

Soba Noodle Salad with Spring Vegetables

Recipe adapted from Chef John Ash

“Chef John Ash’s book *From the Earth to the Table* introduced me to eating locally and inspired me in 1994.” -- Marilyn Markel

Ingredients:

¼ cup Dashi or defatted chicken stock
2-½ tablespoons white (*Shiro*) Miso
2 tablespoons seasoned rice wine vinegar
2 teaspoons toasted sesame oil
1 tablespoon soy sauce, preferably low sodium
⅓ cup or so canola or other neutral vegetable oil
1 tablespoon chopped sweet pickled ginger

Instructions:

1. Add the stock, miso, vinegar and sesame oil to a mini processor or blender and with motor running slowly add oil to form a creamy dressing.
2. Add ginger and pulse a couple of times to very finely chop and incorporate.
3. Store covered and refrigerated for up to 3 days.
4. Pulse in a blender if sauce separates to bring it back together before serving.

For the Salad:

Ingredients:

4 ounces dried soba noodles
1 cup green onions, whites and green tops sliced on the bias
1 cup baby turnips, thinly sliced
1 cup carrots, peeled and thinly sliced
1 cup radishes, thinly sliced
1 tablespoon sesame seeds, toasted
1 cup daikon radish or sunflower sprouts, gently packed
Japanese seven-spice powder (*Togorashi*), to taste (optional)
4 cups spring greens

Instructions:

1. Bring 2 quarts of lightly salted water to a boil in a large pot over high heat.
2. Separate the noodles and drop them into the boiling water, stirring once or twice.
3. When the water begins to boil, add 1 cup of cold water.
4. Repeat this procedure twice cooking until the noodles are just tender, about 4 to 5 minutes.
5. Drain in a colander.
6. Rinse with cold water until completely cooled, tossing gently to remove surface starch and drain well.
7. Toss the noodles with the dressing and vegetables.
8. Top with the sprouts, sesame seeds, and a pinch of seven-spice powder.
9. Serve on spring lettuces and greens

