

Classic ZARU SOBA & MORI SOBA Noodles



On restaurant menus you will encounter both *zaru soba* and *mori soba*.
What's the Difference?

ZARU SOBA (above, left) has a garnish of *nori*...

ざる蕎麦 → 海苔がかかっている

MORI SOBA (above, right) does not.

もりそば → 海苔がかかっていない

Classic Soba Noodles with Dip Sauce & Condiments

Serves 4.

Noodles:

8 ounces dried soba noodles, cooked as described in the document [[Guide to Cooking & Serving Japanese SOBA Noodles]].

Dipping sauce:

1/3 cup Seasoned Soy Concentrate (*Bannō-jōyu* OR *Shōjin Bannō-jōyu*); A recipe for deeply seasoned soy concentrate (*Bannō-jōyu*) can be downloaded from the [Kitchen Culture archives for July 2, 2019](#), A vegan version (*Shōjin Bannō-jōyu*) is included in the same reference sheet.

Mixed with

2 tablespoons water OR **stock** (a simple Kelp Alone all-purpose stock can be downloaded from the [Kitchen Culture archives for November 28, 2019](#))

OR

1/2 cup Ni-Ban Dashi (Secondary Stock), a by-product of making the seasoned soy concentrate (instructions included in the same Seasoned Soy Concentrate reference sheet)

Condiments:

1 teaspoon wasabi paste

1 standard-sized sheet yaki nori 21 x 19 cm (about 8.2 x 7.5 inches), cut into narrow 1-inch long strips

Place cooked *soba* noodles on *zaru* or in individual shallow bowls or (flanged) plates. Top with strips of *yaki nori* to make *zaru soba*; without the *nori* to make *mori soba*.

Serve well chilled dipping sauce in a *tokkuri* or other pitcher, Place *wasabi* and thinly sliced scallions or *negi* (Welsh onions) or leeks on a small dish. Each person adds these to the dipping sauce before stirring in some *wasabi* to taste. Dip noodles in the sauce and slurp for full enjoyment.



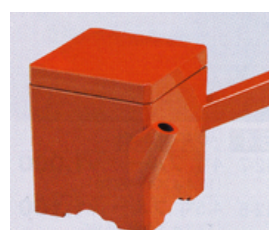
UTENSILS for SERVING JAPANESE SOBA NOODLES

Soba is most often served on ZARU 笊 plates lined with a slatted mats that help to drain away excess moisture; some are round, others are square. Nutrient-rich *soba yu* water leftover from cooking *soba* is served in special long-spouted pitchers called *yu tō* 湯桶. Condiments such as *wasabi* and curls of thinly sliced leek are added to a deeply flavored soy-based dipping sauce. Dipping sauce in *soba choko* そば猪口 cups is thinned with *soba yu* water and drunk as a broth. Small handle-less pitchers that hold dipping sauce are called *soba tokkuri* そば徳利.

Sets of cup-and-pitcher that also include a small flat dish for condiments (*wasabi*, *negi* leeks) are also sold online and in many Asian grocery stores.



zaru 笊 plates



yu tō 湯桶 pitchers



soba tokkuri set そば徳利セット *soba choko* そば猪口 cups



pour *soba yu* into dipping sauce