



Nourish the New Year!



Buckwheat Soba Noodle Bowl with Lobster or Shrimp

Ingredients


- 1 2 oz. soba noodles, cook according to instructions, cool in cold water
- 1 quart lobster/seafood or vegetable broth and bring to a boil and split into two halves
- 2 tablespoons flour and two tablespoons butter make a roux (melt butter and add flour; cook at low heat until slightly nutty aroma)
- 1 tablespoon peeled sliced fresh ginger
- 1 pint assorted vegetables that are tender when raw: ex. spinach, snow peas, grated carrot, chopped scallions, sliced mushrooms, sprouts, tofu etc.
- 1 tablespoon oil
- 1 cup cooked peeled and deveined shrimp or lobster

Preparation

1. In sautee pan, add oil, heat pan, when hot add ginger cook for 1 minute, add broth
2. Season broth as desired, salt and pepper; or chopped fresh herbs, (also you can use mirin, dashi, soy sauce) remove pieces of ginger
3. Thicken half of stock with roux, whisk room temperature roux into hot stock
4. Reheat noodles if cold by dipping in hot water; drain thoroughly
5. In a bowl, toss noodles in thickened stock, toss vegetables as well, adjust seasonings
6. Serve in bowls the noodles, pour hot broth over noodles

Happy New Year! The new year is often accompanied by thoughts of new beginnings or do overs.

It's a time when we make commitments to shedding pounds, quitting bad habits or starting good new habits. But there is another side to the new year. For some it is a time of reflection. That reflection may come from having more life behind you than ahead of you. Remembering the joys and pains of the past as well as the simple pleasures and health issues of the present. Whether we resolve or reflect we all want peace and joy in our lives. Some have more success achieving it in a lifetime.

My hope for you is that this New Year holds peace and joy for you. I have selected a recipe that can fit into a diet that has great flavors while taking into consideration overall nutrition, diabetics and even low sodium. 

*—Michael Davis, CEC,
Edgewood in the Pines*