

How to Eat

ITADAKIMASU

そばのたべかた

JUNBI / Preparation



ZARU: Bamboo Tray
CHOKO: Dipping Cup
HASHI: Chopsticks

YUDERU / Boiling



The soba noodles are boiled thoroughly in a large pot of water.

SHIMERU / Rinsing



The starch is rinsed off and the noodles are cooled.

MORITSUKE / Serving



Soba is served in small pieces that can be picked up with chopsticks. Do not serve the whole batch at one time.

ITADAKIMASU / Eating



Try eating soba noodles:
1. Plain
2. Dipped in broth
3. With toppings

SOBAYU / Soba Soup



When the noodles are finished, enjoy the remaining soba broth. The water leftover from boiling the soba noodles is good for your health.

Toppings



Kakiage Tempura

A crispy veggie-seafood fritter for soba.

YAKUMI (Condiments)

- NEGI: Green onion
- WASABI: Japanese wasabi
- SHICHIMITOUGARASHI: Red pepper



Find your favorite
SOBA restaurant!



NIKKOREHEISHI
SOBAROAD
GUIDE BOOKLET



日光例幣使そば街道

Nikko Reiheishi SOBA Road

The “Nikko Reiheishi Soba Road” is a food route located in the Northwestern area of the Tochigi Prefecture and runs through both Kanuma and Nikko City.



This area is the prefecture's leading producer of Soba thanks to the pure water flowing from the nearby mountains including the Nikko Mountain Range. Many other notable spots can be found along this road such as Nikko National Park with its world heritage shrines and temples, Maenikko Prefectural Natural Park, and the Kinugawa and Kawaji hot springs. Visitors can enjoy soba made with fragrant buckwheat flour and fresh local water as they explore these historic sites. The name “Nikko Reiheishi Soba Road” comes from how this historic route was once used by shogun envoys to present offerings at Nikko Toshogu Shrine, where Tokugawa Ieyasu is enshrined.

SOBA Culture

そばのぶんか

Soba is a traditional, healthy Japanese cuisine. There are many kinds of local specialty Soba across Japan.

SOBA in Kanuma City 鹿沼市のそば



【Kanuma Soba Promotion Association】
鹿沼そば振興会



Many soba restaurants in Kanuma City are members.

SOBA in Nikko City 日光市のそば

Surrounded by the Nikko mountains, the cool weather and soft mists that appear at dawn and dusk in Nikko City allow for flavorful soba to be created. As one of Japan's most well-known travel spots, it's the ideal place to enjoy traditional soba.

Many soba restaurants in Nikko City are members.



【The Nikko Handmade Soba Association】
日光手打ちそばの会

How It's Made

SOBAUCHI steps

そばのつくりかた

JUNBI / Preparation



The buckwheat flour, wheat flour, water, soba dusting flour, and necessary tools are prepared.

MIZUMAWASHI / Mixing



The buckwheat flour is sifted into the bowl, then mixed well. Water is added while mixing, until the mixture is as soft as an earlobe.

NERI / Kneading



Using their body weight, the cook presses and kneads the dough as they shape it into a cone.

NOSHI / Stretching



The dough is hand-pressed, then flattened with a rolling pin into a round sheet. The cook rolls and stretches the dough until it becomes square.

KIRI / Cutting



The dough is dusted with flour and then folded three times, creating 8 layers. The sheet is then cut using a knife and ruler.

The SOBA is done!



The soba-making is complete, and the noodles are ready to be boiled and enjoyed.

You may have a chance to see a sobauchi demonstration at soba restaurants or at various event venues.

