

Soba Noodles

Measure:

Each box of soba contains 10 pounds of noodles. Allow 10 servings per pound, depending on the eating patterns of the current course group. Make noodles for 2/3 the number of students.

Cook:

Bring 2 or 3 pots just over half full of cold water to a boil, **beginning at 9 am**. Add a little safflower oil to each pot, and cover with a lid. The thinner bottomed pots work well for boiling water. Once they have boiled, turn down to low until cooking time, about ½ hour before they are to be served.

Set up one of the large colanders in the sink and a pot half-filled with cold water nearby.

Divide noodles into batches, according to the number of pots being used.

Re-boil the water and add the 1st batch of noodles to the first pot. Usual cooking time is about 10 minutes – check them for done-ness!

Let the other pots remain at a simmer (by turning down heat) until the 1st batch is done: drained through a colander, dumped into the first pot of cold water, drained through the colander again, and poured into a hotel pan for serving. Sprinkle noodles lightly with sesame oil, toss gently then cover until serving time.

(Another person's aid would be really good for this!)

Fill the pot halfway with cold water again, while you have a chance.

Now move on to the 2nd batch ... etc.

Serve warm or cool, with warm Tahini-Ginger Sauce.