

CHEF'S NOTES

The inspiration for this salad starts at the Farmer's Market. I usually go to the Marin Civic Center market for my produce, on Thursdays and Sundays. If you can't find all of the ingredients feel free to sub in another. For example, if shishito peppers are not available then use a bell pepper, or if you can't find early girl tomatoes use cherry tomatoes, or a juicy heirloom tomato. The herbs are also flexible. You can use any combination of shiso, basil (of any kind), mint or cilantro.

The salad can be made ahead in the morning and served at room temperature later during the day. Soba noodles are made from buckwheat flour, so are gluten free, though some brands of noodles use wheat flour combined with buckwheat flour.

This salad makes a great base for a grilled fish, like local king salmon or halibut.



SUMMER VEGETABLE SOBA NOODLE SALAD

Chef Lauren Kiino

Getting Started

Rub whole cucumber with 1 Tablespoon sea salt and set aside for about 10 minutes. Salting the cucumber like this will help make it extra crunchy. Cut tomatoes into wedges and sprinkle with sea salt and black pepper, you'll want to incorporate any juices into the salad.

Cook soba noodles according to package directions. Rinse in cold water to wash off extra starch.

Preparing the Salad

In a large bowl, dress the soba with sesame oil, lemon juice, soy sauce, rice vinegar, shiso and mint.

Gently smash salted cucumber and cut into rough pieces.

Combine all ingredients and top with sesame seeds.

Serves 4

Ingredients

- » 4 oz dry soba noodle
- » 1 container early girl tomatoes, wash
- » 1 Japanese cucumber, wash
- » 2 scallions, wash and slice into rings
- » 1 head little gem lettuce, wash and shred
- » 6 shishito peppers, roast and slice
- » 1 jalapeno pepper, mince
- » 2 ears corn, cook and take off cob
- » 1 small ripe avocado, dice
- » 2 leaves shiso or fresh basil, chop
- » 1 sprig mint, chop
- » Juice from 1 lemon
- » 1 T rice vinegar
- » 2 T white (shiro) soy sauce
- » 2 T sesame oil
- » 1 T toasted sesame seeds
- » Sea salt and black pepper, to taste

