

Important Points for Using the TOWARI Machine

[About SOBA Buckwheat Flour]

The main difference between the easy-to-make and the difficult coarse-ground buckwheat flour is 1) grain size, 2) part of flour, and 3) stickiness of the buckwheat flour itself. If you hold it in your hand, you can immediately judge by the texture and the state of buckwheat flour.

The photo on the left shows buckwheat flour finely ground to bring out stickiness, while the photo on the right shows coarsely ground buckwheat flour.



The reason why the fingerprints remain clearly and form a mass when you open your hands after gripping the buckwheat flour is because the grain size is fine (60 ~ 80 mesh), and the part of the # 2 flour from the # 1 flour is firmly ground finely, creating stickiness in the flour itself. The grain size band is almost constant, and it is a stable and moist buckwheat flour.

On the other hand, in the picture on the right, as soon as you open your hand, the buckwheat flour collapse like sand. The main ingredient is from the #1 flour to the #2 flour, and the coarse particles of the #2 flour to the #3 flour remain inside.

In this type of buckwheat flour, since the sticky part of the #2 flour is not finely ground, the stickiness is weak, and as the grain size from the fine flour to the coarse grain is not even. So that the adding water condition will be varied.

Therefore, it is necessary to repeat the trial noodle making to determine the water adding ratio and temperature correctly.

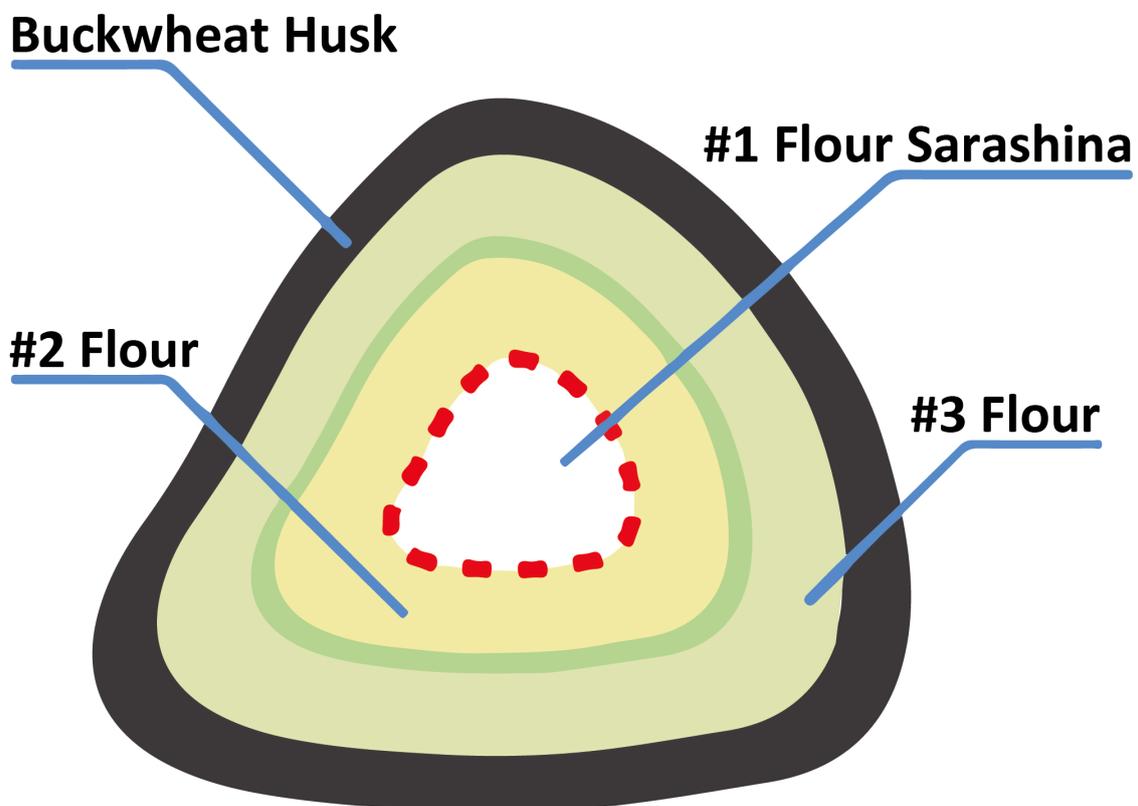
If you add a small amount of finely ground # 3 flour to # 1 and # 2 flour, it will make them stickier. It is important to blend under different conditions.

Buckwheat flour that is easy to make Soba noodle and coarsely ground buckwheat flour have completely different properties. Even if you make Soba in the same way, it doesn't go well.

Instead of making Soba with 100% coarsely ground buckwheat flour, please try to make Soba by blending it with the finely ground (20 ~ 30%) buckwheat flour and coarsely ground buckwheat flour (70 ~ 80%).

You can easily make noodles while maintaining the flavor of coarsely ground Soba. Please carry out a hand grab test as described in Page 1.

Buckwheat Seed Cross-Section



[About Adding Water]

Please add water little by little to mix evenly until the lumps become smaller. After adding water, cover with plastic wrap and leave it for 3 to 5 minutes. This will allow moisture to seep into the coarse grains, so there will be less breaks and cracks. In the case of dry coarsely ground buckwheat flour, it may take about an hour for water to completely permeate into the coarse grains.

[About Storing Soba Noodle]

After making noodles, to prevent the Soba from drying out, wrap each serving in a special sheet of Soba Paper and place them in a container, and refrigerate or freeze them. It is said that raw Soba noodles are kept in a container covered/sealed with plastic wrap for about 2 days in a refrigerator and about 1 month in a freezer. Now you can buy a low cost quick-freezer, so you can serve it without losing its aroma and texture, so you can make and store a lot.

[About Boiling]

When boiling Soba noodle, boil water as much as possible in a large pot to 100°C and boil it for 30-40 seconds for a thin noodles or 50-60 seconds for a thick noodles. As a guide, you need 2L of hot water per serving (120-150g of Soba noodles). In the case of frozen noodles, it takes about twice as long as raw Soba. It depends on the amount of hot water and the amount of Soba noodles, so you require to test it and set appropriate conditions according to your preference.

When you put the Soba noodles into the pot, please put it with the Soba Paper into the pot without touching and take the Soba Paper out afterwards. When you put the noodles in the pot, the water temperature will drop temporarily, but please do not touch them with chopsticks until the noodles float and start swimming naturally.
※This may cause the noodles to cut.

If you put a lot of noodles at once in a small pot, the water temperature will drop, the boiling time will be longer and the noodles will absorb the hot water and be easier to cut. The key to boiling a genuine 100% Juuwari / Towari Soba noodles deliciously is to boil it in a large pot with a lot of hot water and a small amount of noodles in a short time without lowering the water temperature.

When serving cold Soba (Zaru Soba), put it in a colander to wash off the sliminess, and then tightened it in a bowl of ice water. In the case of hot Soba, put the washed Soba in the colander and put it in the pot again for warming 5-10 seconds.

Please feel free to ask if you have any questions.