

In Asia, noodles are often eaten chilled or at room temperature as with this classic Japanese preparation. Soba are Japanese noodles made from buckwheat flour, and if they are unavailable in your area (look in the Asian section of your supermarket), any noodle can be used instead.

Soba Salad

2 packages (5 oz, 140 g each) soba noodles
1 carrot, cut into 2-inch (5 cm) match sticks
4 dried shiitake mushrooms, soaked in warm water for 20 minutes, stems removed, thinly sliced
1 scallions, cut into 2-inch (5 cm) match sticks
1 small cucumber, halved, seeded, and cut into 2-inch (5 cm) match sticks
1/4 cup (60 ml) daikon or radishes, cut into match sticks

For the dressing:

4 Tbs (60 ml) peanut oil
3 Tbs (45 ml) lemon juice
3 Tbs (45 ml) soy sauce
1 Tbs (15 ml) sesame oil
2 tsp (10 ml) grated fresh ginger
2 cloves garlic, finely chopped

Cook the noodles and carrot in boiling salted water according to the package directions for the noodles. Drain and rinse with cold water. Toss with the remaining vegetables in a large serving bowl. Whisk together the ingredients for the dressing and pour over the noodles. Toss until thoroughly blended. Serve chilled or at room temperature. Serves 4 to 6.