

# Homemade Soba noodle

## Shopping List

I hope you're excited as I am for fresh soba noodles!

For the soba noodle workshop you'll need a few things in order to enjoy your freshly made noodles to the fullest.

here's a quick run down of some of the ingredients and tools

- Soba flour (Ni-hachi sobako OR sobako plus AP or bread flour)
- Mentsuyu (noodle soup base)
  - Premade bottles
  - Homemade
    - Dashi
    - Japanese soy sauce
    - Mirin or Sake
    - Sugar
- Toppings
  - Ginger
  - Wasabi
  - Daikon radish
  - Daikon radish sprouts
  - Green onion
  - Ichimi or shichimi red pepper

Read the next few pages for additional detail.



## 1. soba flour (蕎麦粉 sobako) for the noodles

either from <https://ansonmills.com/> or a Japanese market -if you have one near you that stocks soba flour (that's imported from Japan).

For Ansonmills, get the Ni-Hachi flour which is 80% buckwheat/20% flour. this is very easy to work with, makes for a very nice texture and tastes delicious.

if you're getting pure sobako (soba flour from Japan), you're going to also need some either all purpose (AP) flour or bread flour.

You'll mix the AP or bread flour with the soba flour to make ni-hachi: 80% to 20% ratio AP / bread flour : soba flour. this will be by weight, so 80 grams soba flour to 20 grams of AP or bread flour. Because bread flour has higher gluten (protein), this tends to be slightly easier to work with and results in slightly firmer texture than noodles with AP flour. either will work just fine.

To prevent noodles from sticking to each other after you make them, you can use buckwheat flour, AP/bread flour or tapioca starch.

**\*\*IMPORTANT\*\* please note that soba flour is different than the buckwheat flour you may find at the grocery store or online. you cannot substitute them.**

**Soba flour is ground to a very fine almost powdery consistency as compared to commonly sold buckwheat flour (eg Bob's Red Mill or Arrowhead Mills). These store bought buckwheat flours are ground too coarse for soba noodles and may not give you the results you're looking for.**

## 2. for the noodle soup base (めんつゆ mentsuyu)



there's multiple ingredients that you can use.

the easiest is going to be premade tsuyu つゆ. Generally, these are multi-purpose seasonings that can be used not only for soups, but dressings and other Japanese dishes. So it never hurts to have a bottle for convenience sake.

With mentsuyu, sometimes it's ready to use as is or if it's concentrated, all you need is a little water to dilute to your desired taste.

If the labels are not translated to English, the way you can tell if its concentrated is with these characters 3 倍、5 倍、8 倍, the number indicates how much you may need to dilute with water prior to use.

Alternatively if you want to make the mentsuyu from scratch, there's two components you will need to make separate. One is dashi and the other is kaeshi. For those you're going to need several items:

- **dashi** (だし vegetarian or fish stock) this can be made from powder or packets (similar to teabags) or from scratch using the raw ingredients
- **kaeshi** (かえし **mentsuyu base**)  
If you make the soup base from scratch, in addition to the dashi you'll also need the following
  - Japanese soy sauce 醤油 please do not substitute a non-Japanese soy sauce or the flavor will be off. Ensure it's a product of Japan.
  - Mirin 味醂 / みりん and or sake お酒
  - White sugar

### 3. Toppings (薬味 yakumi)

these are mostly aromatics so you can use things like green onions, grated daikon radish, daikon radish sprouts, grated ginger and freshly grated wasabi.

If you like things spicy, get ichimi (一味 one flavor) red pepper or shichimi (七味 seven flavor) red pepper



for fresh wasabi (yes it tastes much better and different than the fake tube stuff which is usually made with horseradish) order from Halfmoon Bay wasabi <https://hmbwasabi.com/> it's worth it.

## **What to serve with**

As you may know, there are many ways to enjoy soba.

In fact, it can be eaten alone or served with tofu, grated nagaimo (mountain yam), as part of a salad, or things like tempura (fried seafood / vegetables) and otsukemono (Japanese pickles) if part of a set meal (定食 teishouku).

## **Equipment**

Soba requires specialized equipment that may be difficult for some source. If you cant find the traditional tools or don't want to buy specialized soba making equipment, see below for the workaround.

## **The traditional way**

Order a traditional soba making kit on Amazon. It will include everything you need to get started.

## **The modern/hybrid way**

If you don't have the soba kit don't worry, go with one of the following options instead-

### **Option A**

- a pasta roller (manual) or pasta roller attachment for your stand mixer
- a pasta cutter (manual) or pasta cutter attachment for your stand mixer

### **Option B**

- a pasta roller (manual) or pasta roller attachment for your stand mixer
- nakiri knife (vegetable knife with flat edge) or soba knife or chefs knife



### Option C

- a long rolling pin with an even edge (eg not a French rolling pin which is curved)
- nakiri knife (vegetable knife with flat edge) or soba knife or chefs knife

For your convenience, here's a short [amazon shopping list](#) for what i could find in their store

In the meantime if you have any other questions or need help locating something. let me know. otherwise, look forward to seeing you soon!

-pat

