

Handmade Buckwheat Noodle Recipe

Ingredients:

800 g buckwheat
200 g plain flour
450 ml water

Method:

Mix buckwheat and plain flour in mixing bowl, slowly add in water. Mix the mixture with hand and knead into dough. Sprinkle some flour on hand and knead the dough firmly. Keep the dough in plastic bag for 40 minutes, let it evaporates. Flatten the dough with rolling pin, and then roll it up in cylinder form. Flatten again, then fold it into half and fold again for 2 times, then cut into thin strips. Loosen the noodle with hand to prevent them from sticking together.

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