

Chapter 1 Soba culture

おそばの文化

8. Hi!-1 : Grain food
9. Hi!-2 : Buckwheat food
10. Hi!-3 : Noodles
11. Hi!-4 : Cooking methods
12. Hi!-5 : Roots of Soba
16. Hi!-6 : Soba town
18. Hi!-7 : Soba menu
20. Hi!-8 : Soba source
23. Hi!-9 : Condiments
24. Hi!-10 : Tastes
25. Hi!-11 : Health
26. Hi!-12 : Calorie data



Chapter 2 SOBAUCHI steps

そばを打つ

28. Step-A : Prepare
30. Step-B : Water and mixing
33. Step-C : Kneading
35. Step-D : Stretching
38. Step-E : Cutting
42. Step-F : Clean and tidying up

Chapter 3 ITADAKIMASU eating

そばを食べる

44. Step-G : Prepare
45. Step-H : Cook in boiling water
47. Step-J : Rinse and serve up
49. Step-K : eating GOCHISOUSAMA Thank you
52. English to Japanese
56. English a little "SOBAUCHI club"
62. Acknowledgments