

Miso-Tahini Sauce with Buckwheat Noodles

Ingredients:

8 ounces uncooked soba (buckwheat) noodles
Organic Bok Choy, chopped in small pieces
4 level tablespoons mellow white miso
3-4 tablespoons tahini (use organic)
1/3 cup water
2 tablespoons brown rice vinegar or lemon juice
1 tablespoon mirin
1 ½-2 teaspoons fresh ginger juice
1 clove garlic, finely minced
Minced scallion for garnish

Procedure:

- 1. Cook noodles, set aside**
- 2. combine miso and tahini in a saucepan. Add water, a little at a time, and mix well to form a smooth sauce, add remaining ingredients and bring to a simmer, if too thick, add a little more water, if too thin, simmer briefly to thicken, keep on simmer while doing the Bok Choy**
- 3. Wash and chop 1 bunch of Bok Choy, steam or sauté in a pinch of sesame oil**
- 4 to serve, place noodles in individual serving bowls, spoon sauce over top, Bok Choy around the side and garnish with scallions.**

Cooks Notes: for a heartier version, top the noodles and sauce with a colorful assortment of steamed veggies

Serves 2-3

From: Culinary Treasures Of Japan by John and Jan Belleme