

Asian Noodles with Ponzu Sauce(Adapted from The Millennium cookbook, my changes are in *italics*)

Serve 4-6

<http://spiceislandvegan.blogspot.com/2006/05/asian-noodles-with-ponzu-sauce.html>

Ingredients:

$\frac{3}{4}$ pound dried soba or udon noodles

2 teaspoons canola oil

2 cloves garlic, minced

6 oz. Fresh shiitake mushrooms *or other mushrooms*, sliced thin

1 head broccoli sliced into small flowerettes

1 red bell pepper, sliced in thin strips

7 oz. Baked teriyaki tofu (store bought)

Note: I use store bought baked tofu to be simple, the original recipe uses smoked tofu enough ponzu sauce to cover the whole dish (about 1 1 /2 to 2 cups)

drizzles of sesame oil (optional) 2 teaspoons toasted sesame seeds

Cook the soba or udon noodles in salted water for about 5 to 7 minutes. Drain and cool noodles.

In a large pan or wok, saute the garlic in oil for 30 seconds. Add the shiitakes, broccoli, bell pepper, and tofu. Saute an additional 2 to 3 minutes. Add the ponzu sauce and bring to a boil. Add the noodles and toss the noodles with ponzu sauce and vegetables. Drizzle some sesame oil and sesame seeds before serving.

Ponzu Sauce

(Adapted from The Millennium cookbook, my changes are in *italics*)

Ingredients:

4 cloves garlic

2 tablespoons coarsely chopped fresh ginger

2 stalks fresh lemon grass, mostly white parts, chopped into 1/2-inch pieces

1 teaspoon Sriracha hot sauce

$\frac{1}{4}$ cup dry sherry, dry white wine, or nonalcoholic wine

2 cups water

$\frac{1}{3}$ cup tamari soy sauce

$\frac{1}{2}$ cup brown rice syrup

In a medium saucepan, combine all the ingredients and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and strain through a fine-meshed sieve. Let cool and refrigerate in an airtight container.