



うどん (Udon)



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Udon is a type of thick wheat flour noodle of Japanese cuisine.

Udon is often served hot as a noodle soup in its simplest form, , in a mildly flavoured broth, which is made of dashi, soy sauce, and mirin. It is usually topped with thinly chopped scallions. Other common toppings include tempura, often prawn), and soy sauce. A thin slice of a halfmoon-shaped fish cake, is often added.

The flavor of broth and topping vary from region to region. Usually, dark brown broth, made from dark soy sauce, is used in eastern Japan, and light brown broth, made from light soy sauce, is used in western Japan. This is even noticeable in packaged instant noodles, which are often sold in two different versions for east and west.

Ingredients

- 1 quart beef stock
- 4 dried shiitake mushrooms
- 2 pieces dried black fungus (opt.)
- 4-6 dried red chilis
- 3-4 cloves garlic, crushed
- 6 slices of fresh ginger
- 8-10 ounces fresh Udon noodles
- 8 ounces extra firm tofu, cubed
- Salt or soy sauce

Directions

1. Add dried mushrooms, crushed garlic cloves, sliced ginger, and dried chilis to the broth in a medium pot and bring to a simmer. Let simmer for at least 10 minutes to infuse flavors.

2. Discard all the add-ins except the mushrooms and fungus. Slice that stuff thinly.
3. Add noodles to broth along with cubed tofu. Let simmer for 5 minutes until noodles are cooked. Season with salt or soy sauce and a dash of rice wine vinegar.
4. Ladle noodles and broth into bowls and top with mushrooms, scallions, chili oil, and chili garlic sauce. Serve immediately!

