



Seaweed Soba Salad

Level: Easy

Prep & Soaking Time: 90 minutes

Serves: 8 to 10

Cook Time: 15 minutes



Seaweed Soba Salad:

1/3 cup hijiki (dried black seaweed)

1 Tbsp. vegetable oil

1 Tbsp. shoyu (soy sauce)

1 Tbsp. white granulated sugar

$\frac{1}{4}$ cup wakame (dried green seaweed)

$\frac{1}{2}$ a sweet Maui onion; sliced paper thin

1 small carrot; skin peeled & sliced into thin medallions

2 (8 oz.) packages buckwheat soba noodles

1 bunch watercress

1 (4 oz.) container daikon (radish) sprouts

$\frac{1}{2}$ of a large Japanese cucumber; seeds removed & sliced thin

Soba Tsuyu (Dressing):

$\frac{1}{2}$ cup shoyu (soy sauce)

$\frac{1}{2}$ cup white granulated
sugar

$\frac{1}{4}$ cup Japanese rice
vinegar

$\frac{1}{4}$ cup lemon juice

1/3 cup vegetable oil

To make soba tsuyu (dressing): In a jar or cruet, mix all the dressing ingredients except the oil. Shake until the sugar is dissolved. Add the oil. Set aside.

To make the salad:

(1.) Soak the hijiki in warm water, cover, & let stand for 20 minutes. Rinse, drain, & squeeze to remove water. In a small skillet, heat 1 Tbsp. vegetable oil. Add hijiki & cook for 1 minute. Add 1 Tbsp. shoyu & 1 Tbsp. sugar. Cook until the hijiki absorbs the liquid, about 3 to 5 minutes. Set aside.

(2.) Soak wakame in tap water for 15 minutes. Drain & squeeze to remove water. Chop into bite-size pieces. Set aside.

(3.) In a small bowl, mix the chopped wakame, the sliced onion & the sliced carrots. Shake the dressing well & add 3 tablespoons of dressing to the wakame mixture. Toss to evenly coat. Set aside in the refrigerator.

(4.) Cook the soba according to the instructions on the package. Rinse & drain well. Toss soba with the wakame mixture. Set aside.

(5.) Cut off root ends of the watercress. Cut into 1-inch lengths. Rinse, drain, & pat the watercress with paper towels to remove water. Set aside.

(6.) Cut off root ends of the daikon sprouts. Rinse, drain, & pat the sprouts with a paper towel to remove water. Set aside.

(7.) To serve, place the soba/wakame mixture on a platter. Top with cucumber, watercress, hijiki, and daikon sprouts. Place the cruet of dressing on the side & each individual add dressing to their own taste (shake dressing well before each pouring).