

Yaki Soba

Boil 2 (8 oz. pkg) chuka soba noodles for about 2 minutes. Rinse under cold water and set aside.

Brown in a little oil in a non stick frying pan about ¾ lb. to one pound of thin pork top loin chops cut into thin strips. Seasoned with garlic powder, salt and pepper. Add a few slices of peeled fresh ginger root while its cooking. Remove to a platter.

Add more oil to the pan and stir fry the following until tender. You can season with salt, pepper and garlic powder.

A handful of green beans, tips removed and sliced thinly on the diagonal. Sometimes I use green cabbage or snow peas if beans are not in season.

1 large carrot, peeled and sliced into thin strips like matchsticks.

2 green onions, ends removed and cut into 1 inch pieces.

A few slices of fresh peeled ginger root.

½ lb. of rinsed bean sprouts at the end of the cooking time, since they don't take as long.

Remove the vegetables to a platter.

Add oil to the pan and stir fry ½ the chuka soba noodles at a time. Seasoning with salt, pepper, garlic powder and about 6 slices of fresh ginger root. Add soy sauce, a dash of sesame oil and a dash of chili oil to taste. Mix all ingredients together. Serve with plain rice. Warn the guests not to eat the large pieces of ginger!

This makes about 12 (1-cup) servings which fills up a small 6" plate. A good size for 6th grader.
Time to prepare: 1 hour

From: Cathy Nakamura, Nakayoshi Gakko cooking teacher
Original recipe from Sylvia Nara
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