



How to Cook Soba Noodles



Check out our how-to video! →



1 Bring a large pot of water to a full boil.



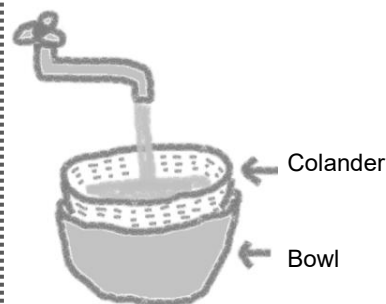
*Be careful with boiling water!

2 Take the soba noodles out of the fridge and let them come to room temperature in their box (Leave lid on so the noodles don't dry out)

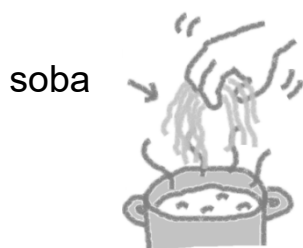


*Prepare dipping sauce and condiments

3 Place a colander inside a bowl in the sink and fill with cold water



4 Separate the soba noodles as you drop them into the boiling water (About two portions per 5 liters)



*Don't cook too much at once

5 Immediately stir gently with chopsticks to separate the noodles



*Be careful it doesn't boil over

Boil noodles to desired texture, about **1 min** ...no time at all!

Timer ON →



*Noodles ball up if you don't stir enough and fall apart if you stir too much

6 Scoop out noodles with a mesh ladle and quickly transfer to colander/bowl filled with water in the sink.



7 Gently rinse under running water and drain well



*Diners get your chopsticks ready!

8 Pile onto a plate and dig in!



Keep using the same cooking water until you're done

Finally ladle the hot water into your dipping sauce for a warm, healthy "soup"



* We recommend serving these 100% buckwheat noodles cold (accompanying dipping sauce is for cold noodles)

*If you prefer hot noodles, you can warm both the noodles and the dipping sauce

*If you prefer hot noodles in broth, please prepare the broth separately

(For hot noodles, first follow steps 1-7 above and then drop into hot water to rewarm for a few seconds. Not rinsing the noodles in cold water results in soft, pasty noodles)

Thank you for coming to Toru Soba! Enjoy your holidays and have a happy new year!