



Sesame Soba Noodles

270g dried soba noodles
4 tablespoons soy sauce
3 tablespoons sesame oil
2 tablespoons rice vinegar (or white vinegar)
1 ½ tablespoons brown sugar
2-4 cloves of garlic, crushed
2 teaspoons minced ginger
5 spring onions, thinly sliced
1 red capsicum, thinly sliced
2 teaspoons black sesame seeds

1. Cook soba noodles according to packet directions.
2. Place soy sauce, sesame oil, rice vinegar, sugar, garlic and ginger in a small jar and shake well to combine.
3. Place noodles, spring onions and capsicum in a large bowl. Pour over dressing and toss to coat evenly. Sprinkle with black sesame seeds.

Notes:

Add ½ cup finely sliced snow peas, or 1 sliced Lebanese cucumber to the salad in step 3.

Add more or less garlic, according to your taste.

After cooking the soba noodles, ensure they are well rinsed and drained.



Miso Udon Noodle Soup

2 sheets nori sheets sliced
180g dried udon noodles
4 tablespoons white miso paste
2 tablespoons mirin
1 clove garlic, finely grated
1 teaspoon fresh ginger, finely grated
1 carrot, sliced
1 packet Japanese marinated tofu, cubed
1 small bunch of Asian greens, roughly chopped
2 spring onions, to garnish

1. To make stock place seaweed and 1.2 litres water in saucepan. Bring to the boil, reduce heat and simmer for ten minutes. Remove seaweed.
2. While making stock, cook noodles according to packet instructions. Drain and rinse noodles.
3. Stir miso, mirin, carrot, garlic and ginger into stock. Simmer for two minutes.
4. Add asian greens, noodles, tofu and simmer for five minutes.
5. Garnish with spring onions.

Notes:

Can use shitake mushrooms or other vegetables.

If using fresh udon noodles, use 400g.



Inari Sushi

1 ½ cups uncooked sushi rice
¼ cup rice vinegar
¾ teaspoon salt
1 ½ tablespoons agave nectar
1 package aburage (tofu pouches)
3 tablespoons black sesame seeds

Prepare rice according to the directions written on the package.

1. Prepare rice according to the directions written on the package.
2. While the rice is cooking, whisk together the vinegar, salt, and sugar in a medium sized bowl and set aside. Dress the rice with this mixture as soon as it is cooked. Adjust the amount according to your preference—use less for well-balanced rice, more for tangier rice.
3. On a separate burner, lightly toast the sesame seeds until they are golden and nutty. Stir half of the toasted seeds through the rice. Set remainder of the seeds aside.
4. To assemble, open the pouches, fill with seasoned rice, and sprinkle with sesame seeds. Serve straight away.

Makes 12 inari sushi.