

Japanese Recipe - 8

Udon (Japanese wheat flour noodle soup)

Udon has become a widely popular Japanese dish in the world and will be the next International symbol for Japanese cuisine.

Ingredients (Serves 2 ~ 3 persons)

- 2 packages **Udon**
- 1 piece of chicken breast
- 1 piece of spring onions
- 3 cups of Dashi/Dashi-jiru (a class of soup made by edible kelp from heated water and fermented bonito)
- * please see "Japanese Recipe-2" on Vol.220

- 2 teaspoon of Soy Sauce
- 2 teaspoon of Mirin (a type of sweet sake)
- 1 piece of spring onions
- 1/4 teaspoon of salt
- Shichimi Togarashi** *option

Easy to cook! Very light food which is good for digestion. Great choice for when you don't feel like having heavy food.



Method

1. Heat Dashi until it boils, and then add Soy Sauce, Mirin and salt to Dashi, then chicken.
2. Add Udon to the soup and simmer until it is boiled.
3. Cut spring onions thinly.
4. Add noodles and soup into bowls and sprinkle spring onions and Shichimi Togarashi before serving.

Udon Noodle

Udon noodle is a type of thick wheat flour noodle and it comes in frozen and rehydratable noodle.



Shichimi Togarashi

This is a Japanese traditional assorted chili pepper with a blend of 7 spices including red chili pepper as the main ingredient. It features the rich aroma and color of a balanced blend of red chili pepper, orange peel, black sesame, white sesame, Japanese pepper, ginger, seaweed.

This beer is suited to 'Udon'

Denshin Yuki Junmai Ginjo Muroka - Namazake (Fresh Sake)

This special sake range gets its meaning because the sake is bottled straight away without being pasteurized. Enjoy it cold. When you drink this sake you can taste chewy notes of the rice as if you are eating rice but it's pleasantly smooth with sweet notes. Matching with Udon noodle soup which is a very light meal the characteristic of this sake will give you full body experience complementing the same warm feeling. Its slightly full bodied taste will make you feel like you're eating rice with the Udon noodle soup giving you the fuller satisfaction towards your meal.



Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.



Huge range of Japanese Sake and Plum Wines available.

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t: 08 9228 9898
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