

How to make Soba noodles



Shimogo Soba noodles are “nihachi-Soba” noodles (20% wheat flour and 80% buckwheat flour) made by using a quantity of 1 wheat flour as thickener and mixing it to a quantity of 4 of buckwheat flour
If the room is dry, the delicate dough may dry as well, so please make sure to keep a good level of humidity

Ingredients (for 4 persons)

• Buckwheat flour	400g
• Wheat flour	100g
• Hot water	225cc

1



Mix 400g of buckwheat flour and the 100g of wheat flour in the kneading bowl using a sieve, then add 225cc of hot water and quickly mix in with your hand.

2



Once the dough becomes flaky, knead it thoroughly until it all gets as soft as the earlobe.

3



Get the dough out of the kneading bowl, then on the rolling board, punch out the air by turning it with your right hand several times while holding with your left hand.

4



Use the palm of your hands to flatten it into a disk.

5



Sprinkle dried buckwheat flour on it then roll out the dough using a rolling pin.

6



Once it reaches a diameter of about 50cm, make a flat square. (edging process)

7



Once the dough has stretched to a thinner disk of about 2mm thickness, wrap it around the rolling pin, then knock it on the rolling board (ton-ton-buchi) several times until it gets flat around the pin.

8



Unfold the dough on the board, sprinkle a generous amount of dried buckwheat flour both on the board and the Soba dough, fold it into 8 layers, then place the Komaita (cutting guide board) on to cut it with a kitchen knife to form noodles.