

the book of soba pdf

Soba (蕎麦 or 蕪麦) (/ ˈs oʊ b ə /, Japanese pronunciation:) is the Japanese name for buckwheat. It usually refers to thin noodles made from buckwheat flour, or a combination of buckwheat and wheat flours (Nagano soba). They contrast to thick wheat noodles, called udon. Soba noodles are served either chilled with a dipping sauce, or in hot broth as a noodle soup.

Soba - Wikipedia

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Yakisoba (Japanese: 焼きそば [jaki-soba]), literally "grilled buckwheat", is a Japanese noodle stir-fry dish. Although soba means buckwheat, yakisoba noodles are actually made from wheat flour, and are typically flavored with a condiment similar to oyster sauce. The dish first appeared in food stalls in Japan during the early 20th century.

Yakisoba - Wikipedia

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Cucina giapponese - Wikipedia

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