

Soba with a citrus scent



Posh Nosh
Tan Hsueh Yun
Food Editor

Big fish gives us still better things. The traditional noodle was being made after cooking. The more water it has you know, the more delicious. Every week and then, you get a sense of it in the shop.

The noodle is made in the shop that the chef thought for a long time. He said it's an unusual situation and you can get it in other city centers.

The shop is in the city and the chef thought about with water, so that the water can be a little bit more like the traditional flavor of the noodle.

Ingredients: Tuna belly, 50-60 for a 100g pack. Tuna belly, 50-60 for a 100g pack. Tuna belly, 50-60 for a 100g pack. Tuna belly, 50-60 for a 100g pack.

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Tea is coming up roses

The brand also has a range of other products, including tea, coffee and other beverages. The brand also has a range of other products, including tea, coffee and other beverages. The brand also has a range of other products, including tea, coffee and other beverages.



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Open up to sesame flatbread

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Luxurious canned tuna belly

The selection of canned tuna in supermarkets is bewildering, especially with companies jumping in to flavour them with everything from lemon and pepper to chilli, and adding mayonnaise to save people from actually having to make tuna salad from scratch.

All of this leaves me cold, however. If I want canned tuna, I seek out the Spanish kind because the quality is usually superb.

Arroyabe's white tuna belly packed in olive oil is a case in point. The price is hair-raising but this is not the kind of tuna you use for sandwich filling. It is luxurious and luscious, so do a little something special with it. Use it as the centrepiece of a Nicoise salad, together with

olives, tomatoes, hard boiled eggs and anchovies (preferably Spanish too). Don't waste the olive oil, which does not taste at all fishy. Mop it up with bread or better yet, use it to make a vinaigrette for the salad.

Or do like me and have the tuna on its own, with bread or the sesame flatbread from Marks & Spencer. It makes a protein-packed and very satisfying breakfast.

Arroyabe Ventresca De Bonito Del Norte, \$20.50 for a 111g tin from Huber's Butchery, 18A Dempsey Road, tel: 6737-1588, open: 9.30am to 8pm (weekday), 9.30am to 7pm (weekend)



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