Welcome to the gourmet world of Japanese noodles.
Connecting people and nature. Dried noodles embody the spirit of Japanese food culture.

In the same way that the Japanese appreciate the changing seasons, there has always been a great appreciation for nature's bounty in Japan.

Dried food which has been appreciated through such an appreciation, is now becoming increasingly popular around the world. Noodles, a part of Japan's food culture that evolved through the connection between people and nature, is a simple dish with a unique chewy texture. It is easy to cook and can be adapted to a range of different dishes. It is the taste of Japanese kimmen, a part of Japan's food culture.
The KANMEN

Range

The diversity of Japanese kanmen, each with a unique taste.

Japanese kanmen is produced by kneading together buckwheat flour or wheat flour with water and other ingredients. There are many types of kanmen, depending on the ingredients used, the method of production and the thickness of the noodle. The following are typical examples of kanmen, each with its unique flavor and texture.

Soumen
Ultra-thin noodles produced by kneading together a mixture of wheat flour and salt with water to produce smooth noodles with a firm texture.

Hiyamugi
A thin noodle produced by kneading together a mixture of wheat flour and salt with water. Hiyamugi is slightly thicker than soumen.

Soba
Produced by blending soba, or buckwheat, flour and wheat flour as a binding agent. This blend is then kneaded with cold or hot water. It boasts excellent flavor and texture.

Udon
Produced by kneading together a mixture of wheat flour and salt with water, udon noodles are thick and have a firm texture.

Kishimen
Produced by kneading together a mixture of wheat flour and salt with water. The final product is a flat noodle known as hinamen.

Dried Chinese Noodles
Noodles that are produced by adding brine to wheat flour and salt, kneaded and then dried. Primarily used in Chinese dishes.
KANMEN EXPERIENCE

Soho Salad Featuring Western Vegetables

1. Slice the vegetables into edible sizes.
2. Boil the whole noodles until they are al dente. Rinse under cold water and drain. Boil snap peas and the bean sprouts just before serving.
3. Blend the ingredients for the dressing and marinate the vegetables in it for 10 minutes.
4. Place dressed vegetables and noodles in a bowl, add the dressing, and serve.

Stir-fried simmered in soup or chilled and used as a salad ingredient by mixing with fresh vegetables, KANMEN can be enjoyed in a wide range of dishes - as a substitute for pasta in Western-style dishes, Chinese noodle dishes, and naturally in Japanese noodle dishes as well. Would you choose to eat the taste and texture of KANMEN?
French? Italian? Kanmen transforms everyday meals into nouvelle cuisine!

Western Recipe

Pasta-style Hiyamugi Noodles with Summer Vegetable Sauce
1. Dice vegetables. Add half the olive oil to pan and sauté the garlic and red chilli peppers to flavor the oil. Quickly sauté the eggplant and remove from heat.
2. Add a little olive oil and sauté the onions. Add the other vegetables, finally adding the hiyamugi prepared in step 1.
3. Add sugar, white wine vinegar, salt, black pepper and the remaining olive oil, blending quickly. Place lid on pan and simmer for 4 to 5 minutes.
4. In a separate pot, boil the hiyamugi noodles, making sure they retain their firmness. Rinse them in cold water and drain.
5. Return the hiyamugi noodles to the pot, add some of the mixture prepared in step 3 and season with salt and pepper.
6. Place hiyamugi noodles on plate and add the remaining mixture prepared in step 3.

Chilled Soumen Noodles with Tomato, Mozzarella Cheese and Basil
1. Dice the tomato and cheese and place in bowl with hand-chopped basil leaves. Blend salt, pepper, balsamic vinegar, and olive oil, and season to taste.
2. In a separate pot, boil the soumen noodles, making sure they retain their firmness. Rinse in cold water, drain, and add to salad prepared in step 1. Mix together, season with salt and black pepper, and place in dish.

Udon Noodles in Cream of Mushroom Soup
1. Slice the mushrooms and chicken into edible sizes and finely chop onions.
2. Add vegetable oil to the pan and sauté the onions. Add the chicken, sauté, add the mushrooms, and combine. Season with salt and white pepper and add white wine, allowing alcohol to evaporate.
3. Add half a cup of soup stock and place lid on pan when mixture starts to boil. Simmer for 15 to 16 minutes on low heat.
4. In a separate pot, boil the udon noodles, making sure they retain their firmness. Rinse them in cold water, drain, and add to stock prepared in step 3.
5. Add fresh cream when sauce in step 3 is thoroughly heated, simmer for approximately 5 minutes and season to taste.
6. Place in bowl and sprinkle with Italian parsley.

*Instructions (Refer to pages 13 and 14 for ingredient details)
Bifun-style Fried Soumen Noodles with Shrimp
1. Add shrimp to shaoxing wine, salt, egg white and cornstarch and blend with hands. Sich the garlic, finely chop the shallots, and roughly chop the garlic chives.
2. Boil the soumen noodles, making sure they retain their firmness. Rinse in cold water and drain.
3. Heat vegetable oil in a wok and stir-fry the garlic and a third of the shallots. Once the oil is flavored, add the shrimp, stir-fry quickly, and remove from heat.
4. Add a little more oil, stir-fry the remaining shallots and garlic chives, add the soumen noodles and, once blended, add the shrimp. Season with soy sauce, chili powder and salt and then transfer to plate.

Jaa Jaa Kishimen Noodles
1. Finely chop ginger and shallots, slice bamboo shoots and shiitake mushrooms. Slice the cucumber in rounds and slice the boiled eggs in half.
2. Add vegetable oil, ginger, shallots and toubanjan (chili miso paste) and stir-fry until fragrant.
3. Add minced meat and sake and stir-fry over high heat. Add soy sauce and fennel (Chinese miso paste), blend well, add bamboo shoots and shiitake mushrooms, and stir-fry. Add chicken soup stock and stir-fry. When liquid starts to evaporate, add the cornstarch diluted in water and stirrer until mixture thickens. Add sesame oil and then turn heat off.
4. In a separate pot, boil the kishimen noodles, rinse thoroughly in cold water, drain, and place noodles in dish.
5. Place what was prepared in step 3, cucumber and boiled eggs on the noodles.

Chinese-style Noodles in Chicken Stock
1. Finely shred the cloud ear mushroom and pull apart the dried scallops. Julienne the chicken. Coal chicken pieces with one teaspoon cornstarch, sprinkle over the meat.
2. Heat vegetable oil in a wok and stir-fry the chicken. Add bean curd, cloud ear mushroom, dried scallops, water, soup stock, sake, salt and pepper and simmer over low heat for 5 to 6 minutes. Add 2 teaspoons of cornstarch dissolved in water until the mixture thickens.
3. Heat the water and chicken stock powder, and when mixture starts to boil, add the soy sauce and sesame oil to finish the soup.
4. In a separate pot, boil the Chinese noodles, drain, combine in bowl with the mixture prepared in step 3 and then pour over what was prepared in step 2.
Japanese-style Fried Udon Noodles

1. Boil the udon noodles, ensuring they are slightly firm. Rinse in cold water and drain.
2. Slice the pork into edible sizes. Sprinkle sake, salt and pepper and knead, julienne the vegetables.
3. Add 1 tablespoon vegetable oil to a wok. Stir fry the pork, then add carrot, shiitake mushrooms, and shallots and continue to stir fry. Add the cabbage and green bell pepper and quickly stir fry. Add 1/2 tablespoon of soy sauce, pepper and salt and blend. Add the udon noodles and the remaining vegetable oil and stir fry.
4. Add Japanese sake and blend. Once the udon noodles are thoroughly heated, add the remaining soy sauce, salt and pepper to season.
5. Transfer to plate and sprinkle with beni shouyu (red pickled ginger).

Zarusoba

1. Thinly slice the shallots and grate the wasabi. Add water to the commercial noodle dipping sauce following the instructions on the label to make 800 – 1000cc of stock.
2. Boil the soba noodles so they remain relatively firm. Rinse well in cold water, drain and transfer to a woven basket or other receptacle.
3. Place the soba dipping sauce in a small bowl and place the chopped shallots and wasabi into a small side dish.

Curried Kishimen Noodles

1. In a pot, combine commercial noodle dipping sauce and the amount of water specified on the label and bring to a boil. This will create 1200cc of soba dipping sauce.
2. Slice shallots and pork into edible sizes, add to pot, and heat until mixture simmers. Remove the scum and continue to simmer for around 30 minutes.
3. Add curry roux cube. When cube has melted, add cornstarch mixed in water and watch thickening of sauce.
4. In a separate pot, boil the kishimen noodles. Rinse under running water and add to boiling water so they thoroughly reheat, drain and transfer to bowl.
5. Pour over the mixture prepared in step 3 and scatter with finely chopped green onions.

Instructions (Refer to pages 13 and 14 for ingredient details)
### INGREDIENTS FOR RECIPES

The ingredients for the recipes outlined in the brochure are listed below. All the ingredients used in the recipes can be easily obtained. We encourage you to try them out!

*All dishes serve four.*

#### Pasta-style Mnyamgu Noodles with Summer Vegetable Sauce
- **Noodles**: Around 400g
- **Eggplant**: Two
- **Bell pepper (red and yellow)**: One of each
- **Zucchini**: Two
- **Garlic**: One piece
- **Red chill pepper**: Two
- **Olive oil**: 200cc
- **Soy sauce**: 40cc
- **Garlic powder**: To taste
- **Other ingredients**: 40cc

#### Udon Noodles in Cream of Mushroom Soup
- **Udon noodles**: 240g
- **Mushrooms**: 500g
- **Onion**: 1/2
- **Garlic**: One piece
- **Red chill pepper**: Two
- **Olive oil**: 200cc
- **White wine**: 60cc
- **Salt**: One level teaspoon
- **Black pepper**: To taste
- **Other ingredients**: 60cc

#### Chilled Somen Noodles with Tomato Mozarella Cheese and Basil
- **Somen noodles**: 320g
- **Mozzarella cheese**: Two bags
- **Ripe tomatoes**: Two
- **Basil**: One bunch
- **Salt**: One level teaspoon
- **Balsamic vinegar**: One level spoon
- **Olive oil**: 3 tablespoons

#### Japanese-style Fried Udon Noodles
- **Udon noodles**: 400g
- **Pork pieces**: 150g
- **Onion taters**: One 1 capsule
- **Salt and pepper**: To taste
- **Shiitake mushrooms**: 5
- **Chestnut**: One
- **Cabbage**: 2 leaves
- **Green onion**: One
- **Green onion**: One

#### Japanese-style Fried Somen Noodles with Shrimp
- **Somen noodles**: 340g
- **Shrimp**: One 16 to 20
- **Shaoxing wine**: 2 tablespoons
- **Salt**: To taste
- **Egg white**: One
- **Cornstarch**: One 1 to 5 teaspoons
- **Vegetable oil**: Two 1 to 3 tablespoons
- **Garlic**: One
- **Salt**: To taste
- **Black pepper**: One
- **Oil**: Three 1 tablespoons

#### Chinese-style Noodles in Chicken Stock
- **Chinese noodles**: 320g
- **Powdered chicken soup**: Two 1 tablespoons
- **Wine**: 600cc
- **Light soy sauce**: One 1 teaspoon
- **Sesame oil**: One 1 tablespoon
- **Black pepper**: One
- **Salt**: One 1 to 3 teaspoons
- **Cornstarch**: One 3 teaspoons

#### Jas-Jas Chimken Noodles
- **Kishimen noodles**: 320g
- **Vegetable oil**: Two 3 tablespoons
- **Ginger**: One
- **Shiitake mushrooms**: One 1 teaspoon
- **Minced pork**: One 1 tablespoon
- **Shaoxing wine**: One 1/2 tablespoon
- **Soy sauce**: One 1 teaspoon
- **Tomato paste**: One 1 tablespoon
- **Shiitake mushrooms**: One 3 tablespoons
- **Bamboo shoots**: One 100g
- **Chicken stock**: One 1200cc
- **Cornstarch**: One 3 teaspoons
- **Water**: One 1 bottle
- **Sesame oil**: Two 1 tablespoons
- **Cucumber**: One
- **Boiled egg**: One
Kanmen is made with ingredients and production methods of the highest standards.

The choice of the buckwheat flour ‘binding agent’ and water is carried out under strict scrutiny to ensure that the unique flavor and texture of Japanese soba noodles is drawn out to the maximum. The selection of wheat flour used in the production process of udon and somen noodles is a rigorous process to ensure optimum protein levels and starch quality, while the ratio of wheat and starch are also important considerations. This attention to detail is one of the reasons behind the delicious taste and flavor of Japanese kanmen.

Japanese kanmen production follows strict food safety standards.

Japanese noodle production is strictly monitored by quality labeling standards and Japan Agricultural Standards (JAS) and is easily able to meet both. In fact, the moisture content of kanmen is lower than that prescribed by the JAS standard. As a result, there is no chance of microorganisms such as mold developing as long as the noodles are hermetically sealed. This means that kanmen can be safely stored over extended periods of time. It is an outstanding nonperishable food with an expiration date of, at the very least, one year.

Repeating the maturing process to reflect seasonal requirements – the rigorous kanmen production method.

Udon and somen noodle production has always reflected the season, with salt content and drying time adjusted according to the time of the year. This is to ensure that quality is always maintained. For example, the type of somen known as tenobe is produced by a unique production method involving a repeated maturation and noodle extension process to produce high quality noodles that are famous for their smooth yet firm texture. Although today many types of kanmen are produced by noodle production machines, adherence to these strict production methods continues.

Japanese kanmen – a healthy food produced under strict hygienic conditions

Japanese kanmen is increasingly popular for its low-calorie and healthy properties.

Udon and kishimen noodles are not only filling but are low in calories. Soba noodles are a nutritionally balanced and healthy product rich in fiber and low in calories. Japanese kanmen is outstanding for its healthy properties and is attracting growing attention among the diet-conscious. Rutin, found in high levels in soba noodles, is recognized as an anti-oxidant and is said to be effective for hypertension.
Japanese noodles have a 1500 year long history.

Soba, or buckwheat, was first cultivated around the 5th century, while ramen noodles originated in the 8th century. Japanese noodles developed within a long history. Soba and udon noodles became popular during the Edo period, a culture represented by the world-famous Ukiyo-e woodblock prints. Japanese noodles continue to be enjoyed today by all Japanese.

Japanese kanmen can now be found in food retailers in countries throughout the world.

Driven by the growing interest in Japanese food, exports of Japanese kanmen continue to grow steadily. Kanmen is now being exported not only to the Asian region but to regions all over the world including Europe, the United States and Central and South America. Japanese kanmen continues to respond to the demands of the food industry as an example of delicious Japanese food culture that can be enjoyed by consumers in countries throughout the world.

Appreciation of the seasons and one’s home region through noodle dishes.

Japan is a nation characterized by its four seasons. During the long summer, the Japanese eat chilled ramen or hiyamugi noodles. In spring or autumn, people enjoy soba noodles made from new buckwheat flour while they eat simmered udon or kishimen noodles in winter. In this way, different noodle dishes are prepared to suit the season. Another feature of Japanese noodles is regional differences. For the people of Japan, different types of noodles represent different regions and have a special place in the hearts of the Japanese.

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