

Chewy udon noodles

<Ingredients> for 2 persons

200 g	All-purpose flour (protein content of 8 to 10%)
85 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.



Dipping sauce for Udon noodles

For 3~4 people

200g	Water
2g	Dried Kelp
10g	Bonito flakes
10g	Naturally dried shiitake mushroom (if you use)
※Substitute <u>1 tsp of Instant Japanese dashi powder</u> like Hondashi if you cannot prepare the above.	
50g (3Tbsp)	Soy sauce
50g (3Tbsp)	Mirin
15g (1Tbsp)	Sugar
Small pot, Strainer, Bowl, Long chopsticks	



Presoak dried kelp (and naturally dried shiitake mushroom too if you use it) in a pot of 200g water and leave it for more than 10 minutes. This is for extracting the savory flavor.

1. Place the pot of dried kelp and water on the stove, and cook it on medium heat.
2. Take out kelp just before boiling, and turn off the fire.
3. Add bonito flakes, Sugar, Soy-sauce, and Mirin in a pot.
4. Boil a minute on medium heat and filter it. Cooldown it in cold water.

A side dish "Tsukudani" reusing the leftover

Ingredients

The leftover of bonito flakes or naturally dried shiitake mushrooms

1/2 Tbsp	Soy sauce
1 Tbsp	Mirin
1 Tbsp	Sugar
1/4 Tbsp	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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