

Greg's Soba Noodle Dinner

This is my current all time favourite snowcamping dinner. I'll tell you why I like it if you want....I thought you would never ask!

1. It's fast – you are basically boiling water and throwing yummy edibles into it.
2. You can do a lot of the prep before hand in terms of cutting, chopping etc, Zip-lock bag the ingredients (separately) throw the in your pack and ... back to point 1.
3. It's healthy: everything is fresh – at least the way I make it. If you want to make yours with cocktail sausages and spam – go ahead!
4. It's flexible you can put in scads of vegetables, thinly cut pieces of beef or chicken, salmon, shrimp, scallops, fishy things that do not start with the letter "s"...or not (back to point 2.) [Have you noticed there is a recursive element to this recipe?]
5. It's big on carbs: all those buckwheat soba noodles really fill you up.
6. It conserves energy. Here's the deal: Soba noodles are the only ones I know of that don't make the water you cook them in really starchy. Lot's of people make pasta, drain the water off thereby throwing away all that energy and water that could otherwise be warming you up – not with Sobas: just keep throwing stuff in the pot then eat.

Enough! Here is the recipe:

1. Boil water in a maximum 8 pt pot, one half to two-thirds full. If you use bigger pots than that winter camping there is so much heat loss compared to the heat output of the stove it's self-defeating. Better to have more stoves and smaller food groups.
2. Throw in some stock cubes chicken or beef, bring the water back to a boil.
3. Throw in your soba noodles. Bring back to boil and cook until they are nearly cooked. Keep moving them around with a fork or chopstick so they don't stick in a lump. If you break the Sobas in half before you cook them they may be easier to eat.
4. Throw in everything else: chopped onion, chopped spring onions, thinly sliced carrots, thinly sliced raw beef (this should be good quality and very thinly sliced), thinly sliced chicken (if I use chicken I buy boned chicken breasts) (with both kinds of meat its much easier and safer to thinly slice it if you throw it in the freezer so it's partially frozen before you slice it [notice how much throwing there is in this recipe]), mushrooms, celery, chopped spinach greens, seaweed, bok choy, whatever you have including broccoli. Just make sure it is chopped into bite size pieces so you can eat it off a spoon and it cooks fast.
5. Let it cook until it's "done" serve, then season and eat immediately. Done means chicken is completely cooked, beef is slightly red in the middle by your headlamp light. Seasoning consists of two things in my mind but YMMV¹: salt (I love salt) and spicy (hot) I bring a little container of Japanese schichimi (seven spice – be careful, very hot – you can buy it at *Tokyo Fish*² – a block away from REI.

¹ "YMMV" = Your Mileage May Vary, i.e. use your discretion, to your taste.

² *Tokyo Fish* is located at 1220 San Pablo Avenue, in first block north of Gilman, their phone is (510) 524-7243. REI is at 1338 San Pablo Ave, at intersection of San Pablo and Gilman. .