



Cook the Book: Black Sesame Otsu



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rice vinegar
- ☐ 0.1 teaspoon ground pepper
- ☐ 12 ounces tofu
- ☐ 1 bunch spring onion light thinly sliced
- ☐ 1.5 teaspoons mirin
- ☐ 1.5 tablespoons evaporated cane juice
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 1 teaspoon pinenuts

- ☐ 4 servings sea salt fine-grain
- ☐ 1 tablespoon sesame oil toasted
- ☐ 0.5 cup sesame seeds black
- ☐ 12 ounces soba noodles
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 teaspoon sunflower seeds

Equipment

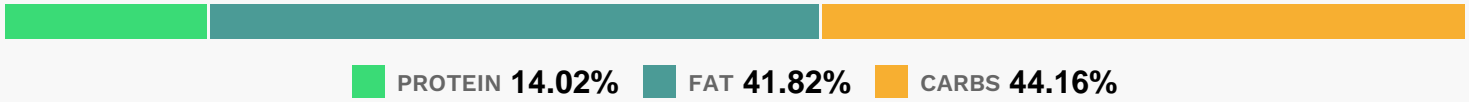
- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Toast the pine nuts and sunflower seeds in a large skillet over medium heat until golden, shaking the pan regularly.
- ☐ Add the sesame seeds to the pan and toast for a minute or so. It's hard to tell when they are toasted; look closely and use your nose.
- ☐ Remove from the heat as soon as you smell a hint of toasted sesame; if you let them go much beyond that, you'll start smelling burned sesame—not good.
- ☐ Transfer to a mortar and pestle and crush the mixture; the texture should be like black sand. Alternatively, you can use a food processor. Stir in the sugar, shoyu, mirin, sesame oil, brown rice vinegar, and cayenne pepper. Taste and adjust if needed.
- ☐ Bring a large pot of water to a boil. Salt generously, add the soba, and cook according to the package instructions until tender.
- ☐ Drain, reserving some of the noodle cooking water, and rinse under cold running water.
- ☐ While the noodles are cooking, drain the tofu, pat it dry, and cut into matchstick shapes. Season the tofu with a pinch of salt, toss with a small amount of oil, and cook in a large skillet over medium-high heat for a few minutes, tossing every couple minutes, until the pieces are browned on all sides.

- ☐
- Reserve a heaping tablespoon of the sesame paste, then thin the rest with 1/3 cup / 80 ml of the hot noodle water. In a large mixing bowl, combine the soba, half of the green onions, and the black sesame paste. Toss until well combined.
- ☐
- Add the tofu and toss again gently.
- ☐
- Serve topped with a tiny dollop of the reserved sesame paste and the remaining green onions.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:34.45, Inflammation Score:-6, Nutrition Score:21.277825967125%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 655.98kcal (32.8%), Fat: 32.17g (49.5%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 76.45g (25.48%), Net Carbohydrates: 73.2g (26.62%), Sugar: 5.76g (6.39%), Cholesterol: 0mg (0%), Sodium: 1265.78mg (55.03%), Alcohol: 0.19g (100%), Alcohol %: 0.1% (100%), Protein: 24.28g (48.56%), Manganese: 1.68mg (83.85%), Copper: 1mg (50.25%), Magnesium: 156.01mg (39%), Vitamin B1: 0.58mg (38.96%), Iron: 6.48mg (35.97%), Phosphorus: 356.58mg (35.66%), Calcium: 326.45mg (32.64%), Vitamin K: 21.64µg (20.61%), Zinc: 3.06mg (20.38%), Vitamin B3: 4.01mg (20.03%), Vitamin B6: 0.39mg (19.41%), Folate: 77.35µg (19.34%), Vitamin E: 2.65mg (17.67%), Fiber: 3.25g (12.98%), Vitamin B2: 0.18mg (10.48%), Selenium: 7.25µg (10.36%), Potassium: 347.14mg (9.92%), Vitamin B5: 0.87mg (8.66%), Vitamin A: 88.28IU (1.77%), Vitamin C: 1.2mg (1.45%)