



Thanks to Chef Cynthia Nims  
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## Crab and Soba Noodle Salad

from *Crab: 50 Recipes with the Fresh Taste of the Sea*, © Cynthia Nims  
(2016, Sasquatch Books)

Soba noodles are a foundation of Japanese cuisine, their distinctly nutty flavor coming from the buckwheat flour used to make them. In this recipe, the noodles soak up a flavorful dressing to serve as a base for crab and crisp vegetables. This salad makes a delicious light main course, particularly on a hot summer's day, or serve it alongside a simply grilled piece of fish--salmon would be a particularly good partner.

Crab: any crabmeat, mix of flake and lump fresh Dungeness Crab is ideal

### Makes 4 to 6 servings

8 ounces soba noodles  
8 to 12 ounces crabmeat  
1 large carrot, peeled and cut into julienne strips  
1 medium cucumber, halved, peeled, seeded, and thinly sliced  
1/4 cup chopped fresh cilantro  
2 tablespoons toasted sesame seeds  
1/4 cup thinly sliced green onion tops

For the sesame-soy dressing:

1/3 cup unseasoned rice vinegar  
1/4 cup freshly squeezed lemon juice (from about 1 large lemon or 2 small lemons)  
2 tablespoons olive or vegetable oil  
2 tablespoons soy sauce  
2 tablespoons mirin  
2 teaspoons toasted sesame oil

Bring a large pot of generously salted water to a boil over high heat for cooking the noodles.

While the water is heating, make the dressing. In a small bowl combine the vinegar, lemon juice, oil, soy sauce, mirin, and sesame oil and whisk to blend. Set aside.

When the water comes to a rolling boil, add the noodles and cook just until tender, about 5 minutes. Drain the noodles in a colander and run cold water over to cool the noodles. Drain again well and put the noodles in a large bowl. Rewhisk the dressing and drizzle about 3/4 of it over the noodles, tossing to coat them evenly with the dressing. Cover the bowl and refrigerate for at least 1 hour, stirring once or twice. (The noodles will soak up the dressing as they sit.)

Just before serving, pick over the crabmeat to remove any bits of shell or cartilage, and set aside some larger pieces, if there are any, for garnishing the salad. Add the rest of the crab to the noodles along with the carrot, cucumber, cilantro, and sesame seeds. Toss to mix evenly, and arrange the noodle salad on individual plates. Scatter the green onion over the salad, drizzle with the remaining dressing, and top with the reserved crabmeat.