



RECIPE

Home-Made Udon With Sauce (For Two)

Ingredients

Sauce:

- 1 cube of fish bouillon (or Dashi)
- 2 cups water
- 3.5 tablespoon (Japanese) soy sauce
- 2 tablespoons white wine
- 1.5 tablespoons sugar
- 2 tablespoons shredded ginger
- 3 tablespoons green onions

Noodles:

- 3 cups flour
- 1 water
- 1 teaspoon salt
- 1 Ziploc bag
- 1 newspaper

Procedure

Sauce:

1. Boil water and bouillon.
2. Add soy, wine and sugar.
3. Let the sauce cool and add in the ginger and onion at the end, when serving the udon.

Noodles:

1. Mix the salt and water.
2. Add in the flour. Make sure that the dough becomes firm, even hard to work. It should be as firm as Play-Doh, keep adding in a bit more flour until it is firm enough.
3. Put the dough in a Ziploc bag and put in the center fold of the paper. Put the newspaper on the ground and start flattening the dough, making it pancake-like by stepping on the newspaper. Once flat, take out the dough from the Ziploc, fold the dough, put it back in the Ziploc and start flattening the dough again. Repeat this for about 15 minutes. This kneading promotes the formation of gluten strands and cross-links, that makes it chewier helping to get the right consistency.
4. Take out the dough, put it on table with flour and roll the dough to a tenth of an inch.
5. Pour flour over the dough, to make it easier to cut. Cut strips and make them square.
6. Boil the udon 8-10 min, to the point where they offer resistance, but are cooked through.
7. Rinse the udon with a generous amount of cold water.
8. Pour half of the sauce in two deep bowls and dip the udon before eating them. It's alright to slurp as much you like it's often a sign of appreciation in Japan.