

By: Miguel Ángel Mateos



# Soba Noodles with Tudanca Beef and Morado Garlic.



**DIFFICULTY**  
LOW

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**COOKING STYLE**  
FUSION



**Nº OF DINERS**  
4



**TYPE OF DISH**  
MAIN COURSE



**PREPARATION TIME**  
30 MINUTES



**VARIETY OF GARLIC**  
MORADO / SPRING VIOLET

## Ingredientes

- 2 cloves of Morado Garlic/Spring Violet Big Garlic
- 400 gr of Tudanca beef steak
- 4 shoots of green asparagus
- Fleur de sel
- 4 packets of Soba noodles
- 1 slice of peeled ginger
- 100 ml de Teriyaki Sauce
- Sesame oil
- Extra-Virgin Olive Oil
- The green part of 2 fresh scallions

## Paso a Paso



1. Boil water with a little salt, when it starts to boil, add the Soba noodles. Take the noodles off the heat when they are "al dente" and strain them.
2. Meanwhile, peel a slice of ginger and chop it up into very small pieces.
3. Do the same with the garlic cloves. Peel and chop them into very fine pieces. Cut the asparagus shoots into very fine slices.
4. Put a few drops of sesame oil and a dash of olive oil into a wok on a medium-high heat. Add the ginger, stir fry it and then add the chopped garlic. Let it brown, but not too much and then add the green part of the fresh scallions and the finely cut shoots of green asparagus.
5. Stir fry for a few seconds and then add the Tudanca Beef cut into thin strips.
6. When the beef starts to change colour, add the strained Soba noodles to the wok. Then stir fry so that the flavours are all absorbed up and then add a good splash of Teriyaki sauce. Leave it on the heat until it reduces in volume and the noodles soak up the sauce, then take it off the heat.

### FINISHING THE DISH:

7. Put a heap of noodles in the middle of the dish. The meat and vegetables should be visible.

### CHEF'S TIPS Miguel Ángel Mateos:

- With a very special flavour, Tudanca beef is beef from a pure Cantabrian breed, but you can use normal beef instead or beef from any other breed that you like.
- Soba noodles are a Japanese pasta, which nowadays can be found in specialised shops or shopping centres. They are normally sold in a pack containing four rations.
- The chopped garlic can be added, as in this recipe or it may be sliced very finely and used in the same way in the recipe.
- Chinese rice noodles may be used if Soba noodles are not available.