

Clearspring

Know Your Noodles



Noodles have become such a regular part of our diet that we tend to take them for granted, but there's a real difference between varieties of noodle in flavour and texture, and it's worth choosing the right noodle for the dish.

As a guide, **soba** (buckwheat) noodles are thin and delicate and work really well cold with a dipping sauce, or in hot broth as a soup and for stir-fries. **Udon** noodles are thicker and flatter, made of wheat, and are usually served in tasty broths but they are also delicious in salads and stir-fries. Use soba when you want extra nutty flavour, and udon when their size and softness gives silky substance to a dish.

The top noodles use softer wheat for a smoother, silkier feel and quick cooking. They usually come from Japan and China, and Clearspring selects the very best egg-free, organic noodles from specialist producers from these countries for its range.

The producers use traditional methods to create their noodles; dough is rolled into a sheet, and cut into long thin ribbon-like strips, then dried for at least 30 hours – four times longer than mass-produced modern methods.

All available in independent health food stores and selected multiple retailers. Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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Clearspring Organic Soba is a thin, delicate noodle made with buckwheat and wheat flour that has a greyish brown colour and nutty taste. Clearspring offers two types of soba noodles, an Organic 40% soba variety and an exceptionally rich, Organic All Buckwheat noodle that is wheat free. Most soba noodles are smooth textured containing about 40% buckwheat flour to 60% wheat flour, but **Clearspring All Buckwheat Soba** is a special version that has a grainier texture and a stronger buckwheat flavour.



Buckwheat also provides significant health benefits, and contains choline which can support the liver when it is overburdened by alcoholic beverages, so soba noodles are often served in Japan after big parties and at the end of an evening's drinking. Soba cooks quickly (in just over five minutes) and easily absorb the flavour of broths, sauces or seasonings. It is the most popular noodle in Japan, and can be used in a wide range of Japanese and Western recipes.

RSP: Clearspring All Buckwheat Soba £3.79 for 250g

Clearspring Organic Soba £1.59 for 250g

Clearspring Organic Udon is a thick, flat, cream-coloured Japanese-style wheat noodle that becomes soft when cooked, and can readily absorb the flavour of seasonings.

Udon is easy to digest, and laboratory experiments in Japan using digestive enzymes and controlled temperatures have shown that it dissolves much faster than other types of noodles and pasta.

RSP: Clearspring Organic Udon £1.59 for 250g

Clearspring Organic Wide Udon £1.59 for 250g

Clearspring Organic Brown Rice Udon is a thick, flat, cream-coloured Japanese-style noodle made by combining one part brown rice flour to every two parts wheat flour. The addition of brown rice flour gives this noodle a characteristic flavour and firmer texture than regular udon, making it ideal for using in stir-fries and salads.

RSP: Clearspring Organic Brown Rice Udon £1.59 for 250g

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Prices accurate as of January 2011

Ends

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Spicy Soba Salad



Ingredients (Serves 3-4)

250g Clearspring Organic Soba or All Buckwheat soba

1 large or 2 medium carrots, cut into matchsticks
1 broccoli head, cut into florets

2 spring onions, sliced

2tbsp fresh parsley, chopped

Dressing

2tbsp Clearspring Toasted Sesame Oil

½tsp chilli flavoured sesame oil or a pinch of chilli powder

2tbsp Clearspring Organic Tamari or Organic Shoyu Soya Sauce

3tbsp Clearspring Organic Brown Rice Vinegar

1 clove garlic, finely chopped

Method

1. Break the noodles into even lengths of about a third, then boil in 2.5L of water, as described below.
2. Steam the carrots and broccoli for a few minutes, then rinse under cold water. Combine all the vegetables with the cooked noodles in a medium-sized bowl.
3. Whisk the dressing ingredients together in a cup with a fork, and add the liquid to the vegetables and noodles. Toss gently and serve.

Chef: John & Jan Belleme

Cooking Japanese Noodles

Since most Japanese noodles are made with salt, you don't need to add salt to the cooking water. You need about 2.5 litres boiling water to every 250 grams of noodles. Add the noodles a few at a time so the water doesn't stop boiling. Stir gently until the water is boiling rapidly again to prevent the noodles from sticking to the bottom of the pan. If too many noodles are added at once, the water won't return to the boil quickly enough, and the noodles will overcook on the outside and undercook on the inside. Also, using too little water will result in sticky, unevenly cooked noodles. Test frequently to make sure they don't overcook. A properly cooked noodle is slightly chewy and the same colour throughout.

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