



The Taste of . . .

Japan



**Students from Marugame city
cook Japanese dishes.**



Performed by

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simple Handmade Udon

For two servings

200 grams of flour
100 grams of water
1 teaspoon of salt
Along with dusting flour, cake flour or potato starch



①First mix the salt and water.

②Then put the flower and salt water mixture into the bowl and mix well

③Knead the dough by hand until it comes together into a ball.

④Press down on the bag with the heel of the foot, then fold the dough when it has become flat. And repeat several times.

⑤Roll it into a ball, wrap the dough in a bag and let it rest.

⑥Then dust the board with flour, sprinkle some on the dough as well, and roll it out.

⑦Dust the dough with flour and fold it into thirds.

⑧Cut the dough into 3mm-wide strips.

⑨Loosen the noodles.

⑩Boil water in a pot and add the noodles. Cook until they are tender.

⑪Drain the cooked noodles in a colander and rinse them thoroughly under cold running water to remove any starch.



Shippoku-Udon

For four servings

Udon noodles
40g fried tofu, abura-age
300g daikon radish
150g carrot
5 stalks of green onions
200g firm (Momen) tofu
40ml light soy sauce
1 Niboshi dashi pack
1,000cc water



① Make dashi broth.

- Add water and a niboshi dashi pack to a pot and heat it.
- After boiling, let it simmer for 5 minutes.
- Take out the niboshi dashi pack from the pot.



② Cut the daikon radish, carrot and abura-age into 3cm-wide slices.



③ Cut the green onions into 3cm lengths and dice the tofu into 2cm cubes.



④ Add the daikon radish, carrot and abura-age to the dashi broth, simmer briefly, then add the tofu. Next, add the soy sauce to infuse the flavor. Finally, add the green onions and turn off the heat.



⑤ Warm the udon noodles, place them in a bowl, and pour the broth over them.

