

# Soba Noodles with Sesame Cabbage and Carrot Stir Fry

1 1-inch piece of wakame  
water  
1/4 cup tamari or soy sauce, divided  
1 T. agave nectar or honey  
8 oz. soba noodles  
3 T. sesame seeds  
2 T. peanut oil or safflower oil  
2 cups green onions, thinly sliced diagonally, and green and white parts divided  
2 T. ginger, minced  
1 T. garlic, minced  
2 cups carrots, julienned  
8 oz. shiitake mushrooms, washed and sliced  
3 cups Napa cabbage, thinly shredded  
3 cups red cabbage, thinly shredded  
2 T. seasoned rice wine vinegar  
1/4 cup freshly chopped cilantro  
1 T. toasted sesame oil  
1 t. chili oil

Place the wakame in a saucepan, cover with water, and leave to soak for 30 minutes. Drain the wakame and return it to the saucepan along with 2 T. tamari, agave, and enough water to cover. Place the saucepan over low heat and simmer for 15-20 minutes or until soft. Drain the wakame, reserving the liquid, and set both of them aside. Meanwhile, in a large pot of boiling water, cook the soba noodles until al dente, about 5-7 minutes. If the water in the pot foams up during the cooking process, adding a little cold water to the pot will help to control the problem. Drain the soba noodles, rinse them well with cold water, drain again, and set aside.

In a dry wok or large non-stick skillet, place the sesame seeds and cook for 2-3 minutes or until toasted and fragrant. Remove the toasted sesame seeds from the wok and set aside. In the same wok, heat the peanut oil; when it is very hot, add the white part only of the sliced green onions, ginger, and garlic, and stir-fry for 1 minute. Add the carrots and shiitake mushrooms and stir-fry an additional 2 minutes. Add both types of cabbage and stir fry for 1 minute. Then add the remaining 2 T. tamari and seasoned rice wine vinegar, place a cover over the wok, and leave it to cook for 2 minutes. Add reserved wakame cooking liquid, and cooked soba noodles, and toss well to combine with vegetables. Cook an additional 1-2 minutes or until heated through. Add the toasted sesame seeds, cilantro, toasted sesame oil, and chili oil, and toss well to combine. Transfer to a large platter or bowl for service, and garnish with sliced green onions.