



# THE INTERNATIONAL CULINARY SCHOOLS<sup>SM</sup>

at The Art Institutes

The states of Washington, Oregon and Alaska form, for cuisine purposes, the Pacific Northwest region. The moist weather conditions and volcanic soil in Oregon and Washington along with the unique conditions of Alaska help create one of the most fertile growing regions in the nation. The region is famous for producing some of America's favorite foods. The Asian influences in the region date back to the mid 1800's when immigrants from primarily Japan and China arrived and brought with them their recipes and food staples.

## **Buckwheat Soba Noodle Salad with Mushrooms**

Black Sesame Vinaigrette

### Amount

4 fluid ounces

$\frac{3}{4}$  teaspoon

$\frac{3}{4}$  teaspoon

6 fluid ounces

$\frac{1}{2}$  tablespoon

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### Ingredient

Rice Wine Vinegar

Ginger, minced

Garlic, minced

Olive Oil

Black Sesame Seeds

Salt and Pepper

### Salad

#### Amount

8 ounces

8 ounces

6 ounces

3 ounces

3 ounces

8 ounces

6 leaves

### Ingredient

Buckwheat Soba Noodles, cooked, drained

Crimini Mushrooms, sliced

Red Bell Pepper, small dice

Pickled ginger, chopped

Cilantro, minced

Roma Tomato concassee

Green Leaf Lettuce

## PROCEDURE

Prepare the vinaigrette by combining the rice wine vinegar, garlic, ginger, salt and pepper. Mix thoroughly.

Slowly drizzle in the oil, whisking briskly until the oil is combined and a smooth emulsion forms. Add the sesame seeds. Reserve in the refrigerator at 41degrees F or lower until needed.

In a separate bowl, combine the salad ingredients, except the lettuce leaves and mix with the dressing until thoroughly coated.

## SERVING/HOLDING

Place a lettuce leaf on each chilled plate and place a mound of buckwheat soba noodle salad on top of each lettuce leaf.

