



蔵の知恵 Kura Cooking Memo

Let's explore at
city'super

麺 Noodle

Ref. no.	Topic
47	The variety of Udon Noodles and its feature
13	How to boil up delicious Udon
98	How to make handmade Udon (Teuchi Udon 手打うどん)
99	How to cook Nabe Yaki Udon (鍋焼うどん) using LL Udon noodle
96	How to cook the Yaki Udon (焼うどん) using LL Udon noodle
95	How to prepare the LL (Long Life) noodles deliciously
97	How to cook the half fresh (Han nama 半生) Noodles
101	How to cook chilled type Ramen Noodle (all in pack)
102	How to cook chilled type Ramen Noodle (Separate type)
103	How to cook instant Ramen Noodle that cook noodle and soup separately
48	The variety of the Soba Noodles and its feature
14	How to boil up delicious Soba
49	Soba noodles and Buckwheat flour
50	The variety of the Somen Noodles and its feature
15	How to boil up delicious Somen

蔵の知恵 Kura cooking memo 47 : The variety of the Udon noodles and its feature(饅飩)



Famous Udon area:

讃岐 Sanuki(香川)
稲庭 Inaniwa(秋田)
氷見 Himi(富山)
五島 Goto(長崎)
上州 Joshu(群馬)
備中 Bicchu(岡山)
(かも川)
愛知きしめん(愛知)
Kishimen, etc

*there are still many other nice Udon in Japan.

備中うどん(Bicchu Udon 備中うどん) 岡山県(Okayama) 鴨方町(Kamogata)
The noodles are medium thick and the shape is rather flat. The texture is soft, bouncy and slightly chewy. At the same time, it has a nice smoothness. It has over 200 years of history but this area has a noodle culture more than 1000 years of history.

氷見うどん(Himi Udon 氷見饅飩) 富山県(Toyama)氷見市(Himi)
The noodles are pure white, thin and flat. Stickiness and unique strength of strain are feature. It has over 250 years of history.

稲庭うどん(Inaniwa Udon 稲庭饅飩) 秋田県(Akita)湯沢市(Yuzawa)
It's thin as for Udon, and it's flattened by pressing before drying. The color is a bit light yellow. Mainly made by hand. The texture is very smooth. It has over 350 years of history.

ひもかわ(Himokawa) 群馬県(Gunma) 桐生市(Kiryu)
Width range is from 1.5 cm to more than 10 cm. The width is wide, but the thickness is thin only about 1 mm, and it's very smooth. The roots are said to be the same as Kishimen from Aichi prefecture.

上州うどん(Joshu Udon 上州饅飩)
上州=群馬(Gunma)
White noodles that are slightly thicker, firmer, and more transparent.

きしめん(Kishimen 基子麵) 愛知県(Aichi)名古屋市(Nagoya)
Thin and wide noodle. Normally Udon noodles are made from cake flour but Kishimen noodle is made from all-purpose flour. So the texture is soft and bauncy.

There is a detailed definition of Udon in Japan, but simply say, **Udon** is a Japanese thick noodle made from mainly wheat.

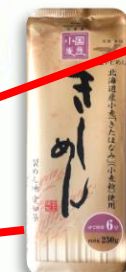
***All of our Udon selection is very delicious but need to cook properly.**

五島うどん(Goto Udon 五島饅飩) 長崎県(Nagasaki) 五島列島(Goto islands)
It is thinner than ordinary udon and has a round shape. Goto camellia oil is used for hand-pulling. It is said that it was brought to the Nagasaki Goto Islands during the Tang Dynasty(唐王朝) of China.

島原うどん(Shimabara Udon 島原饅飩) 長崎県(Nagasaki)島原市(Shimabara)
Here Shimabara is famous as for production area of Somen noodle(素麵). Due to the skill of hand made Somen and the place nearby Goto(五島) Udon, Shimabara is producing nice Udon noodle too.

半田手延うどん(Handa Tenobe Udon 半田手延饅飩) 徳島県(Tokushima) 半田字(Handa) Here Handa is famous as for production area of Handa Tenobe Somen noodle(半田手延素麵). Due to the skill of hand made Somen, Handa is producing delicious Udon noodle too.

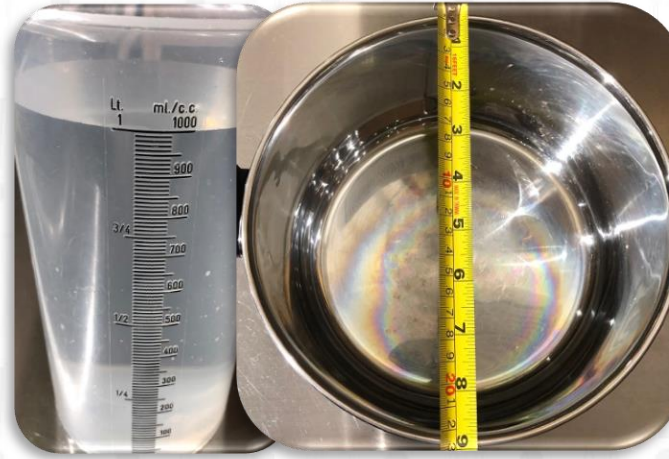
讃岐うどん(Sanuki Udon 讃岐饅飩) 香川県
One of the most famous & popular Udon in Japan. A thick udon noodle that is characterized by its bouncy and smooth texture. Sanuki Udon noodle is made by cutting the dough.



蔵の知恵 Kura cooking memo 13 : How to boil up delicious Udon(饅飩)



Famous Udon:
讃岐 Sanuki
稲庭 Inaniwa
氷見 Himi
五島 Goto
水沢 Mizusawa
武蔵野 Musashino
きしめん Kishimen, etc



There is a detailed definition of Udon in Japan, but simply say, **Udon** is a Japanese **thick** noodle **made from wheat**.

1. Check the information. **How many minutes** to boil? *Normally thin Udon is **about 5min**, thick Udon is over **about 10min** to boil.

2. Need **enough water** to boil up. *Generally, **1 ltr water is necessary for 100g (1serving) dried noodles**, so please use a pot of **sufficient size**.

3. Put dried Udon into **well boiling water**. ***don't stir too much**. Just care sticking each other and pot bottom.



4. Boil up Udon **letting it circulate** in the current of boiling water.

5. Once boiled up, drain the hot water and **soak Udon into the cold water to tighten**.

6. At the same time, **wash the Udon well to remove the slimy surface**.

7. Change the water 3-4 times until the water becomes almost transparent.

8. Delicious Udon is ready! *You can enjoy with **cold dipping source** or **hot soup**.

蔵の知恵 Kura cooking memo 98 : How to make the hand made Udon (Teuchi Udon手打うどん)

Hand made Udon Noodle Teuchi Udon 手打うどん



Ingredients: For 4 servings
Wheat Flour 300g
*All purpose(Medium)
Wheat Flour(dusting) 30g
Water 145ml
Salt 15g



1. Make a salt water.
Mix 15g of salt and 145ml water in cup.
Need to **stir well to melt the salt completely** in water.



2. Kneading dough.
Mix the wheat flour and salt water in a bowl, and when it becomes a lot of small lumps, knead it strongly until it comes a lump and shape it into a round shape.



3. Fermenting.
Put the dough in a plastic bag and ferment it for **more than 30 min.**(you can ferment it for several hours)



4. Re-kneading & re-fermenting
After fermenting, re-knead the dough lightly and ferment it again for **more than 20 min or over night in refrigerator** (become bauncy texture).



5. Extending
Firstly, divide the dough into 2 lumps(to adjust volume to the size of board). On the board which is sprinkled dusting, push the dough vertically and horizontally with a rolling pin to extend it. As a guide, the thickness should be **about 3mm**.



6. Cutting
Sprinkle a enough dusting on the both sides of dough, and fold it in a folding screen, then cut it into **3mm** wide strings, and sprinkle the dusting again so that they do not stick together.



7. Boiling (2~3ltr of Hot water is needed)
Put the noodles in a **plenty of boiling water** while loosening them, and boil them by medium heat for **10 minutes**. Stir slowly with chopsticks so that the noodles do not stick together.



8. Washing with cold water
After boiling, quickly put it in a colander and **wash it thoroughly with running cold water**. It's done.

蔵の知恵 Kura cooking memo 99 : How to cook the Nabe Yaki Udon 鍋焼うどん using LL Udon noodle

鍋焼うどん Nabe Yaki Udon Hot Pot Udon Noodle



Ingredients;

LL Udon	1pc
Chicken Meat	50g
Japanese Leek	1/2pc
Carrot	30g(5cm)
Shiitake Mushroom	1pc
Fried bean curd(Aburaage)	1/2pc
Kamaboko fish cake	20g
Egg	1pc
Udon soup;	
Water	300ml
Soy sauce	25ml
Mirin	25ml
Dashi powder	1/2 teaspoon

*You can use Mentsuyu(めんつゆ
Concentrated noodle soup)
instead of the ingredients for
Udon soup.



1. Preparation of ingredients; Udon
Boil up enough water(more than 1ltr) in pot,
put the LL Udon noodle in it, boil them for 2
min, and then drain the hot water.



2. Preparation ingredients; Meat and Vegetables:
Cut the chicken meat, Japanese leek, carrot,
Shiitake mushroom, fried bean curd and
Kamaboko into the pieces that are easy to eat.



3. Make soup mixing water,
soy sauce, Mirin and Dashi
powder in the pot. And then
heat it by medium heat.

4. When the soup boils, add Udon,
chicken, J leek, carrot, Shiitake
mushroom. Fried bean curds and
Kamaboko in the pot.

5. Simmer for a few minutes,
add the egg, cover and simmer
again for about 2 minutes more.

6. It's done!
Nice dish for
Autumn & Winter!

蔵の知恵 Kura cooking memo 96 : How to cook the Yaki Udon(焼うどん) using LL Udon noodle

焼うどん Yaki Udon
Fried Udon Noodle



- Ingredients;
- | | |
|--------------------------|-----------------|
| LL Udon | 1pc |
| Pork Meat | 100g |
| Cabbage | 100g |
| Carrot | 30g(5cm) |
| Spring Onion | Appropriate amt |
| Concentrated Noodle soup | 25ml |
| Salt & Pepper | Appropriate amt |
| Vegetable oil | Appropriate amt |



1. Preparation of ingredients; Udon
Boil up enough water(more than 1ltr) in pot, put the LL Udon noodle in it, boil them for 2 min, and then drain the hot water.



2. Preparation ingredients; Meat and Vegetables:
Cut the pork meat, cabbage, carrot and spring onion into the pieces that are easy to eat.



3. Put the vegetable oil on the pan. And then firstly stir fry the pork meat.

4. Then add the meat, carrot, cabbage and then spring onion. When pork and vegetables are well fried, lastly add the Udon.

5. Mix and stir fry them well, sprinkle with salt and pepper, and also noodle soup on them. Mix well again.

6. It's done!



蔵の知恵 Kura cooking memo 95 : How to prepare the LL(Long Life) noodles deliciously

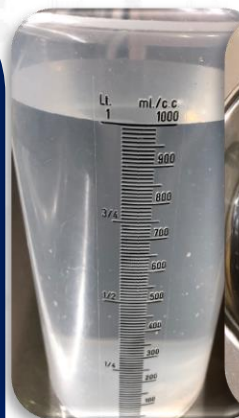


Features of these type of product;

1. Convenience
2. Easy to cook
3. Less additive due to Heat sterilization

*But it has a slightly sourness(acidity) because a few volume of acidulants(vinegar, etc.) are added to prevent oxidation.

So we introduce the method to easily remove the sourness.



1. Boil up more than 1ltr of water in the large pot.

2. Put the noodle in boiling water in large pot.

3. don't stir too much. Just care sticking to bottom of the pot.



4. The noodles will become loose naturally after 1 min. Simmer about for 2 min.

5. After 1 min, slowly loosen the noodles by chopstick to rinse the noodle.

6. After 2 min., when the feeling with chopsticks becomes smooth, it's OK to drain the hot water. You can use it for any dishes.

蔵の知恵 Kura cooking memo 97 : How to cook the semi dry(Han Nama半生) Noodles

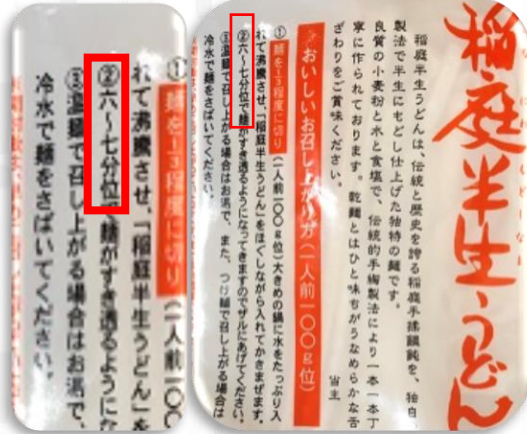
Half Fresh Noodles Han Nama Men(半生麺)



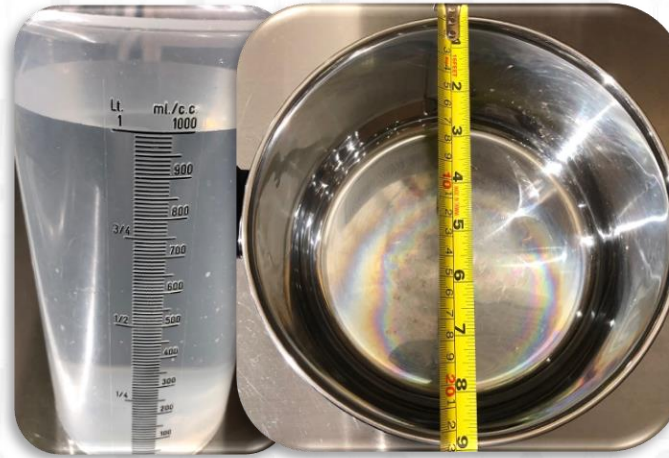
Feature of Half Fresh Noodles (Han Nama Men(半生麺))

These have been made focusing on the **smoothness**.

Still remaining the moisture in the noodles, so its smoothness is different from the dried noodles. Please enjoy the feature of half fresh noodles.



1. Check the information.
How many minutes to boil?



2. Need **enough water** to boil up.
*Generally, **1 ltr water is necessary for 100g (1serving) dried noodles**, so please use a pot of **sufficient size**.



3. Put half fresh noodles into well boiling water. ***don't stir too much**. Just care sticking each other and pot bottom.



4. Boil up Udon letting it circulate in the current of boiling water.



5. Once boiled up, drain the hot water and **soak Udon into the cold water to tighten**.



6. At the same time, **wash the Udon well to remove the slimy surface**.



7. Delicious smooth Udon is ready! *You can enjoy with **cold dipping source or hot soup**.

蔵の知恵 Kura cooking memo 102 : How to cook Chilled type Ramen noodle (Separate type)

You can enjoy any combination of Ramen and soup!

RAMEN NOODLES VARIETY



NISHIYAMA
Sapporo Style



NANTEN
Sapporo Style



NANTEN
Nagasaki Style



NANTEN
Tokyo Style



NANTEN
Hakata Style

RAMEN SOUP VARIETY



NISHIYAMA
MISO



NISHIYAMA
SHOYU



NISHIYAMA
SHIO



NISHIYAMA
TONKOTSU



TANZEN
MISO



TANZEN
SHOYU



TANZEN
TONKOTSU

RAMEN INGREDIENTS



NISHIYAMA
CHARSIU



KURATA
CHARSIU



SHINSHIN
MENMA



MOMOYA
MENMA



1. Check the instruction of back side or inside of package.

*Normally boiling time is 2-4min (depending on the thickness).



6. Noodles will become loose after about 1 min naturally. Simmer for about 2~3 min (need tasting).



2. Prepare the topping ingredients.

*Additionally, you can cook the Ramen egg referring to Kura cooking memo No. 100.



7. Make Ramen soup. Put the soup base into the Ramen bowl and then add 300ml of hot water.



3. Boil up more than 1ltr of water in the large pot. And also prepare other 300ml of boiling water for soup.



8. After tasting, scoop the noodles with a colander. And put them into prepared Ramen bowl with soup.



4. Put the noodle in it.



5. don't stir too much. Just care sticking to bottom of the pot.



9. Add topping ingredients on the Ramen.



10. It's done!



蔵の知恵 Kura cooking memo 103 : How to cook Instant Ramen Noodle that Cook Noodle and Soup Separately

SPECIAL TYPE INSTANT RAMEN NOODLES VARIETY

When cooking these instant noodles, cook the noodles and soup separately because the flour remains in the noodles.



かにみそラーメン Kani Miso Ramen えびみそラーメン Ebi Miso Ramen ほたて醤油ラーメン Hotate Ramen



毛がにラーメン Kegani Ramen たらばがにラーメン Tarabagani Ramen とんこつラーメン Tonkotsu Ramen



前沢牛ラーメン Maezawa Gyu Ramen 白金豚ラーメン Shirogane Buta Ramen 秋刀魚ラーメン Sanma Ramen



あごだしラーメン Agodashi Ramen 柚子豚骨ラーメン Yuzu Tonkotsu Ramen

RAMEN INGREDIENTS



NISHIYAMA CHARSIU KURATA CHARSIU SHINSHIN MENMA MOMOYA MENMA



1. Check the instruction of back side or inside of package.

*Normally boiling time is 2-4min (depending on the thickness).



6. Noodles will become loose after about 2 min naturally. Simmer for about 5 min (need tasting).



2. Prepare the topping ingredients.

*Additionally, you can cook the Ramen egg referring to Kura cooking memo No. 100.



7. Make Ramen soup. Put the soup base into the Ramen bowl and then add 300ml of hot water.



3. Boil up more than 1ltr of water in the large pot. And also prepare other 300ml of boiling water for soup.



8. After tasting, scoop the noodles with a colander. And put them into prepared Ramen bowl with soup.



4. Put the noodle in it.



9. Add topping ingredients on the Ramen.



5. don't stir too much. Just care sticking to bottom of the pot.



10. It's done!



蔵の知恵 Kura cooking memo 48 : The variety of the Soba noodles and its feature(蕎麦)



Famous Soba area:
 わんこ Wanko(岩手)
 山形 Yamagata(山形)
 深大寺 Shindaiji(東京)
 へぎ Hegi(新潟)
 越前 Echizen(福井)
 信州 Shinshu(長野)
 戸隠 Togakushi(長野)
 出雲 Izumo(島根)
 etc
 *there are still many other delicious Soba in Japan.

There is a detailed definition of Soba in Japan, but simply say, Soba is a Japanese noodle **made from buckwheat**.
 *All of our Soba selection is very delicious but need to cook properly.



更科蕎麦 Sarashina type Soba(buckwheat noodles) : Soba Noodles which made from only using the **first flour**. Its color is white and has elegant scent.



田舎蕎麦 Inaka type Soba(buckwheat noodles) : Soba Noodles which made from **whole grain flour** including buckwheat skin and husks. This type Soba has a strong scent.

With funori Seaweed
 With Jinenjo Yam
 Hegi Soba
 新潟県 上越市
 新潟県 上越市
 新潟県 十日町市
 新潟蕎麦 Niigata Soba



出雲蕎麦 Izumo Soba
 島根県出雲市
 出雲Izumo is one of the most famous Soba area.



山形蕎麦 Yamagata Soba
 山形県山形市・天童市



Wanko Soba



十勝新得蕎麦 Tokachi Shintoku Soba
 北海道十勝新得市

北海道 Hokkaido is not traditional Soba area but biggest agricultural area in Japan. So in Hokkaido, a plenty of buckwheat is farmed, and it's quality is high.

With Dattan Buckwheat
 岩手 Iwate is one of the most famous Soba area



戸隠蕎麦 Togakushi Soba
 長野県戸隠市
 戸隠 Togakushi is one of the most famous Soba area

岩手蕎麦 Iwate Soba
 岩手県 花巻市・盛岡市
 岩手県 軽米町



永坂更科蕎麦 Nagasaka Sarashina
 is the originator of Sarashina type soba
 東京都港区麻布永坂町

深大寺蕎麦 Jindaiji Soba
 is Soba which has been made in front of Jindaiji Temple in Tokyo for over 300 years.
 東京都調布市・三鷹市

信州 Shinshu
 is one of the most famous Soba area, and has several types of Soba noodles.



信州蕎麦 Shinshu Soba
 長野県信州地域

茶蕎麦 ChaSoba
 With Uji Maccha
 京都府 宇治市

蔵の知恵 Kura cooking memo 14 : How to boil up delicious Soba(蕎麦)



Famous Soba:
岩手わんこ Iwate Wanko
山形 Yamagata
磐梯 Bandai
上州 Joshu
深大寺 Shindaiji
へぎ Hegi
越前 Echizen
信州 Shinshu
戸隠 Togakushi
出雲 Izumo, etc



There is a detailed definition of Soba in Japan, but simply say, **Soba** is a Japanese noodle **made from buckwheat**.

1. Check the information. **How many minutes to boil?** *Normally **thin Soba is about 3-5min, thick Soba is over 8min to boil.**

2. Need **enough water** to boil up. *Generally, **1ltr water is necessary for 100g(1 serving) dried Soba noodles**, so please use a pot of **sufficient size**.

3. Put dried Soba into **well boiling water**. ***don't stir too much**. Just care sticking each other and pot bottom.



4. Boil up Soba **letting it circulate in the current of boiling water**.



5. Once boiled up, **drain the hot water and soak Soba into the cold water to tighten**.



6. At the same time, **wash the Soba well to remove the slimy surface**.



7. Change the water 3-4 times until the **water becomes almost transparent**.



8. Delicious Soba is ready! *You can enjoy with **cold dipping source or hot soup**!



蔵の知恵 Kura cooking memo 49 : Soba noodles and Buckwheat Flour

Buckwheat flour and Buckwheat details



玄蕎麦
Buckwheat with husks



抜き実
Buckwheat without husks



一番粉 / 内層粉
First Flour / Inner layer flour

Mainly the part of the center, it is white and has a delicate sweetness, but lacks the unique aroma and flavor of buckwheat.



二番粉 / 中層粉
Second Flour / Middle layer flour

Light greenish yellow with high scent and excellent flavor



三番粉 表層粉
Third Flour / Surface layer flour

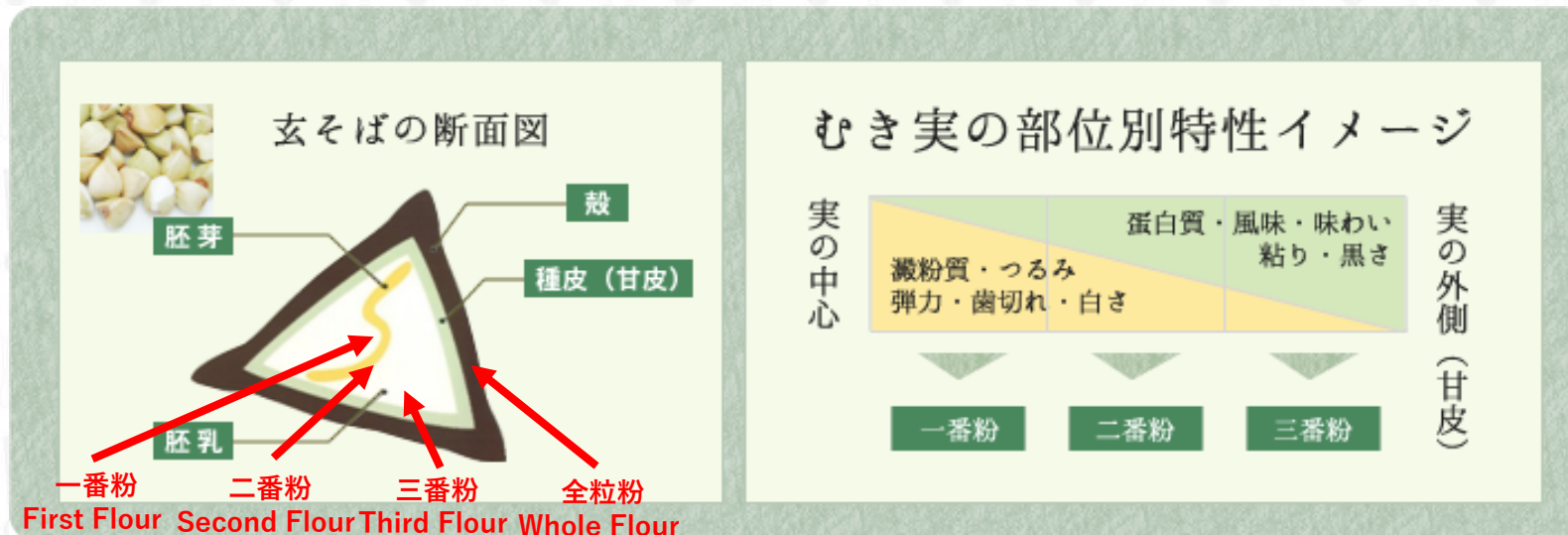
Slightly dark blue-green with a strong scent and high nutritional value, but lacks taste and texture



全層粉/全粒粉
Whole layer flour / Whole grain flour

田舎蕎麦 Inaka type Soba(buckwheat noodles) : Soba Noodles which made from **whole grain flour** including buckwheat skin and husks. This type Soba has a strong scent.

更科蕎麦 Sarashina type Soba(buckwheat noodles) : Soba Noodles which made from only using the **first flour**. Its color is white and has elegant scent.



蔵の知恵 Kura cooking memo 50 : The variety of the Somen noodles and its feature(素麺)



Famous Somen area:
岩手卵 Iwate Tamago 岩手
白石 Shiraishi
大門 Okado
播州 Banshu
三輪 Miwa
小豆島 Shodoshima
半田 Handa
島原 Shimabara
etc, *there are still many
other nice Somen in Japan.

大門素麺 (Ookado Somen)
富山県礪波市
It is characterized by not using oil
when pulling it out, and it has a
round crossed shape instead of a
straight bundle. It's said that has
more than 150 years history.



揖保乃糸素麺 (Ibonoito Somen)
It is produced in the
Ibo-gun Taishi-cho
and near area of Ibo,
Chikusa, Yumesaki,
and Ichi river basins.
It has around 600
years of history.



卵めん (Tamago Men) 卵麺
岩手県奥州市江刺
Yellow pulled noodles made by
mixing egg yolk and wheat
flour. It's said that comes from
Nagasaki in Kyushu and has
more than 200 years of history



白石温麺 (Shiraishi Umen)
宮城県白石市
Short noodles with a length
of about 10 cm, do not use
oil for manufacturing. It's
said that Oomen has 400
years of history.



三輪素麺 (Miwa Somen)
奈良県桜井市三輪地区
Miwa Somen is a special product
produced in the Miwa region
centered on Sakurai City, Nara
Prefecture. The Miwa district is
also said to be the birthplace of
Somen. It is said that Miwa
Somen has around 1200 years of
history.



半田素麺 (Handa Somen)
徳島県 (Tokushima) つるぎ町半田字 (Handa)
Feature point is thicker than other noodles
and smooth and bouncy texture.
It has more than 250 years of history.



島原素麺 (Shimabara Somen)
長崎県島原
Somen Noodles produced in
Shimabara area. It is said
having 400 years of history
or more. Also said that first
place of Noodle from
ancient China.



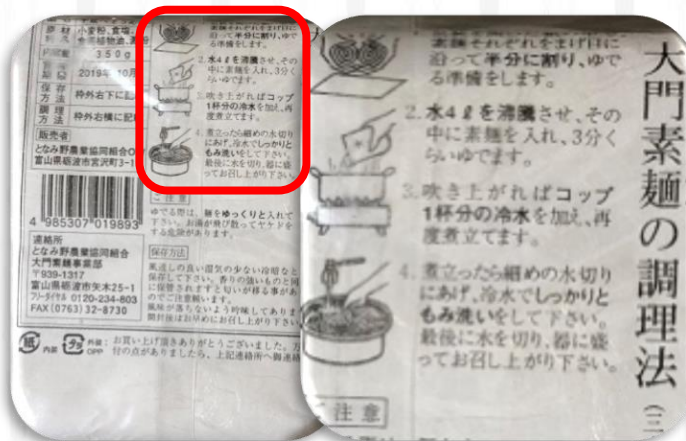
小豆島素麺 島の光 (Shodoshima Somen Shimano Hikari)
Somen Noodles produced in
Shodoshima island. Pulled with
sesame oil for preventing to be
oxidized. It has around 400 years
of history.



蔵の知恵 Kura cooking memo 15 : How to boil up delicious Somen(素麺)



Famous Somen:
岩手卵
Iwate Tamago
白石 Shiraishi
大門 Okado
播州 Banshu
三輪 Miwa
小豆島
Shodoshima
半田 Handa
島原 Shimabara
etc



There is a detailed definition of Somen in Japan, but simply say, **Somen** is a Japanese **extra thin** noodle **made from wheat**.

1. Check the information **How many minutes to boil?**
*Normally the time to boil **Somen is about 2~3min.**

2. Need **enough water** to boil up.
*Generally, **1 ltr water is necessary for 100g(1 serving) dried somen noodle** to boil, so please use a pot of **sufficient size**.

3. Put dried Somen into **well boiling** water. ***don't stir too much**. Just care sticking each other and pot bottom.



4. Boil up Somen **letting it circulate** in the current of boiling water.



5. Once boiled up, drain the hot water and **soak Somen into the cold water** to tighten.



6. At the same time, **wash the Somen well** to remove the slimy surface.



7. Change the water 3-4 times until the water **becomes almost transparent**



8. Delicious Somen is ready! *You can enjoy with **cold dipping source** or **hot soup**.

