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Friday, April 18, 2008

## **peanut sesame noodles**



The fact that today is a startling 78 degrees with low humidity and the sun is streaming in wide ribbons through every windowed wall is leaving me as torn as I have ever been between my simultaneous urges to Take Walk! Frolic Outside! Drinks Beers on a Terrace, Somewhere! And come home late tonight with my skin smelling like summer and my forehead re-freckled and fall into a deep sleep, my legs twitching like a puppy who dreams about catching frisbees... and, you know, bake some things for tomorrow's Seder. Hrm, is it actually any question what will win?



Nevertheless, I haven't even told you about my Single Girl's Dinner from Monday night. No, calm down, Alex did not finally tire of me, the dishes I create and my incessant complaining about the wrinkles on my forehead (and the IfYouLovedMeYou'dBuyMeBotox!), etc. He just had some clients taking him out to dinner and I was in no mood for take-out. Well, that's not true, I was in the mood for takeout-*like* food, but I wanted it to be the way I like it which pretty much left me with the option of making it myself. Such is the life of the Too Picky For Their Own Good.



I had cold peanut sesame noodles for the first time when I was 13 and had recently decided to go vegetarian. A friend who was also eschewing meat wanted to go to a Chinese restaurant and I was certain there would be nothing for us eat, but she ordered them for us and I was instantly, head-over-heels in love. If this was vegetarian food, I was in it for the long haul (or about until the age of 28, you know, whichever came first). However, it was many more years before I found a formula for it that allowed me to make it at home, any time I pleased.



And yet, I actually don't make it very often because my favorite way to eat it is toss with some cold chunks of firm tofu and this guy I married thinks that tofu is evil (and seeing as I am a really picky—but I like to call it “particular”—eater, I don't have any leverage to change his mind), which is why Monday night was a perfect excuse to dust off my old favorite. Except, I was bit more tired and lazy (than usual) so when the store was out of the buckwheat soba noodles I usually like, I settled for somen, which are really too thin and delicate for this dish. I also realized *after I had already sat down* that I'd forgotten to toast sesame seeds, which, in case you don't already know, means it's just not happening.





Let's see, if you were coming here for the first time, you'd learn that that I don't want to do my work, I complain a lot to my husband and I'm lazy. I should edit this to make me seem like a nicer, better person but—squee!—the sun beckons. I hope you all have a great weekend.



### **Peanut Sesame Noodles**

[Adapted from Gourmet, June 2002](#)

Servings: Makes 6 side-dish or 4 vegetarian main-course servings.

For peanut dressing

1/2 cup smooth peanut butter

1/4 cup soy sauce

1/3 cup warm water

1 tablespoon chopped peeled fresh ginger

1 medium garlic clove, chopped

2 tablespoons rice vinegar

1 1/2 tablespoons Asian toasted sesame oil

1 tablespoon honey

1 teaspoon dried hot red pepper flakes or a splash of the hot sauce or chili paste of your choice

For noodles

3/4 lb dried soba nooodles (dried linguine fini or spaghetti will work in a pinch)

4 scallions, thinly sliced

1 red bell pepper, cut into 1/8-inch-thick strips

1 yellow bell pepper, cut into 1/8-inch-thick strips

Half a seedless cucumber, thinly sliced

1 cup firm or extra-firm tofu, cubed

3 tablespoons sesame seeds, toasted

PurÃ©e dressing ingredients in a blender until smooth, about 2 minutes, then transfer to a large bowl.

Cook pasta in a 6- to 8-quart pot of boiling salted water until tender. Drain in a colander, then rinse well under cold water.

Add pasta, scallions, bell peppers, cucumber and tofu to dressing, tossing to combine. Garnish with toasted sesame seeds and serve immediately.

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- [mary](#) [April 18, 2008](#)

1

What a coincidence, this is almost exactly what I had for dinner last night.

- [kaet](#) [April 18, 2008](#)

2

this looks like exactly the right thing to eat on a warm spring night! thanks for sharing, i can't wait to make this myself!

- [joylynn](#) [April 18, 2008](#)

3

This is one of my favorite dishes, but sadly I've never been able to get it quite right when I try to make it at home (I'm spoiled by NYC cold noodles). Your recipe seems like it could be the one!

- [Lola](#) [April 18, 2008](#)

4

How crazy is it that I JUST made a simliar recipe on Wednesday and loved it. I sent my fabulous husband out for the soba noodles and he came back with ramen type – so improvised I did. And it was swell...and summery...I tossed in some forzen edamame in the pot during the last couple of minutes with the noodles – so great.

- [Juliet](#) [April 18, 2008](#)

5

Have you tried the cold sesame noodle recipe from CI? It's pretty good and has similar ingredients. Their recipe calls for shredded chicken, but tofu could easily be substituted. Anyway, I like this recipe too and has (seemingly) fewer ingredients...hope to try it soon! I'll, too, have to wait until the husband is not around because he doesn't like cold noodles...too bad for him!

- [rr](#) [April 18, 2008](#)  
6

i too made the same thing, (cept using cabbage and sprouts, and chicken stock in the sauce) last night.

- [vanessa](#) [April 18, 2008](#)  
7

That looks amazing! I am suddenly very depressed about the mac n cheese I ate for din din. Definitely going to try the recipe sometime soon – Thanks =)

- [skeezi](#) [April 18, 2008](#)  
8

I had cold sesame noodles for the first time when I moved to New York at the tender age of 21. Since then they have been a obsession, with particular sadness that no place I've lived since then has ever had them on the menu. It makes me want to cry because I yearn for those damn noodles.

And like JoyLynn, I've never found a home recipe that quite measures up to the New York cold sesame noodle.

- [Jelena](#) [April 18, 2008](#)  
9

I've recently become a vegetarian (about month now) and I've still to incorporate tofu into my diet. I find the idea of unappetizing. I can't wait to try this!

- [Joanna](#) [April 18, 2008](#)  
10

Oh gosh, all I have in the house are the fixin's for a sausage and kale pasta – which I'm sure will be good – but now I am totally craving these noodles. Mmm. I make a similar sauce/dressing, and when I have it, I like to replace half (or all) the peanut butter with tahini. The sesame flavor it SO intense and delicious!

- [Nick](#) [April 18, 2008](#)  
11

Oooh, love it! I've been looking for a good peanut sauce, thank you!!! I shall be trying it soon. I love peanut sauce and veggies over noodles. Some thin sliced chicken breast is amazing with it as well (for the non-vegetarians).

- [The Peanut Butter Boy](#)

- [evil chef mom](#) [April 18, 2008](#)  
12

Thanks Deb, now my menu for this week has to be changed around because I HAVE to make this.

Gotta go eat!

- [Claudia \(cook eat FRET\)](#) [April 18, 2008](#)  
13

another winner that'd go over big here

minus the tofu  
and + the sesame seeds!

thank you deb

- [magpie](#) [April 18, 2008](#)  
14

This is definitely one of my favorites. The tofu is the best part :)

- [Ann](#) [April 18, 2008](#)  
15

I make something similar ALL the time – but, I make them, usually, when I’ve had too many of my dang desserts. And, what I use for “noodles” is spaghetti squash, shredded. Have you ever tried it w/ sesame peanut sauce? Because it’ll knock your socks off! (and, enable more dessert eating)

- [emily](#) [April 18, 2008](#)  
16

you change my life every day.  
singlemama working her way through  
ramona is two today and i have to write  
late tonight to say thank you.  
for lifting my food life. my mind off. soothing and clear.  
glad to have you documenting your journey  
and your simple recipes flow into how to simplify life.  
thank you.  
thats all. i’ve made your cookies and muffins for a bit now.  
and every time amazed.

- [LINA](#) [April 18, 2008](#)  
17

Hmmm interesting. Japanese soba noodles with a Thai twist!

- [Shelly](#) [April 19, 2008](#)  
18

I love this kind of thing, only the tofu has to be cooked with the garlic and a pinch of chili pepper. Then I add all sorts of Chinese vegies like bok choy and choy sum, Chinese cabbage, etc, carrots, red peppers, then with the soy sauce and CRUNCHY peanut butter, and I’ve had to start using fettuccine instead of the yummy green chinese noodles (can’t find them anymore). They work, just not as nicely.

- [NuJoi from Chicago](#) [April 19, 2008](#)  
19

It looks so colorful and good for you! I had been looking at those noodles in Williams-Sonoma and wondering what they were for. Now I know. I like tofu, but have never cooked it myself. I might have to get over my fear.

- [Jennifer](#) [April 19, 2008](#)  
20

I don’t think I’ve ever had these, but I’m pretty sure they are what I was craving on Tues night.  
Can’t wait to try this recipe!

- [Kim](#) [April 19, 2008](#)  
21

Oh, I just might have to make this for my vegetarian daughter. Will have to cook the tofu first also. The (Ifyoulovemeyouwouldbuyme.....) is not working for me either, but this gal needs a little more than botox! Happy Holidays to you.

- [Drew](#) [April 19, 2008](#)  
22

I just came home with noodles for tonight because I woke up this morning wanting nothing else. I'm missing an ingredient or two, but I think I'll tweak my way around this recipe. Can't wait. Uhmhhh.

- [caroline](#) [April 19, 2008](#)  
23

wow—that looks so refreshing. we're expecting 78 degrees today—this will be on the menu! thanks for sharing.

- [Erin @ The Skinny Gourmet](#) [April 19, 2008](#)  
24

My husband and I have made a peanut sauce that is remarkably similar for years, but we have always served it hot over noodles with cilantro, lime, and green onion, and a few handy veggies thrown in. Now you have me very curious to try it cold.

- [VeggieGirl](#) [April 19, 2008](#)  
25

SO glad that the weather is shaping up where you are – do try to “frolick” outside, and enjoy! :0)

I am absolutely LOVING that dish!!! Peanut-noodles are so comforting – especially when paired with loads of vegetables :0)

- [johanna](#) [April 19, 2008](#)  
26

yum yum. i am allergic to peanut though – has anyone tried making this with cashew butter or something like that? please advise!

- [Tres Amie](#) [April 19, 2008](#)  
27

Mmmmm... I would saute some shallots and the garlic and add them to the peanut sauce. That would be perfection!

If you wanted to use cashew butter, I would cut down on the water, since peanut butter is much thicker. You could also use a blend of cashew butter and tahini.

- [Wes Phillips](#) [April 19, 2008](#)  
28

Johana:

If you have access to a good Asian grocery, you can buy dark sesame paste (not Tahini), which makes a perfect substitute for peanut butter — and it's what New York Chinese restaurants use for



their delicious sesame noodles.

- *Katie* [April 19, 2008](#)  
29

I made this dish — almost exactly — on Monday, too!

- *GalleyGoodness* [April 19, 2008](#)  
30

Looks great! I also made something similar for dinner this week! Luckily my husband loves the tofu! I also have a love affair with buckwheat noodles, baby bok choy, lots of garlic, sweet onion, sweet peppers, chili sauce-soy sauce-sauce and of course-shrimp, scallops, or marinated tofu ( pick your protein)! Then sprinkle with sesame seeds and fresh chives-and call it a delicious meal!

- *Nicole* [April 19, 2008](#)  
31

can someone please tell me where to buy soba noodles???? Thanks in advance!

- *Deborah Dowd* [April 19, 2008](#)  
32

I love peanut noodles, and this is exactly the kind of dish I like to throw together so I can spend more time outside! Thanks for the inspiration!

- *Lauren* [April 19, 2008](#)  
33

This was the best Asian recipe I've ever used! I substituted steamed broccoli for a bell pepper, and used buckwheat noodles (which aren't as pretty, but very delicious. Also, I sauteed the tofu bc I don't like it raw. Jelena, I would recommend cooking tofu for the first time!

- *diva* [April 19, 2008](#)  
34

oh that sounds so yummy. reminds me of this Southeast Asian dish – Satay Noodles. Thin egg noodles served with a rather thick sweet, spicy peanut sauce. lovely picture – and I know exactly how you feel about wanting takeaway-like food but not takeaway itself! ;)

- *Kate* [April 19, 2008](#)  
35

One of my favorite meals...I could make an entire book out of sesame and peanut and other noodle dishes. This one looks wonderful.

- *B.* [April 20, 2008](#)  
36

I'm going to chime in with all the folks who said they just made a similar recipe, for I made a slaw that was quite a bit like this, but with the last of the savoy cabbage rather than noodles. Sunflower seeds were handy and sesame seeds were not, and I added quite a bit more ginger and vinegar and the first of the meaty tomatoes that are showing up here in Florida. Also red jalapenos and Thai chiles instead of the sweet peppers, because that's how I roll. Maybe I should make it again and add some cold noodles!

- *Chuck* [April 20, 2008](#)

37

Once again another stunning dish to sink my teeth into. It all looks amazing!

- *Mo* [April 20, 2008](#)  
38

Almost exactly a year ago the Times had a recipe for cold sesame noodles, it is delicious, even using Tahini instead of the Chinese Sesame paste:

[http://www.nytimes.com/2007/04/01/magazine/01food.t.html?\\_r=1&sq=cold%20sesame%20noodles&st=nyt&adxnnl=1&oref=slogin&scp=1&adxnnlx=1208677101-iQBxjTpUEWVw8aGYxKt/Fg](http://www.nytimes.com/2007/04/01/magazine/01food.t.html?_r=1&sq=cold%20sesame%20noodles&st=nyt&adxnnl=1&oref=slogin&scp=1&adxnnlx=1208677101-iQBxjTpUEWVw8aGYxKt/Fg)

- *Laura Ch.* [April 20, 2008](#)  
39

This sounds soooooo good!! Thanks for sharing. I'm keeping this posted on our fridge for a warm summer weekend meal. Can't wait!

- *Kristy* [April 20, 2008](#)  
40

This looks so good..but do you think it would work with sesame butter instead/too?

- *kati* [April 20, 2008](#)  
41

OOO! This looks like it avoids the horror that is Sweet Peanut Butter melted over noodles, which is what I got recently when I ordered Peanut Sesame Noodles. 1 T of honey is perfectly respectable, and not disgusting sounding at all!

also, may I please recommend that instead of advocating for injections of toxins, you try 21 days of Frownies! They are essentially strategically placed adhesive strips that will make your face do the right thing while you sleep.

luck!

- *Pam* [April 20, 2008](#)  
42

This sounds like a celebration of sunshine! Can't wait to try it. Thanks!

- *The Spotted Apron* [April 21, 2008](#)  
43

this is definitely one of my favorite dishes to make. I really like pasta dishes that are wonderful for dinner but even better cold the next day for lunch.

- *Charise* [April 21, 2008](#)  
44

This is pretty close to my favorite quick and easy dish to make in the spring/summer. I am actually making it for a girls' night dinner this week! So deeelicious!

- *Janna* [April 21, 2008](#)  
45

This looks delicious and sounds perfect for summer time!

- *Kay* [April 21, 2008](#)  
46

This is my husband's favorite dish, tofu and all. Though I have to tone down the red bell pepper because that is not his favorite. This makes me want to go home and make peanut noodles right now!

- *skeezix* [April 21, 2008](#)  
47

I made it for dinner tonight and it's the closest I've ever come to my favorite New York restaurant's noodles. YAY!

Thank you Deb!

- *Renna* [April 21, 2008](#)  
48

I just made these myself – and I being allergic to peanut butter can attest to the fact that sunbutter makes a delicious substitute (as far as I know, I haven't had real peanut butter since I was around seven).

I also used whole wheat pasta, subbed broccoli for the cucumber, and grilled some chicken breast strips as I didn't have any tofu on hand today.

Also, this makes six “omg I'm really full” servings for me. As a side dish I'm guessing it'd be closer to 10-12.

- *Joanna* [April 21, 2008](#)  
49

I'm always a little wary of savory recipes that use peanut butter, but this was delicious and really hit the spot now that the weather is getting nicer and nicer. I added some marinated shrimp to it as well.

- *Robin* [April 22, 2008](#)  
50

After seeing your post, I got hungry for this dish (I had made it several times before, out of my beloved Gourmet cookbook) and went to make it for lunch straightaway. Yum!

For the record, it works perfectly well with crunchy peanut butter, too. And red cabbage (really anything crunchy and bright) for the veggies.

The cookbook also indicates that you can make it with regular old linguini or spaghetti or what have you.

- *Absinthe* [April 22, 2008](#)  
51

I make this for myself and three small children when my husband works late, since he is also anti-tofu. Such a delicious dish. Black sesame seeds look especially lovely in this.

Deb, I'm forever indebted to you for posting the Suzanne Goin recipe for Hazelnut Brown Butter Cake. I've made it several times to bring to recent events, and although I may go broke buying hazelnuts, hey, it's worth it as I've sealed my reputation as a good baker, lol.

- [A April 22, 2008](#)  
52

These look delicious! I'm sad I'll have to wait until after Passover to try them!

- [busypretending April 22, 2008](#)  
53

saw it and just had to make them. I loved the organic soba noodles, and I used zucchini, tofu and mushrooms. This recipe is huge. Seeing as it is just me, I would probably only make one fourth of the pasta next time. Since it's cold, I took the leftovers in my lunch today without much hassle. delish!

- [Megan April 23, 2008](#)  
54

Made this last night for dinner and it was absolutely delicious!! DH doesn't usually like non-meat dishes, but he loved and took half of the leftovers for lunch today. I, of course, took the other half! It helped me use the rest of the tofu that I had for making some edamame hummus. Thanks!

- [emma April 24, 2008](#)  
55

this was insanely addictive and delicious! however, i felt like there was a little too much dressing, so i added a bunch more tofu to bulk it up.

- [Nicole April 25, 2008](#)  
56

can soba noodles be bought at a regular market or do I have to go to a specialty shop????

- [Marie April 25, 2008](#)  
57

What a coincidence. I'm just as lazy but well-meaning! I MEAN to make tasty, healthy dinners for me and my man, but can never work up the motivation to do dishes afterwards. Meh. Oh, and I found you by your ratatouille recipe, almost a year ago, but lost you, and now, well... yay!

- [LyB April 27, 2008](#)  
58

I just had to tell you I made this last week and, man, is it ever delicious! The dressing is perfect! I used cooked chicken though instead of tofu, since we're not real big on tofu, it was great, thanks for sharing!

- [Julia April 27, 2008](#)  
59

I made this last night for my husband and parents and they all loved it! I added some shrimp marinated in lime juice to make it a bit more of a meal. I also used a pound of pasta instead of 3/4, and the pasta to dressing ratio was perfect. A great recipe that could be customized in a hundred ways based on your veggie preferences or availability. Thanks for posting- I'll definitely be cooking it again this summer!

- [Cenk May 12, 2008](#)  
60



Just had this noodle dish for dinner! Amazing recipe. Highly addictive!

- *Lara* [June 6, 2008](#)  
61

You can use tahini (ground sesame paste) if you're allergic to peanut butter as well. I'm making it today but using commercial sesame ginger dressing as the base cause I just don't have the patience to measure etc. :)

- *BekahJo* [July 5, 2008](#)  
62

I made this for lunch today... it was delicious! I wish I had listened to my cooking intuition though. My noodles and sauce ratio wasn't quite right, but it tasted good anyways. :)

- *Rebecca* [July 10, 2008](#)  
63

Ever since this recipe was posted, I could not stop thinking about it! Finally made it last week and it was GREAT! I wasn't sure if it would turn out because I don't have a blender to puree the dressing, but I used a small whisk and it worked just fine. Spaghetti (I used whole wheat) can also be substituted for the soba noodles. My boyfriend has already asked me to cook it again this week. A new staple! Thanks Deb!

- *ellis* [August 5, 2008](#)  
64

Hey Deb! I followed this recipe two weeks ago and died of love. I've been thinking about it ever since and decided to make sesame noodles again tonight- but- sigh- followed the Cook's Illustrated 30-minute Recipes version (I know you can relate to not being able to leave well enough alone). I'm sure if I had tried that recipe first, I would have loved it, but compared to the depth of flavors this recipe provides, my version tonight tasted almost watery. Thanks for giving me my now definitive Sesame Noodles recipe- besides changing up the proteins and veggies, I will not stray again!

- *Sara* [August 24, 2008](#)  
65

I've been thinking about this recipe for ages and I finally made it last night. Whoo! What a revelation. It was soooooo delicious. I used soba noodles and tofu, and altered the vegetables slightly to use what I had on hand, but I followed your sauce directions exactly and served it cold. I love this dish. I want to eat it often. Soba noodles feel so healthy. i have to ask – does anyone know how healthy this meal actually is? cause i wanna eat it ALL the TIME.

- *Caitlin* [September 7, 2008](#)  
66

I made this tonight with chopped salted peanuts and carrots. Perfect healthy food for a broke college student!

- *Maasikas* [September 23, 2008](#)  
67

I used this recipe to prepare my first-ever soba noodles. Unfortunately, being unfamiliar with soba, I slightly overcooked them, so they were a little slimy, but still useable. I substituted chicken for tofu, and it was delicious... I'm definitely making this again.

- *Annette* [November 5, 2008](#)

68

Hmmm... not one bit of coriander? After working in NYC for so many years and getting this dish with that, that...terrible tasting stuff... it seemed so refreshing to read yours is without it!! I am trying this on the weekend! Thanks!

- *Annette* [November 5, 2008](#)

69

Drats!! Cancel the above!! I meant CILANTRO!!!

- *Sarah* [February 10, 2009](#)

70

has anyone used almond butter for this recipe?

- *evaliceb* [April 23, 2009](#)

71

Thank you so much for highlighting old recipes. I made this last night – it made my week!

- *Bill P* [May 16, 2009](#)

72

Deb-

I made these noodles today after a 15 mile run. OMGoodness, they were so delicious. I wonder if I used udon noodles next time if that would be too overwhelming-too much noodle. Thanks for the recipe.

- *lindsey clare* [July 1, 2009](#)

73

Hello! I think this is my first comment on your blog. I just wanted to tell you that I made this recipe tonight and both myself and the usually-tofu-hatin' husband loved it. i used blanched broccoli and snow peas in place of the cucumber/bell peppers, and i used marinated tofu. i've actually not heard of sesame noodles before (they're not very common here in Australia i don't think), but this is totally going on the To Make Regularly list :)

so thank you!

- *sarah* [July 15, 2009](#)

74

Deb – this is a winner!! I've made it a bunch of times (using chicken instead of tofu for all the carnivores I know and using easy to find spaghetti noodles) and it is always a hit. Thanks for introducing it to me!

- *Margot* [July 24, 2009](#)

75

I made this earlier in the week and loved it – great leftovers, too. My boyfriend made a face when I said there was tofu in it, so I used chicken for protein instead; I would like to try it with tofu at some point, though.

- *Alie* [August 4, 2009](#)

76

Came here looking for a recipe for tofu that could be put together in minutes. You did not disappoint! Especially as I miraculously had everything in my (very empty) fridge and pantry. So good, will be making this again.

- *J* [August 9, 2009](#)

77

This is excellent. Any vegetables will do, and I like slicing them very thin so the noodles wind around them. If you make it with chicken, be sure to shred it.

I was visiting my mother and made this for the vegetarian/vegan grandchildren. She has someone from China living in the extra bedroom and SHE loved it and asked for the recipe!

Your site is THE BEST

- *Edan* [September 1, 2009](#)

78

I modified this into a warm dish and it was fantastic – all because I didn't want to get my blender dirty so I decided to heat the sauce. A little oil in the bottom of a saucepan. Saute the tofu on med heat 5 minutes. Add all sauce ingredients and turn heat to medium low, whisk occasionally until warmed through and smooth. Add peppers to sauce. Boil 3/4 lb of rice noodles. Drain, toss with sauce, divide among bowls, top with bean sprouts, sesame seeds and cucumber pieces. Squeeze of lime overtop. WHEW! Thanks, Deb!! We ate too much. And I want it again tonight.

- *Cynthia* [September 1, 2009](#)

79

Wonderful, thank you!

- *Cristina* [November 19, 2009](#)

80

Hi everyone! This too has become a perennial favorite – though has anyone figured out how to get the noodles not to stick together? It makes it hard to toss...

- *Christyna* [January 15, 2010](#)

81

I thought this recipe sounded divine, but when I tried it out last night (I was faithful to the recipe down to the last milliliter!) I found the noodles stuck together and the peanut flavour was far too overwhelming (and I LOVE peanut butter). The sauce was also quite sticky, which is probably why everything clumped together.

I've never had problems with any of your other recipes (which have all been very popular with friends and family), so I don't know what gives?

- *deb* [January 15, 2010](#)

82

Hi Christina — Not sure what happened, but you can always thin the sauce with a bit of water (or soy, if you feel it needs more of a salty punch) if this happens. I find that different peanut butters do thicken it a bit differently, but like I said, no harm in thinning it next time.

- *sophie* [January 17, 2010](#)

83

You're a genius – this is a fantastic dish. I had to modify the vegetable content (spring onion, finely sliced cabbage and carrots, and cucumbers), and I didn't have any garlic, but apart from that I

followed the recipe. For sticky noodle problems I recommend immediately rinsing noodles with cold water after cooking, and mixing through a teaspoon of oil (not olive) if necessary.

- *Maggie* [January 20, 2010](#)  
84

Here's a tip for this dish that I learned watching Martin Yan make it many years ago: instead of the water called for in the dressing, use very strong black tea instead. It gives a depth of flavor that's remarkable. Umami?

- *Maggie* [January 20, 2010](#)  
85

@Christyna: I'll bet your thickening problem came from using 'natural' peanut butter. I've had the same experience, and find that it doesn't happen if you use regular old supermarket peanut butters — the emulsified kind, like Jif or Skippy.

- *Christyna* [January 20, 2010](#)  
86

Deb & Maggie,

Thanks for your responses! You're right, Maggie, I used all-natural smooth peanut butter from Whole Foods. I thought because it was the 'no stir' type (sweetened with cane sugar or some such thing), that it would do.

I suppose the healthier option doesn't always work. But we knew that already, no?  
Thanks, again!

- *Nancy* [January 22, 2010](#)  
87

Mm, I saw this picture and couldn't get it out of my mind, even though I NEVER cook. I tried a super-lazy, super-amateur version without the garlic or ginger since I don't own a blender to mix them, and I mixed everything by hand. Came out okay, but I made two mistakes that I will avoid next time: 1) I forgot to salt the pasta water, so the noodles came out really bland 2) I tried adapting the sauce proportions by tasting before adding it to the pasta. Since the sauce seemed too thick and strong when tasted alone, I watered it down. Then, when I added it to the pasta, the flavor was weakened and I regretted having messed with it. So next time, I will try to be better about following the instructions. Thanks a lot for posting the recipe

- *Nancy* [January 22, 2010](#)  
88

Hey, after posting my last comment, I tried something to perk up my too-bland leftover noodles (too bland because I did not follow the recipe carefully — not the fault of the recipe), and I want to mention this because it was easy worked well! I mixed some more rice vinegar and honey with a little soy sauce in a bowl, and added it to the noodles for a more "sweet and sour" effect. Tastes really great.

- *Erin* [April 14, 2010](#)  
89

Ohhhh I love this recipe. Just coming back to it to celebrate a 75 degree April day in Madison, WI, and thought I'd chime in yet again about how great this recipe is. Simple. Tasty. Healthy. Refreshing. We love it here. Thanks again, Deb!



- *Rebecca* [April 24, 2010](#)  
90

Made this tonight and it's awesome!! Another hit – thanks so much!

- *Katie E.* [May 26, 2010](#)  
91

I wanted to thank you for this recipe—I've been on the hunt for great cold sesame noodles for two years. We made this last night and it was exactly what we were looking for. I'm already looking forward to making another batch!

- *Aime* [May 31, 2010](#)  
92

This is a family favorite! I usually just wing the recipe...but today needed some help. Thanks! I added 1/2 cup of warm water, and I tossed the pasta in sesame oil – dark, before adding the rest.

All veggies and protein are to your preference. I have made this plenty of times with NOTHING added, and it's always an empty bowl at the end of the meal.

My staple, however is cukes and cilantro.

- *Gillian* [July 16, 2010](#)  
93

I needed a good entree for a work potluck, that could be made without requiring heating up later. This is what I found and I upped it a bit for the potluck. I just sent it out to about 4 people who asked me for the recipe at work and it has already spread through even more via forwarding. Delicious. I had to add more honey to mine, because I found that it was a bit salty with my type of PB. But, I also upped the ginger and garlic and liked that kicky flavour in it.

Awesome.

- *Katie* [July 24, 2010](#)  
94

I brought these to a party tonight and they were a total hit! Next time I think I will use chicken instead of tofu. Yum! Thanks! :)

- *zaphia* [July 28, 2010](#)  
95

I just made the peanut sauce and it is soo delicious! I would reserve some and serve it as a dipping sauce with springrolls or grilled chicken.

- *Sara* [August 11, 2010](#)  
96

I love this recipe! Thank you so much!

- *rose* [September 9, 2010](#)  
97

i forgot the sesame seeds too, but it was great. i went a tad heavy on the green onions, so next time I will lighten up...and maybe add some cilantro, lime and chopped peanuts to the finished dressing. Thanks again Deb!

- *Ally* [September 14, 2010](#)  
98

this will taste so delicious! Thank you- and this serves 6 people, right?

- *Sara* [October 18, 2010](#)  
99

Ally- only if it is a side and you don't want seconds.

- *Rebecca* [November 4, 2010](#)  
100

My boyfriend and I are on a budget and have been eating a lot of pasta and beans and rice and we needed a change. We had some chicken in the fridge that we needed to use and I wanted to make something different than the norm, but within our budget. I've used a recipe for peanut noodles before, I think it was in the Better Homes and Gardens cookbook, or what my mother refers to as The Bible for new cooks. The problem with that recipe is that more often than not, it's either too salty or turns out more like peanut butter noodles than what I hoped it would be. So, of course, I went to this site to see what my options were and stumbled upon this recipe. I decided it looked easy enough and it wasn't going to be too much more work to cook some chicken in lieu of the tofu and I went the easy route, assuming the peanut sauce would add enough flavor, and just boiled the chicken with some kosher salt. We didn't have any soba so I substituted linguine, which worked fine, but next time I will definitely go out and get the soba for authenticity's sake. Also, the place I get my produce didn't have scallions and that was definitely missing with the final dish. But with those two minor things aside, it was delicious, even better than the Chinese places we order out from here in Philly. I also really like the idea of adding fresh cilantro and lime and I'm also thinking of going a bit lighter on the peanut butter and heavier on the toasted sesame oil

- *Lisa* [November 13, 2010](#)  
101

let me preface this by saying I've never actually had cold chinese take out noodles before so I have nothing to compare it to. I was really excited about this recipe and finally got to making it today. I'll be honest, I didn't measure any of the ingredients and the sauce was too salty for me at first. I added some more honey, a little mirin, some more rice win vinegar, a touch of molasses and some more ginger. The sauce tasted AMAZING before I added it to the pasta. But after combining everything the sauce just fell totally flat =\ . It wasn't really peanuty enough, and the tang from the vinegar disappeared. The sauce itself was so good, I just can't understand why it lost so much oomph once it got onto the pasta. oh well, at least I have an amazing peanut dipping sauce!

- *Allie* [November 15, 2010](#)  
102

We ate this warm with crispy tofu, green bell pepper and sauteed cabbage. SO good! My husband wouldn't stay out of the sauce.

- *Layla* [November 18, 2010](#)  
103

We only used half of the noodles, but forgot to halve the sauce, but it was delicious anyway. Next time I'll pay more attention. Quick and easy.

- *kathy in st louis* [January 7, 2011](#)  
104

I'm making this tonight with your butternut squash, chickpea, and tahini dish in mind. First, I made a few changes in the sauce to reflect what I had on hand: used cane syrup instead of lavender honey, dried garlic & ginger instead of fresh (and I cannot recall the last time I swapped granulated garlic for fresh, but then, that's why we keep a small jar around), tamari instead of soy sauce, a mix of pumpkin seed oil and sesame oil for the full amount of the latter, apple cider vinegar instead of rice wine vinegar, and – finally – I added a few drops of liquid smoke. Hooboy, it's good.

The only pasta we have in the house is spaghettini, so spaghettini it is. I'll toss it with roasted, leftover butternut squash and parsnips, chickpeas, and toasted sesame seeds. (Alas, no fresh herbs in the house with which I could spark the dish, but we'll live.) I think it'll work. Handily, I hope.

Thanks, Deb.

- *Dryflour* [March 7, 2011](#)  
105

i like the photos. i like the way the noodles have tightly wrapped around the chunky vegetables. beautiful. delicious! how about a peanut sesame coleslaw recipe?

- *Julie* [April 13, 2011](#)  
106

Wow, I made this dish today for lunch and it is perfect. I made cucumber noodles (with a japanese slicer) and used half the amount of wheat noodles. I cut the tofu to little cubes and sauteed them just a little bit instead too. It was really really really good and what I will be serving when my parents come to visit.

- *Mary* [May 24, 2011](#)  
107

This is my “go to” quick work-night dinner. I have made it so many different ways and all of them are delicious and use whatever vegetables are on hand. Tonight it was made with 3 different soba noodles (buckwheat, regular and green tea- pretty!), spinach and green onion. The meat eaters in the family topped theirs with leftover chicken that was cooked with garlic and the vegetarians had it as is (no tofu in the house today). My teenage son gave the highest compliment possible: “I actually like this.” Enough said!

- *Meghan* [June 13, 2011](#)  
108

I used natural peanut butter (the only ingredients were peanuts and salt), and it worked wonderfully. I left out the cucumbers (my boyfriend doesn't like them) and substituted grilled steak for the tofu. It got rave reviews.

- *Cait* [June 19, 2011](#)  
109

I know this dish a Bun Bun noodles. Though when I had it it wasn't so pretty and the sauce was actually a bit coarse. It's great to see that it CAN be made smooth and lovely.

- *S.* [July 2, 2011](#)  
110

Great recipe! Next time I make it I'll add lime juice and more ginger—but it really is great as is.

- *Maggie* [August 1, 2011](#)  
111

Thank you so much for this. I've been wanting to make peanut sauce for a long time (it's so easy, right?) but I finally did it and yours was my recipe of choice. I actually used the sauce as a dipping sauce for some fresh spring rolls I made. Holy Moly, yum!

- *shoshana* [October 2, 2011](#)  
112

Hey Deb,

Would tempeh work instead of tofu in this recipe? I haven't cooked w/tempeh much, but nutritionally I prefer it to tofu....perhaps its better to just use chicken instead?

can't wait to make this YUM!

- *Samantha* [October 2, 2011](#)  
113

Love this receipt, I got rave reviews and lots of kudos.

I substituted steamed zucchini for the cucumber, to give it more of a autumn feel (instead of such a summer dish) but I love the taste of the tofu in it.

Trader Joe's chunky peanut butter was perfect – it gave it almost a Thai feel (chunky peanut sauce for dipping), that was delicious.

- *KellyP* [December 7, 2011](#)  
114

Would it be so wrong to make this in December? I think not. This will be my dinner tomorrow night while the “hubs” is in class!

- *vera@growntocook* [December 17, 2011](#)  
115

We've made this recipe for the third time tonight – the kids love, it too. My husband fortunately doesn't think tofu's evil, he even cooked tonight. Thanks for the recipe!

- *Michaela @ piquantprose* [January 6, 2012](#)  
116

We made this for dinner last night! It was so different from what I grew up eating, and so delicious. Thanks for expanding my horizons.

## Comment

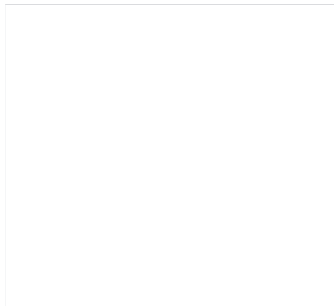
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