

# Let's Cook and Eat the Tastes of the Season!

# 食べよう！ 作ろう！ 旬の味

## Tsukimi Soba (Buckwheat Noodles with Raw Egg Topping)

## 月見そば

### [Ingredients (1 serving)]

Soba noodle (1 package pre-boiled or raw noodles or  
100 g dried noodles)  
1/4 cluster of spinach  
Salt  
Green onion (according to one's taste)  
300 ml noodle soup  
1 egg

### [Preparation]

1. Lightly rinse the spinach, place in boiling water with salt added to it for about a minute, remove, and soak in cold water.
2. When the spinach has cooled slightly, lightly squeeze the water from the spinach. After cutting off the ends, cut into 4-cm lengths.
3. Chop the green onion into small pieces.
4. Prepare and heat 300 ml of noodle soup (using straight or concentrated soup base).
5. Bring a large pot of water to a boil and cook the noodles (quickly blanch pre-boiled noodles, or cook raw or dried noodles as written on the package).
6. Drain the noodles, place in a deep bowl, and crack a raw egg on top of the noodles. Garnish with the spinach so as not to hide the egg.
7. Pour the heated soup (in 4.) over the noodles, sprinkle with chopped onions, *shichimi togarashi* (seven spice seasoning), or other seasoning as desired when eating.

In autumn, the sky is said to appear higher, because humidity is low and the air becomes clear. The moon and stars also shine brightly at night, and offer a perfect season for viewing the night skies. This year, the year 2014, however, is even more special, as a total lunar eclipse is expected to occur during this season. The moon travels completely into the Earth's shadow a number of times a year on a global scale, but we can expect to see this wonderful celestial performance on October 8, at around 6 p.m., from almost anywhere in Japan if the weather is good. It is the first time in three years that Japan has been blessed with such favorable conditions for a total lunar eclipse.

In association with the moon, here we introduce "tsukimi soba," literally meaning "moon-viewing soba." If you go to a restaurant and see a dish with the word "tsukimi" in its name, you can expect a whole egg topping on the dish, the appearance of which is reminiscent of a full moon. For example, "tsukimi hamburger" is hamburger topped with fried egg. You could perhaps have fun devising your own "tsukimi" dish by placing an egg on various dishes, such as "tsukimi rice bowl" and "tsukimi ramen."

The above recipe for "tsukimi soba" suggests a garnish of spinach. Spinach is well-known as a highly nutritious vegetable and is available year-round, but it is originally a winter vegetable. You might find it especially delicious during the cold winter months.

### [材料 (1人分)]

そば…茹で麺や生麺を使う場合1人前、乾麺を使う場合100g ほ  
うれん草…1/4束 塩…少々 ねぎ…適宜 かけそばつゆ…  
300ml 卵…1個

### [作り方]

1. ほうれん草は軽く洗い、塩を加えた湯で1分程茹でた後、水に取る。
2. 1の粗熱が取れたら水を絞る。根元を切った後4cm幅に切っておく。
3. ねぎは刻んでおく。
4. 麺つゆ等を調整して300mlのつゆを作り、火に掛けて温めておく。
5. 大きめの鍋に湯を沸かし、茹で麺の場合は湯通し程度、生麺・乾麺の場合はパッケージなどに書かれている茹で時間に従って、そばを茹でる。
6. 茹で上がったそばは湯を切り、丼に盛って真ん中に卵を割り落とす。卵が隠れないようにほうれん草も盛り付ける。
7. 6に4で温めておいたつゆを注げば出来上がり。ねぎや、お好みで七味唐辛子等を掛けて食べる。

秋は湿度が下がって空気が澄み、空が高く見えると言われます。夜には月や星がきれいに見えます。今年2014年は、夜空を見上げるのに適したこの季節にうってつけの天体ショー、皆既月食があります。月の全体が地球の影に入り暗くなる現象である皆既月食は、地球規模では年に数回ありますが、今年10月8日には、天気が悪くなければ18時頃からほぼ日本全国どこからでも観測できます。このような好条件は日本では3年ぶりです。

さて、月にちなんで「月見そば」をご紹介します。飲食店のメニューで「月見」と付いた料理を見つけたら、それは割った卵の黄身を月に見立てた名称で、例えば「月見ハンバーグ」とあれば、ハンバーグの上に目玉焼きが乗った料理であることを表しています。「月見丼」や「月見ラーメン」と、自分でも色々な料理に卵を乗せて「月見〇〇」を考案するのも楽しいかもしれません。

レシピの「月見そば」にはほうれん草を添えました。栄養価が高い野菜としてよく知られるほうれん草は、今では1年中手に入りますが、本来の旬は冬。寒い季節に味わいたい野菜です。