Good Grinding for Wise Dining
Somen Salad

Number of servings: 3
*1 recipe will make 9-12 “taste” servings

Ingredients:
½ (9-ounce) package somen noodles
½ head romaine lettuce
½ medium carrot
½ (6-ounce) block fish cake

Optional: ½ cup leftover meats, imitation crab, OR char siu
2 tablespoons green onions

Dressing:
½ teaspoon salt 1 tablespoon water
2 tablespoons sesame oil 2 tablespoons + 2 teaspoons sugar
2 tablespoons soy sauce ¼ cup vinegar

Optional: 2 tablespoons sesame seeds

Directions:
1. In a skillet, COOK somen noodles. SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake.
   (Optional: meats, crab, char siu, and green onions.)
7. COVER and REFRIGERATE until ready to SERVE.
8. In a small bowl, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:
Soba noodles may be used.
Other vegetables may be used.
Equipment

- Electric skillet
- Extension cord
- Cutting board
- Colander
- Grater
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowls
- Tongs
- Vegetable peeler
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.*