



Charcoal Somen w/ Wasabi Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 cups cooked charcoal somen(available at most Asian grocers)
- 1/4 cup rice wine vinegar
- 1/4 cup + 1 tsp soy sauce
- 1 tsp toasted sesame oil
- 1 tsp soy sauce
- 1/4 to 1 tsp wasabi paste (to taste, I used around 3/4 tsp but will be using the full tsp next time)
- 1 tsp sake
- Black sesame seeds

Instructions

This is a great light, cool dish to come home to after a long day in the hot PHX sun. Charcoal has a myriad of health benefits, but the most important is that it absorbs toxins. Apart from absorbing toxins, the charcoal adds little to no flavor to the somen, which is where the Black sesame and wasabi come into play. The sesame seeds and oil add texture and a nutty depth to the flavor, while the wasabi excites the tongue (and sinuses). The heat from the wasabi also contrasts with the noodles cold temperature in a very interesting way. Enjoy with an icy cold Hakutsuru Draft sake or a Sapporo. Cook noodles in water with 1/4 cup soy sauce. Usually 3 minutes is just about right. Drain noodles and rinse with ice water. For dressing- combine vinegar, 1 tsp soy sauce, sesame oil, wasabi and sake . Mix until well blended. Toss noodles with dressing then top with black sesame seeds.