

Chewy udon noodles

<Ingredients> for 2 persons

200 g	All-purpose flour (protein content of 8 to 10%)
86 g	Water
13 g	Salt
Proper amount	Starch (needed when you mold the dough)

<Equipment>

Scale or Measuring cups	Rolling Pin
Table spoon & tea spoon	Bread board
Bowl (flat bottom is better)	Kitchen knife
Plastic bag (45cm×50cm)	Plate for udon noodles
Towel	
Some sheets of newspaper	Big pot (for udon boiling)



Make udon dough.

1. Weigh each ingredient of udon noodles individually. Mix salt and water, and stir well until salt will be dissolved perfectly.
2. Put flour in the bowl.
3. Stir the flour by pressing the ball of the fingers against the bottom of the bowl and add salt water three times separately.
4. Mix the flour and salt water evenly until no water condition.



Repeat stepping & folding udon dough several times

1. Put the dough in the plastic bag and gather it to the center. Do not close the plastic bag.
2. Spread some sheets of newspaper on the floor, place a plastic bag with udon dough on the newspaper, and cover the towel.
3. Step on it slowly with both feet 20 times.
4. Replace it on the table, and fold it twice.
5. Repeat this work of No3 and No.4 such as stepping on and folding about 7 sets.
6. If the smooth surface and no powdery, it's completed.
7. If not, keep going this work.
8. Put it back to the corner of a plastic bag, twist, and close it without air. Leave it more than 15 minutes.



Roll out and cut udon dough

※Be sure to sprinkle starch sometimes on the udon dough not to let the udon dough dry.

1. Flatten the udon dough lightly, keep rolling out it a square until 3 to 4 mm thin.
2. Sprinkle plenty of starch to both sides, fold in Z fold.
3. Place a rolling pin on the udon dough, hold it gently, and cut it to 3 mm width using a rolling pin and knife.



Boil and finish udon noodles

1. Boil a lot of water (3 liters at least) in a pot, put all of the udon noodles in there after checking it boiling.
2. Stir them sometimes, not let udon noodles stick to the bottom.
3. Cooking time is a total of 16 to 18 minutes.
4. Try to eat it once ten minutes later after putting udon noodles, and check it again 5 minutes later to compare the cooked condition.
5. Once boiled, wash them with a lot of cold water well.



Hot udon soup

For 2~3 cups

1ℓ Water
10g Dried Kelp
20g Bonito flakes
or 30g Naturally dried shiitake mushroom (for vegan)
※Substitute 1 Tbsp of Instant Japanese dashi powder like Hondashi if you cannot prepare the above.
1 tsp Salt
1 Tbsp Sugar
2 Tbsp Mirin
2.5 Tbsp Light Soy sauce
Pot, Strainer, Bowl, Long chopsticks or tongs, Ladle, Tbsp



Presoak dried kelp (and naturally dried shiitake mushroom too if you use it) in a pot of 1 liter water and leave it for more than 10 minutes. This is for extracting the savory flavor.

1. Place a pot on the stove, turn on the fire on medium heat.
2. Take out dried kelp just before boiling, add bonito flakes. Turn off the fire quickly, cover, and wait about one minute.
3. Filter soup, add all seasonings and cook lightly until salt and sugar are dissolved.

Preparation for eating

Be sure to make both udon and soup warm first when you eat hot udon.

How to make udon warm is,

Boil new water in a pot and soak udon in the boiling water for a few seconds, strain the noodle, and serve it in a bowl. Pour reheated hot udon soup, and put some toppings.

A side dish "Tsukudani" reusing the leftover

Ingredients

The leftover of bonito flakes or naturally dried shiitake mushroom

1 Tbsp Soy sauce
2 Tbsp Mirin
2 Tbsp Light Brown sugar
1 tsp Rice vinegar
Proper amount Roasted white sesame

1. Put all the ingredients in a pan, cook it while stirring with chopsticks until the moisture is gone.
2. Turn off the fire and add sesame and mix.



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