

SOBA NOODLE SOUP

Last Modified: 11/25/2018

PREP: 30 Min
COOK: 25 Min
STOVETOP

F EASY

SOUP-ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	9.5 Oz	Pkg Soba Noodles (Hakubaku Organic)	Al Dente
2	Tbsp	Vegetable Oil	
12	Oz	Shiitake Mushrooms (Stems Removed)	Thin Sliced
4	Stalks	Green Onions (Greens & Whites)	Thin Sliced
1	Stalk	Lemon Grass	
1	Clove	Garlic	Minced
1	Tbsp	Fresh Ginger (Peeled)	Minced
1/2	Tsp	Sea Salt	
5	14 1/2 Oz	Cans Chicken Stock (Swanson)	
1	Bunch	Flat Leaf Spinach Leaves	Torn
2	Tbsp	Mirin (Takara Pale Gold)	
1	Tbsp	Mushroom Soy Sauce (Healthy Boy)	
4	Large	Radishes	Thin Sliced

PREPARATION

FACTOID	Soba is a thin Japanese Noodle made from Buckwheat. The Noodles are served either chilled with a Dipping Sauce, or hot in a Noodle Soup. The variety Nagano Soba includes Wheat Flour, so select your variety carefully. In Japan, Soba noodle dishes can be found in a variety of settings, from "fast food" places to expensive specialty restaurants.
TOOLS	1) Large Saucepan & Lid
PREP	DISH 1) Mince the Garlic Clove and set it aside. 2) Remove the Mushroom Stems, thinly slice and add them on top of the Garlic. 3) Thinly Slice the Green Onion Whites and add them on top of the Garlic. 4) Peel the Ginger, mince it and add it on top of the Mushrooms 5) Pull off the Spinach Leaves and tear them into pieces & set them aside. 6) Thinly Slice the Green Onion Greens and Set them aside. 7) Thinly Slice The Radishes and set them aside.
FACTOID	REMEMBER - Boiling a Stock will make a cloudy Broth. Slow simmering it will make a clear Broth - You want this to be clear. BUT.....
1	SOUP: In a large saucepan over medium heat, Add in the Vegetable Oil until it shimmers. Add in the Garlic, Mushrooms, Green Onion Whites, Lemon Grass, Ginger and Salt. Cook, stirring occasionally, until the Mushrooms have darkened and are tender, about 10 minutes. Remove the Lemon Grass Stalk & discard it.
2	SOUP: Add in the Chicken Stock and heat until small bubbles begin to form in the bottom of the pan. Reduce the heat to a simmer and add in the Soba Noodles. Simmer until the Noodles are tender, about 5 minutes. Stir in the Spinach and simmer for 1 minute more. Stir in the Mirin and Soy sauce.
SERVE	Ladle the Soup into bowls. Sprinkle the top with Green Onion Greens and Radishes and serve immediately,

SOBA NOODLE SOUP

