

Poached Chicken with Buckwheat Noodles



Ingredients

4 ounces of chicken breast
1 tablespoons salt
5 slices of fresh ginger
1 whole green onion, clean and
chopped to 1 ½ inch sections
1 piece Star Anise
3 ounces Dried Buckwheat Noodles
1/3 cups shelled edamame
3 fresh shitake mushrooms, sliced
1 small cucumber

2 tablespoons Light Soy Sauce
2 teaspoons maple syrup
1 tablespoon miso paste
1 teaspoon toasted sesame oil
1/4 teaspoon freshly ground black
pepper
1 tablespoon seaweed seasoning
¼ cups green onions, finely
chopped.
3-4 slices pickled ginger

Preparation

1. In a medium pot of water, add the salt, ginger and green onion sections, bring to a boil, and cook the chicken breast for 20 minutes. Turn off the heat and keep the chicken in the pot with cover on for 20 minutes.
2. In a medium pot of water, add soba noodles for 4-5 minutes or just until tender, stirring occasionally so the noodles do not clump together. Drain in a colander and rinse well under hot water, tossing to remove the starch.
3. In a medium bowl, whisk together the soy sauce, miso paste, maple syrup and sesame oil. Set aside.
4. Heat a large skillet over medium-high heat. Add the canola oil, add the sliced shitake mushrooms, edamame, stirring and cook for about 3 minute or until fragrant. Toss the mixture to the noodles. Add the soy miso dressing and mix well.
5. Take the chicken out of the pot, slice the chicken to ¼ inch thickness.
6. On a plate, pile the noodles on one side of the plate; place the sliced chicken and pickled ginger on the other side.
7. Garnish by sprinkle seaweed seasoning mix on top.