

Chilled Soba Noodles

Ingredients

- 8 cups water
- 1 package soba noodles

Preparation

Bring water to a boil and add noodles. When the water returns to a boil, add 1 cup of cold water and cover.

When it returns to a boil the second time, turn off the flame and let sit a few minutes. To test, cut one noodle; if the inside and outside are the same color, they are done. If not, boil them once more. Drain and rinse with cold water thoroughly until there is no more heat being held in the noodles.

To chill the noodles, place them in a bowl of ice water and stir. Drain the noodles. Serve immediately.

The can be served with shoyu-lemon dipping sauce. Noodles can also be mixed with strips of thinly sliced green onion, a few thin slices of ginger pickle and cucumber matchsticks.