

The New York Times

June 3, 2013

Noodle Bowl With Mushrooms, Spinach and Salmon

By MARTHA ROSE SHULMAN

I love spinach, barely cooked, in a noodle bowl. Use either bunch spinach from the farmers' market or baby spinach for this one.

6 cups [kombu stock](#), chicken stock or vegetable stock

Soy sauce or salt to taste

6 ounces Japanese [soba noodles](#), [cooked](#) and tossed with 2 teaspoons sesame oil

6 fresh shiitake mushrooms, stemmed and thinly sliced (simmer stems in stock for 20 minutes, remove them and discard), or 6 cremini mushrooms, trimmed and thinly sliced

12 to 16 ounces salmon fillet without skin, trimmed of fat and cut into 4 equal pieces

1 large bunch spinach, stemmed, washed in 2 changes of water and coarsely chopped (about 6 cups) or 1 6-ounce bag baby spinach, rinsed

1 bunch scallions, thinly sliced, light and dark green parts kept separate

Cilantro leaves and sprigs for garnish

1. Bring the stock to a simmer. Taste and adjust seasoning, adding soy sauce or salt if desired. If the noodles have been refrigerated, warm them by placing them in a strainer and dipping the strainer into the simmering broth. Then distribute the noodles among 4 deep soup bowls.

2. Add the sliced mushroom caps, the salmon fillets, the spinach and the white and light green parts of the scallions to the simmering stock. Cover and turn off the heat. Allow to sit for 5 minutes without removing the cover. The salmon should be just cooked through. Leave it a little longer if you want it more opaque.

3. Place a piece of salmon on top of the noodles in each bowl. Ladle in the soup, taking care to distribute the spinach, mushrooms and scallions evenly. Sprinkle on the dark green parts of the scallions, garnish with cilantro and serve.

Yield: 4 servings.

Advance preparation: The noodles can be cooked ahead and kept in the refrigerator for 3 days. The stock can also be made a day or two ahead.

Nutritional information per serving (4 servings): 309 calories; 4 grams fat; 1 gram saturated fat; 1 gram polyunsaturated fat; 1 gram monounsaturated fat; 40 milligrams cholesterol; 39 grams carbohydrates; 5 grams dietary fiber; 227 milligrams sodium (does not include salt to taste); 29 grams protein

Martha Rose Shulman is the author of “The Very Best of Recipes for Health.”