

Otsu Noodles (Sesame Soba Noodles)

<http://userealbutter.com/2013/03/31/otsu-noodles-recipe/>
from [Herbivorous](#)

sauce

1/4 cup (2.25 oz/65 g) tahini (sesame paste)
2 tbsps tamari (or soy sauce)
2 tsps sugar
2 tsps rice vinegar
1/2 lemon, zest of
1 lemon, juice of
1-inch nub of ginger, peeled and grated
1 tsp Sriracha, to taste
1/2 tsp sesame oil

Whisk or stir everything together until smooth. Set aside until ready to use.

noodles

14 oz. firm tofu
1 eggplant, sliced into 2-inch batons
2-3 tbsps vegetable oil
pinch of salt
9 oz. soba, boiled according to package instructions, drained and rinsed in cold water
2 cups cucumber, cut into 2-inch batons
2 green onions, sliced thin
2 cups fresh mung bean sprouts
1/3 cup toasted sesame seeds

Wrap the tofu in several layers of paper towels and set on a plate. Place a flat-bottomed bowl or heavy plate on top of the tofu and let press for 20 minutes to drain off excess liquid. Meanwhile, heat a frying pan over high flame and put the eggplant slices into the pan in a single layer. When the eggplant begins to brown (after a few minutes), flip the slices over and brown. Continue until the eggplant has wilted, shrunk, and is pliant. Add a tablespoon of vegetable oil and a pinch of salt to the pan and sauté the eggplant. Remove from the pan and set aside. Prepare the rest of the ingredients (the noodles, cucumber, green onions). Unwrap the tofu and slice it into 2-inch pieces. Heat 1-2 tablespoons of vegetable oil in the frying pan and place the tofu in a single layer in the pan. Fry until golden then flip the tofu slices over. Fry each side (or as many sides as you have patience for) until golden. Remove from heat. Toss all of the ingredients together with half of the sauce (use half at first then add more as needed). Serves 4.