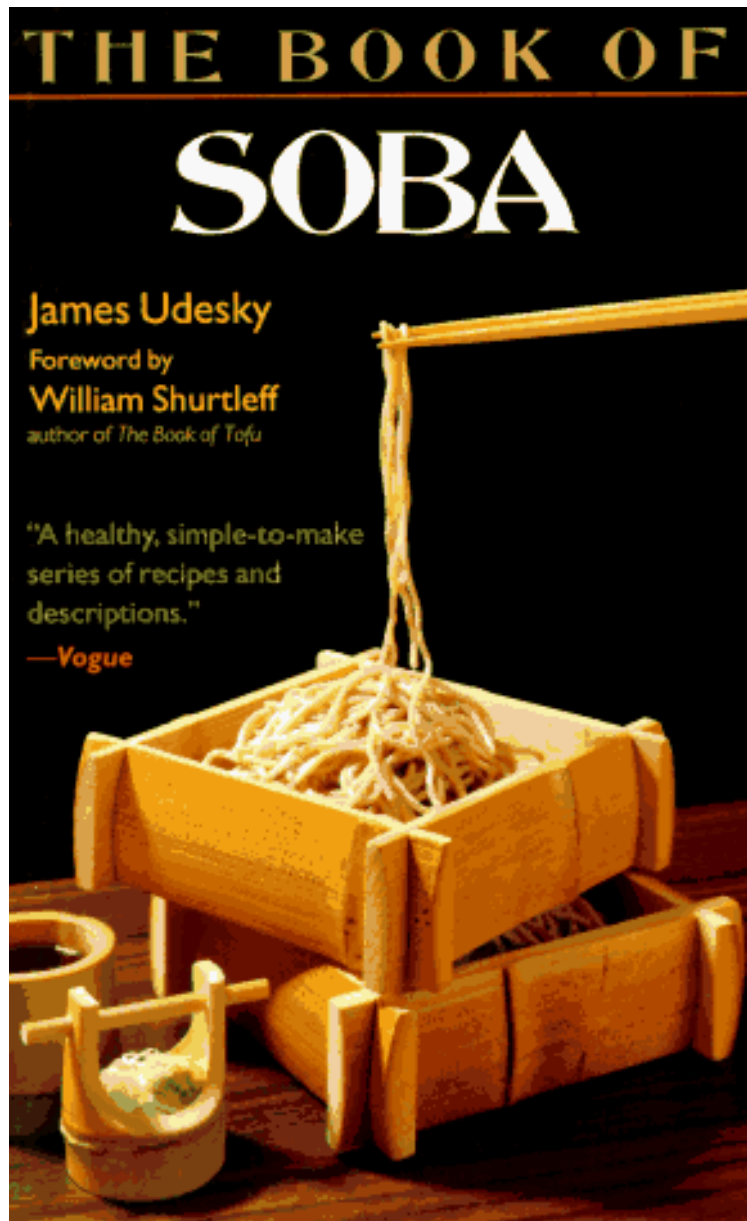


(Free pdf) The Book of Soba

## The Book of Soba

*James Udesky*

*ebooks | Download PDF | \*ePub | DOC | audiobook*



DOWNLOAD



+

READ ONLINE

#1808786 in Books Kodansha International (JPN) 1995-10Original language:EnglishPDF # 1 .74 x 4.52 x 7.28l, #File Name: 4770019564240 pages | File size: 68.Mb

**James Udesky : The Book of Soba** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Soba:

2 of 2 people found the following review helpful. An excellent, conversational resourceBy Stephen FosterI ordered this book because the excellent Making Artisan Pasta mysteriously skips soba entirely. Now I know why.I am an

experienced pasta-maker, and thought that the problem with buckwheat flour - the complete lack of gluten, contributing to a rather brittle texture - could be solved by throwing technology and pure gluten at it. That does work, vastly simplifying the process, but the resulting noodles, while excellent, are just buckwheat noodles, not soba. There is an entire other world in here to discover, encapsulated in the mysterious phrase: "mixing of the water into the flour in such a way as to allow the buckwheat to develop its own viscosity." I'm a scientist, don't like mysteries, and hate doing things because "that's just how it's done." I will eventually understand the chemistry behind what is going on there, and where the viscosity is coming from, but in the meantime I'm learning the traditional way, and maybe in a couple of years I'll be making passable soba, at which point I'll treat myself to the coolest kitchen knife ever, just the thing to have on hand when the zombies attack.

17 of 17 people found the following review helpful. Cold, hot, quick, good! By Joanna D. Soba is practically a sacred food in Japan, so I understand the author taking three years to learn to make these buckwheat noodles. A common wistful dream of many Japanese is to retire and own the ultimate soba-shop. It's near and dear to the Japanese soul. If you want a change from wheat noodles, soba are light, refreshing and soothing. Cold soba in summer, with a pungent dipping sauce can revive you on even the most miserably humid day (and keep you out of a hot kitchen--they cook in 10 minutes.) They are quick to throw into a bowl of miso soup or clear broth. After you explore this book, you might become a confirmed soba-holic. If you want further, more contemporary recipes for soba I also recommend Asian Pasta (Recipes from the Vineyards of Northern California) by Leslie Mansfield. 9 of 9 people found the following review helpful. Elevates the humble into the noble. By T. Reinhardt I have had this book for quite a while and I have read it cover to cover more than once. I enjoy it for many reasons..first it has a style that I enjoy...A cook book that is more conversational in style..that is to say it goes beyond just a list of ingredients. There are recipes for soba both humble and complex as well as explanations of ingredients that might be a bit esoteric to the American palate as well as proper serving bowls, cups and tableware. Even the best places to go (and the cost!) of soba dishes in various areas in Japan...altho with its 1988 publication date its hard to know how current this info is...even so this \*peek\* into the soba world is fascinating to me. Its clear that soba is light years away from...say .....ramen noodles...in form and elegance. I enjoyed reading about the tradition and history of this dish. While I have not made the noodles myself...I have enjoyed the recipes for \*hot soba noodles in broth\*, \*chicken and leek soba\*, \*soba salad\*, and \*soba noodles and miso stew\*. Most if not all ingredients can be found if you have access to an Asian market. I have had to leave out an ingredient from time to time and still have a wonderful result (depending on the ingredient). In this country where \*fast food\* generally means decreased quality it is so beautiful to see how a \*fast\* food can be an elegant experience.

Presents a practical guide to making fresh soba (buckwheat) noodles and serving them in artful Japanese style.

Excerpt. copy; Reprinted by permission. All rights reserved. Homemade Soba Noodles Making soba noodles at home can be fun, creative, and once you get the hang of it, quite an easy thing to do. By using the utensils and space available in the average kitchen, and by obtaining the freshest buckwheat flour available, you can make fresh buckwheat noodles that will delight and satisfy your family, friends, and guests. The process will be described in an easy-to-follow, step-by-step method. In the beginning, let this serve as a guide. Later, use it as a springboard for developing your own methods. With each batch, try to improve your technique, speed, and sense of rhythm. After several attempts, you'll gain a measure of confidence, and from then on you'll find yourself looking for any occasion to whip up a fresh batch of noodles for an impromptu lunch or dinner party. Keep in mind that the two most important elements for making successful soba noodles are obtaining fresh and sufficiently sifted flour, and then performing the initial mixing of the water into the flour in such a way as to allow the buckwheat to develop its own viscosity.

INGREDIENTS Makes 2 1/2 pounds (1.1 kg) 5 1/4 cups buckwheat flour (700 g) 2 1/4 cups wheat flour (300 g) 2 cups water (480 cc) EQUIPMENT Cutting board Rolling pin Brad, well-sharpened kitchen knife Plastic wrap Large mixing bowl Strainers