



# **The Taste of . . . Japan**



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



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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.

