

Farm Fresh Eggs

with Soba Noodles & Spicy Soy-Yuzu Sauce
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*Courtesy of Keith Luce, Executive Chef,
The Herbfarm, Woodinville, WA*
Serves 4

4 eggs
2 tablespoons grapeseed oil
1 cup chicken stock
¼ cup soy sauce
1 tablespoon yuzu juice*
1 teaspoon sambal oelek*
4 small bundles soba noodles (about 1 pound)
Furikake*, kosher salt, and freshly ground black pepper, to taste
Microgreens (optional), for garnish



Chef Luce suggests applying Japanese sensibility when cooking fried eggs. First, use neutral-tasting oil—rather than butter or bacon grease—so that the egg can exude its own pure flavor. Next, the temperature to cook the perfect egg should be as low as possible, effectively poaching the orb.

“You have to have patience,” Luce explains. To slightly speed up the cooking, the sauté pan can be covered with a pot lid or plate. To avoid rubbery eggs, Luce gives this advice: “Don’t cook eggs with salt. Finish them with salt after they have cooked.”

To prepare the sauce, place chicken stock, soy, yuzu juice, and sambal oelek in a saucepan. Bring the sauce just to a boil then remove from heat and reserve. To prepare the eggs, warm a non-stick pan over the lowest heat possible and add the oil. Crack eggs into the pan and cook gently until the whites are just set. You can place a lid over the pan to speed up the cooking time.

To prepare noodles, bring 1 gallon of water to a boil. Place soba noodles in boiling water, stirring to prevent sticking. When water comes to a boil, pour

1 cup of cold water into pot and return to boil. Repeat this process 3 times. After adding the third cup of water and the water has come back to a boil, the noodles should be cooked.

To assemble the dish, drain soba, place in a bowl, spoon sauce over, and top with a cooked egg. Garnish with furikake and season with salt and pepper to taste. Garnish, if desired, with microgreens.

Wine pairing recommendation: Chef Luce suggests serving the dish with a crisp sparkling wine, sake, or a Pinot Grigio or Sauvignon Blanc.

**Yuzu juice, sambal oelek, and furikake can be found in Asian specialty markets. Yuzu juice is a Japanese citrus that has a taste blending lemon and lime flavors. It is used commonly in sauces and salad dressings. Sambal oelek is an Asian blend of chilies. Without any other additives the paste will add heat without altering delicate flavors of other ingredients. Furikake is a blend of seasonings including salt, sesame seeds, and seaweed. This Japanese condiment is commonly used to add flavor and color to rice.*