



## Soba

Soba noodles are well known Japanese-style buckwheat noodles consumed both in hot broth and chilled with sauce eaten all year long...!

Soba, however, originated in China, like all noodles, and was brought by buddhist monks to Japan as early as 10,000 BC.

Buckwheat is grown in Hokkaido and Nagano Prefecture, which are both regions famous for their mountain ranges and skiing.

Depending on the region, soba making differs, hence the different names of Soba. The most famous soba is Shinshu Soba in Nagano.

# Asian Bok Choy Soba Salad

## Ingredients (4 servings)

1 bunch bok choy  
 1 cup cooked Anasazi beans  
 1 clove garlic  
 1 Tbsp toasted sesame oil  
 1/2 Tbsp soy sauce  
 1 Tbsp sesame seeds  
 pinch of salt

## Noodles

1 cup buckwheat flour  
 1/4th cup spelt flour  
 3/4 cup water  
 pinch of salt

## Sourcing

Bok Choy: Venetucci Farm, Colorado Springs, CO  
 Garlic: Hobbs Family Farm, Avondale, CO  
 Buckwheat: Hillbilly Farm, Fountain, CO  
 Spelt: Heartland Mills, Marienthal, KS

## Directions

Wash bok choy thoroughly. Cut off end of stem, perhaps 1 inch. Bring a pot of water to boiling, then add bok choy and blanch for 1 minute, then immediately cool in ice water. Drain leaves and squeeze out excess water. Cut bok choy into bite size pieces and add to mixing bowl. Then add beans, sesame oil, soy sauce and salt and mix before chilling in the fridge.

For pasta, combine flour and sift, then add half water first and more as needed. Begin to mix with your hands and knead. Add water if mixture is too dry. Knead for 5-10 minutes until the dough is nice and smooth. There is little gluten in this dough, thus, kneading and letting it rest a bit can help with processing. Once done, cut dough into quarters. Form each quarter into a ball. Dust flour on the countertop (clean it first!!), then roll out dough and either feed it through a pasta machine and use the fettuccine setting or cut with a knife lengthwise into soba noodle thickness. There is really no rule....

Bring a pot of water to boil, add noodles and cook for 2 minutes or until the noodles rise to the water surface. Drain and mix with bok choy salad.



Recipe developed by the Flying Carrot Food Literacy Team at the UCSS Farmhouse

