

# HOW TO COOK FRESH SOBA

Edo Sobalier 木下善衛

## 1. Prepare large pot and hot water

**A large pot and rolling boil water required!**

## 2. Bring the water rolling boil. Add the noodle.



- Add proper amount of the noodles at a time.
- Handle the noodle carefully as they are prone to break easily。

## 3. Stir gently back and forth with long chopstick when the noodles rise up to the surface.

Temperature of the water will get cool after you add the noodles; keep the flame as high as possible until the water returns to boil.

Stir gently back and forth, up and down from the bottom of the pot only few times



- Soon after the noodles are put into the hot water, their starch begins to dissolve. This causes the water to become milky and soon a foam will form and swell to the Top.
- Control the foam by lowering the flam, do not add cold water.



- Then the noodles are raise up the surface and round in a circle, stir gently with long chopstick in a few time in order to loosen the noodles.
- The boiling time is **no more than one minute** after the noodles are rising up to the surface.

## 4. Scoop up with strainer and plunge in cold water ,cool down, starch off and firm up the noodles



- Scoop up the noodles with strainer and pour water to cool off.
- Remove the noodles to a large bowl of cold water to stair briskly for few times to wash off the starch. Rinse well.

- Plunge the noodles into the ice water to **firm up**.

## 5. Drain well, take some of the noodles and put them on the tray fro serving.



- Remove the noodles to strainer and drain well.
- **Eat it up as soon as they are being served.**

## 蕎麦に関する英語

### Buckwheat Noodle-SOBA

そば屋で一杯はそばで

Drop in Soba restaurant for drinks, appetizers and soba to finish up.

蕎麦を音を出して手繰る

Suck the noodles up with hearty slurp.

三たて

Three just “Just ground” “Just made” “Just boiled”

Get freshly to ground soba flour; turn it into noodles without delay; cook and eat them immediately

蕎麦

Buckwheat noodle

うどん

White wheat noodle

更科蕎麦

White soba made from buckwheat hears

蕎麦の実

Buckwheat kernel

蕎麦の種

Buckwheat seed

.蕎麦粉

Buckwheat flour, Soba flour

つなぎ粉

White flour

打ち粉

Sprinkle flour ( Sarshina soba flour)

道具 Utensils (Tools)

捏鉢

Wooden basin, Mixing bowl , Lacquer bowl

延し板

Wooden board

延し棒

Rolling pin

巻き棒

Reeling pin

包丁

Knife(Broad blade knife)

切り板

Chopping board

駒板

Wooden board to press the dough when cutting it

篩

Shifter

汁

Broth, Tsuyu, Dipping sauce

出汁

Stock

削り節

Bonito flakes

薬味	Condiments (Seasoning)
葱	Scallion,
刻み葱	Chopped(Sliced) Scallion, Welsh onion
大根	White radish
おろし大根	Grated white radish
わさび	Horseradish
蕎麦湯	Cloudy water, contains a great deal of nutritious substance like Rutin
篩う	Shift
混ぜる	Stir
纏める	Lump ( lump to start foam)
粒形	Pebble ( pebbles will expand)
練る(捏ねる)	Knead
麵体	Dough
延ばす	Elongate, Rolling out the dough
菊練	Chrysanthemum pattern
畳む	Hold the sheet of dough
切る	Cut
茹でる	Boil
熱湯	Boiling water
冷水に取る	Plunge in cold water
すい網	Strainer
すすぐ	Rinse, Wash the starch off
水切り	Drain

◎上記は、サンフランシスコにおける蕎麦打ちボランティアのために準備したものです。