

Somen



そうめん

Noodles

Makes 2 servings

Adapted from 和食の基本

Ingredients

Tsuyu

2 pieces (5" in length) kombu

1 Tbsp shoyu

1 Tbsp mirin

Toppings

1 large egg, beaten

2 green onions, chopped

1/3 sheet nori

1 tsp sesame seeds

wasabi

oil

Notes

Combine the tsuyu ingredients and bring to a boil. Set aside to cool, then refrigerate until cold.

In a 10" nonstick skillet, heat 1 tsp of oil over medium heat. Once the oil is hot, rub the pan with a paper towel to distribute the oil and wipe any excess.

Add the egg and tilt the pan so the bottom of the skillet is evenly covered. Cook until the egg firms up, but still looks wet on the surface. Carefully loosen the edges of the egg from the skillet and turn over. Immediately turn off the heat. Wait a minute for it to cook in the residual heat before transferring to a cutting board to cool.

Bring a large pot of water to boil. While waiting, slice the egg round into quarters. Stack the quarters and slice thinly.

When the pot of water comes to a rolling boil, add two servings of somen (they usually come tied in 1-serving bunches). Cook according to package instructions. Meanwhile, prepare a dish to hold the cooked somen. Add some ice cubes and water in a large, shallow bowl and set aside.

When the somen is finished cooking, drain and rinse with cold water. Then, using your hands, gently rub the noodles together under running water to remove any excess starch. Drain, then add to the serving dish with ice water.

Pour dashi into small bowls and serve with somen and toppings.