

Asian Soba Noodles with Sautéed Tofu

I particularly love this combination of cooked soba noodles and sautéed tofu but have added grilled salmon or chicken in place of the tofu. I recommend making extra noodles as they can be enjoyed warm or at room temperature. Recipe by Amanda Cushman.

1 pound firm organic tofu, halved, drained and pressed down for at least 30 minutes

5 tablespoons soy sauce or Tamari, divided

1/4 cup vegetable oil

1/2 pound soba noodles

2 teaspoons minced ginger

2 cloves garlic, minced

3 tablespoons rice vinegar

2 teaspoons toasted sesame oil

1/4 teaspoon red pepper flakes

1/2 English cucumber, cut lengthwise, seeded, cut into 1/4-inch slices

3 scallions, sliced thinly on the diagonal

3 tablespoons cilantro leaves

2 tablespoons, toasted black and white sesame seeds, garnish

Drain off the excess water from the tofu and dice into 1/2-inch cubes. Transfer to a medium bowl and add 3 tablespoons of the soy sauce and 1 tablespoon of the vegetable oil. Marinate for an hour or longer.

Cook the soba noodles in a large saucepan of salted boiling water until al dente, about 12 minutes. Drain and rinse with cold water, transfer to a large

bowl. Add the remaining 2 tablespoons of the soy sauce, ginger, garlic, 2 tablespoons of the vegetable oil, rice vinegar, sesame oil, red pepper flakes, cucumbers and scallions and toss well. Set aside.

Heat a large skillet over med-high heat. Add the remaining tablespoon of vegetable oil and sauté the tofu until browned, about 5 to 8 minutes.

Divide the noodles between four large salad plates and top with the sautéed tofu. Garnish with the cilantro and sesame seeds and serve.

Yield: 4 servings.