

# Sticky Slimy Stamina Soba



## <Ingredients (1 serve)>

1 bundle Soba noodle

1 pack Natto (fermented soy beans)

2 Lady's fingers

2-3cm length Nagaimo

1 Egg yolk

150ml Japanese Dashi stock (see the recipe at the end of instruction)\*

2 Tbsp Soy sauce

1 Tbsp Sake

2 Tbsp Mirin

1/2 tsp Sugar

Broccoli sprout (option)



\*You can substitute a bottle of Soba sauce for homemade Dashi soup



## <Method>

### 1. Boil the Soba

Pour decent water in a deep sauce pan/wok and bring it to the boil. Toss the Soba and boil keeping stirring until al dente. Please make sure not to boil too much, we value the nice firm texture of Soba.

Drain to a colander\*\* and immediately allow to sink into cold icy water. Drain again and set it aside.

\*\*If you fancy drinking the Soba boiled water, that would be absolutely great. A lot of great nutrients of Soba are infused into boiled water.

### 2. Meanwhile cook Japanese Dashi soup

See the recipe of second brewed one below, make the second Dashi stock first.

Add soy sauce, Sake, Mirin and sugar, and bring it to boil. Simmer until the alcohol evaporates.

Allow to be cool in a fridge.

You can skip this step using a bottle of Soba sauce obviously!

### 3. Prepare the toppings

**Natto:** unpack, season and stir until making nice foams

**Lady's finger:** wash and cut off the hard head part. Slice. If you mind hairy surface, roll it on a chopping board which is sprinkled with salt. Rinse the salt.



**Nagaimo:** peel the skin (very slippery, so mind your fingers!) and grate finely.

**Extra tip for storing remaining Nagaimo:** wrap with damp newspaper and put into plastic bag. Keep in fridge. This method works for most root vegetables like Daikon, carrot, burdock etc.



### 4. Assemble Soba and toppings

Place the Soba first into a bowl, add toppings on top.

Pour the Dashi soup over and enjoy slurping!

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## <Japanese Dashi stock>

Ingredients (Serve 4)

<for the first brewed broth>

1L Water (soft water is better)

20g Dried kelp (Hidaka Kombu is better)

30g Dried bonito flakes (Katsuobushi)

<For the second brewed broth>

1L Water (soft water is better)

15g Dried bonito flakes

<Method>

### 1. Infuse Umami of kelp

Briefly wipe off the surface of kelp with damp clean towel (white powder is not dirt, that's just an element of Umami)

Make sure not washing off with running water.



Soak the kelp in the water and turn the heat on medium heat. If you heat on too high heat, the kelp makes the broth slimy, and if the heat is too low, the kelp is not infused enough. Just before boiling (80C is ideal), pull the kelp out and put it aside.



Bring it to the boil for removing excess kelp flavour for 30 seconds.



### 2. Infuse the dried bonito

Add 100ml of cold water into the boiling kelp broth and let the temperature of water be down.

Dump the dried bonito flakes immediately into the broth and simmer for one minute caring for not boiling.



Scoop up any scums.



Strain and make sure not squeezing the bonito in the sieve, otherwise the appearance and taste of broth are not cleared. Keep the used bonito aside.



This is the first brewed broth. Generally we use the first brewed broth for making clear soup (Sui mono).



### **3. Make the second brewed broth**

Pour 1L of water into stew pan and add the kelp and bonito flakes which were used for the first broth.

Add another new 15g of dried bonito flakes into the stew pan and bring it to the boil. Once the broth boils, turn the heat down to medium heat. Make sure removing any scums during simmering.



### **4. Simmer**

Boil the broth down until 2/3 amount.

### **5. Strain**

Strain and squeeze the kelp and bonito well.

Generally we use the second brewed broth for anything except clear soup.