



JAPANESE SOBA NOODLES WITH SMOKY DIPPING SAUCE

Prep: 15mins + cooling – Serves 2

8g dried bonito flakes
50ml shoyu or light soy sauce
50ml mirin
175ml water

200g soba noodles
1 spring onion
1 tsp fresh ginger, grates
½ tsp black sesame seeds (optional)

1. Put the bonito flakes, soy sauce, mirin and water into a small saucepan and bring to the boil. Boil for 2 minutes, then reduce the heat and leave to simmer for another 2 minutes.
2. Strain the liquid through a sieve and leave to cool completely then refrigerate for at least half an hour to get it really cool.
3. For the soba noodles: bring a large saucepan of water to the boil, add the soba noodles and simmer over a medium heat for about 5 minutes until al dente. Drain, but keep half the cooking water, putting it into a teapot and keep it warm. Rinse the soba noodles with cold water until cooled.
4. Finely slice the spring onion and put onto a little serving dish with half a teaspoon of ginger.
5. Divide the dipping sauce between two small bowls, place the noodles on the side and sprinkle with a few sesame seeds for decoration.
6. Put a bit of the ginger and spring onion into the dipping sauce, adjusting the taste to your liking. Pick up a few soba noodles with chopsticks and dip the ends into the dipping sauce before eating.
7. Once all the noodles have been eaten, pour the warm soba noodle cooking water into the remaining dipping sauce, and eat this as a soup to finish your meal.

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