

Soba Noodles and Vegetables in Flavorful Broth

Serves 4

Ingredients:

5 shiitake mushrooms, fine julienne
1 carrot, sliced into thin coins
2 cups Napa cabbage, sliced 1/4-inch thick
2 ounces snow peas, fine julienne
6 scallions, cut into 2-inch diagonal lengths
4 cups dashi
4 Tablespoons soy sauce (shoyu)
1/4 cup sake (optional)
1 pound soba noodles
garnish: 4 hard-boiled eggs, peeled and quartered.

Directions:

1. Heat the dashi to a simmer in a medium saucepan.
Add the soy sauce and sake.
Add the carrots, cabbage, snow peas, mushrooms and scallions to the dashi.
Cook the vegetables until they are medium tender but not mushy.
2. Cook the soba noodles while the broth simmers.
Drain the soba and divide the noodles between four bowls.
Top with the vegetables and broth and garnish with the hard-boiled eggs.