dip Soba noodle and colander into a large bowl of cold water with ice in it.
7. Rinse the noodles to cool it and take out the excessive starch.
8. Serve the noodle in a plate or a basket plate and garnish it with thinly cut *Nori*.
9. Serve it with *Soba Tsuyu* in a small cup like bowl.
10. Serve the green onions and *Wasabi* side.

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TWO WAYS TO SERVE SOMEN NOODLES

Somen noodles on a plate

Somen noodles in a bowl with ice and water

STORES

Kim's Oriental Market
        689 Snelling Ave., N St. Paul, MN 55104

United Noodles Asian Supermarket
        2015 E 24th St., Minneapolis, MN 55404

Mississippi Market
        1500 West 7th Street (Just South of Otto)
        622 Selby Ave. (Corner of Selby and Dale)

UTENSILS & EQUIPMENTS

Daikon Grater

Mesh Colander

Mesh Colander

INGREDIENTS

RIKEN *Katsuo Dashi* Bonito Soup Stock (ebay)
Additive- Free,
Made in Japan
at e-bay
$9.00   70 g packet
$31.00   5 x 70 g packets
$10.00   Shipping

Katsuobushi

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