

# Udon Noodles

December 21st, 2022

**This recipe serves: 2**

Prep Time: 00:15

Cook Time: 00:30

Udon Noodles is a traditional Japanese dish, but the noodles have a thicker, more silky texture than their more popular Ramen cousin. Traditional Udon Broth calls for Light Soy Sauce (that is different from the low-sodium "Lite" Soy Sauce) and Dark Soy Sauce. The inclusion of both types of Soy will provide a more full savory flavor. If Dark Soy Sauce is not available, replace the Dark Soy Sauce with 2 additional Tablespoons of Light Soy Sauce (frequently labeled "Soy Sauce"). Additionally, Mirin (containing alcohol) is also a traditional ingredient. This recipe replaces the Mirin with Rice Wine Vinegar.

## Ingredients:

Udon Noodles

2 Green Onions (Scallions), green parts only

Japanese Seven Spice Powder

1 Chicken Breast, thinly sliced (optional)

## Broth

1 Ounce Fresh Ginger, peeled

1 Garlic Clove

1 Teaspoon Sesame Oil

5 Cups Drinking Water

1 Tablespoon Sugar

1 Teaspoon Dashi Powder

2 Tablespoons Light Soy Sauce

2 Tablespoons Dark Soy Sauce

1 Tablespoon Rice Wine Vinegar

## Directions:

Cut the Ginger and Garlic into thin slices. Cut them as thinly as possible.

Cut the Scallions into thin slices, on the bias. Reserve for later.

Grill the (optional) Chicken slices over medium heat. Reserve for later.

Prepare the Udon Noodles, as directed on the package.

Separately, place a sauce pot over medium heat.

Add about 1 Teaspoon of Sesame Oil.

Add the sliced Ginger and Garlic. Pan fry until aromatic, about 1 or 2 minutes.

Add the Water, Sugar, and Dashi.

Bring to a low boil, then reduce the heat to a simmer.

Add the Soy Sauce and Rice Wine Vinegar.

Simmer about 5 minutes.

Divide the broth into 2 bowls. Add Noodles to each bowl, a small handful of Green Onions, and a sprinkling of Japanese Seven Spice Powder, to taste.

Optionally, add a few Chicken Slices.