

RAMEN らめん

UDON うどん



SOBA そば

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Soba noodles are part of Japan's traditional cuisine
Made up of buckwheat and wheat flour.

そばは日本の和食料理のいちぶです
そばことこむぎこをもちってつくられる



Some names given to soba depending on occasion

- 1) misoka-soba is eaten at the end of each month みそかそばは月末に食べられます
- 2) Toshi koshi soba is eaten on New Year's Eve for longevity and prosperity としこしはおみそかに食べられます
- 3) Hikkoshi soba is eaten after moving into a new house ひっこしそばはしんきょにひっこして食べます

そばの食べ方 How to eat soba

Cold 冷たいそば

Hot 温かいそば



そばのしゅるい Types of soba

Zaru Soba (ざるそば)



Kitsune Soba (きつねそば)



TenSoba 天そば



Ramen ラーメン

The thin curly or wavy wheat-based noodle is a little yellow in color.
Made of wheat flour, salt, water, and *kansui*, or a form of alkaline water
こむぎことしおとみずとかんすいをもちってつくられる

The noodles are thought to be imported from China and are also called *chuka soba* (中華そば), meaning “Chinese soba.”



Often ramen is enjoyed in a soup made from chicken or pork 、 *shiitake* mushrooms, and onions.

Types of Ramen ラメンのしゅるい



Tonkotsu soup is usually cloudy white colored and is a thick broth made from pork bones.

Shoyu ramen is a basic soup with clear brown broth, made with some type of stock and plenty of soy sauce. *Menma*, or marinated bamboo shoots are common for toppings, as is green onions, kamaboko, boiled eggs, and bean sprouts.

Shio ramen is a little lighter in color, a yellowish broth made with salt and broth. The flavor is lighter as well and the soup generally uses straight noodles rather than curly ones.

Miso ramen is also popular, especially famous in Hokkaido, and may use butter and corn, cabbage, sesame seeds, and garlic.

Udon (うどん)

Udon (うどん) are the thickest of the Japanese noodles 日本のめんのなかでもっともふといふといです。
Made up of buckwheat and wheat flour こむぎこをもちってつくられる。



Types of Udon うどんのしゅるい

Kitsune udon is topped with sweetened *aburaage*,

tanuki udon is topped with tempura batter flakes.

Tempura udon is topped with tempura, or sometimes kakiage.

Chikara udon is topped with mochi.

Stamina udon usually is topped with meat, egg, and vegetables.

Hoto udon is popular in Yamanashi, the thickest of them all and usually cooked in a thick miso soup with many vegetables.

Soba etiquette



Some Fun facts and etiquette

slurping noodles is considered evidence of enjoying the meal

Using your chopsticks, lead the noodles into your mouth. You may want to try to copy the slurping sound of people around you if you are dining in a noodle shop. Rather than being bad manner, slurping noodles is considered evidence of enjoying the meal and enhances the flavor.

In case of noodle soups, be careful of splashing the noodles back into the liquid. If a ceramic spoon is provided, use it to drink the soup; otherwise, lift the bowl to your mouth and drink from it directly.