

Soba Noodles with Celery and Mortadella

At the heart of this dish, we're pairing the fanciest cold noodles with the fanciest cold cuts. Cool! The best part is that it totally makes sense. Soba noodles, made from nutrient-dense buckwheat flour, are most commonly eaten cold in Japanese cuisine. As the weather warms up, we want more cold noodle salads for lunch or dinner. This one is satisfyingly savory and portable to boot. We toss the chilled noodles and crunchy veg in a light, ginger-soy dressing, with tender mortadella strips as an unexpected twist.

See Cook's Note below on buying soba noodles.

Ingredients

1/2 pound dried soba noodles
1 cup shredded celery, shredded with a julienne peeler
1 cup shredded carrots, shredded with a julienne peeler
4 ounces sliced mortadella, thinly sliced into 1/4-inch strips
1/2 cup thinly sliced scallions, cut on the diagonal

dressing

1½ tablespoons soy sauce
1 tablespoon rice vinegar
1½ teaspoons grated ginger
1/4 teaspoon sugar
1 tablespoon toasted sesame oil
2 tablespoons extra virgin olive oil

to finish

1½ tablespoons toasted sesame seeds
Celery leaves, optional

special equipment

julienne peeler

Directions

Bring a medium pot of water to boil for the soba noodles.

Meanwhile, put the celery, carrots, mortadella and scallions in a large serving bowl. In a separate small bowl, whisk together the soy sauce, rice vinegar, ginger, sugar and oils.

When the water boils, drop in the soba noodles, stir, and cook for 1 minute less than the package directs. Immediately pour noodles into a colander (or strainer), rinse thoroughly in cold water and drain completely.

Toss the cooled noodles with the vegetables and mortadella. Whisk dressing and drizzle over all. Sprinkle the sesame seeds over the salad and toss again.

Serve at room temperature, or chill, covered, in refrigerator until serving time. Garnish with celery leaves, if desired.

Cook's Note

Soba noodles can be found in the Asian section of supermarkets and health food stores. If the soba package is larger than 1/2 pound, cook only three of the bundles of noodles that are in the package.

total time: 15 minutes

active prep: 15 minutes

serves: 4

difficulty: *easy*