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RECIPE OF THE WEEK

Seared Scallops with Cold Soba Noodles and Shiitake Broth

Wednesday, September 10, 2008 10:25 AM

Shiitake Dashi Broth Ingredients:

(An easy way out of preparing your own dashi broth would be to use powdered dashi stock to directions and make it with shiitake mushrooms)

- 1 1/2 Quarts Water
- 2 oz Bonito flakes
- 1 Large piece kombu seaweed
- 1 Tbsp Kosher salt (to taste)
- 1 Clove Garlic
- 1 Slice Ginger (1/4 in thick, 2 in diameter)
- 8 -12 8-12 Pieces fresh (washed) or dried
- Whole shiitake mushroom

Directions:

1. Add all stock ingredients to pot and allow to boil for just 10 seconds.
2. With caution, remove mushrooms and set aside in a bowl large enough for the stock.
3. Strain stock into the bowl containing mushrooms and place into freezer to chill, stirring occasionally for even cooling.

Soba Noodles Ingredients:

- 2 Quarts Water
- 1 Tbsp Kosher salt
- 2 Quarts Water and ice (for cooling off)
- soba noodles)
- 1 Package Buckwheat soba noodles



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