Cooking Japanese dishes is simple when you use kanmen!

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 pan. Slightly stir fry the pork, then add carrot, shiitake mushrooms, and shiokosu 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 shougu (red pickled ginger).

Instructions (Refer to pages 13 and 14 for ingredient details).

Zarusoba
1. Thinly slice the shiokosu and grate the wasabi. Add water to the commercial noodle dipping sauce following the instructions on the label to make 500 – 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 shiokosu and wasabi into a small side dish.

Instructions (Refer to pages 13 and 14 for ingredient details).

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 1200 cc of soba dipping sauce.
2. Slice shiokosu and pork into edible sizes, add to pot, and heat until mixture simmers. Remove the scum and continue to simmer for around 10 minutes.
3. Add curry roux cube. When cube has melted, add cornstarch mixed in water and monitor thickening of the 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.
**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!

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**Joba Salad Featuring Western Vegetables**

- Soba noodles: 200g
- Endive: One
- Trello: One
- Arugula: 1/2 bunch
- White mushrooms: One
- Snap peas: 1/2 cup
- Dressing (commercial dressing can also be used)

**Shum-men style Fried Somen Noodles with Shrimp**

- Somen noodles: 340g
- Shrimp: 16 to 20
- Shaking wine: 2 tablespoons
- Salt: To taste
- Egg white: From one egg
- Cornstarch: 1 to 1.5 teaspoons
- Vegetable oil: 1 to 2 tablespoons
- Garlic: 1 piece
- Shitake: One
- Garlic chives: 1 bunch
- Salt: To taste
- Soy sauce: 2 tablespoons
- Chili powder: To taste

**Chinese-style Noodles in Chicken Stock**

- Chinese noodles: 320g
- Powdered chicken soup: 2 tablespoons
- Water: 800cc
- Light soy sauce: To taste
- Sesame oil: 4 tablespoons
- Pink: 100g
- Chicken breast: 200g
- Onion: 15g
- Cloud ear mushrooms: 5g
- Water: 200cc
- Chicken soup stock: 2 tablespoons
- Vegetable oil: 3 tablespoons
- Shaking wine: 1 tablespoon
- Salt and pepper: To taste
- Cornstarch: Around 3 teaspoons

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**Kishimen Noodles**

- Kishimen noodles: 320g
- Vegetable oil: 2 to 3 tablespoons
- Ginger: 1 piece
- Shitake: 1 piece
- Tofu: 1/2 cup
- Minced pork: 200cc
- Shaking wine: 1.5 tablespoons
- Soy sauce: 1 tablespoon
- Tonmari green mung bean: 2 tablespoons
- Shitake mushroom: 3
- Bamboo shoots (cooked in water): 100g
- Chicken stock: 200cc
- Cornstarch: Water: 1/2
- Sesame oil: 2 tablespoons
- Cucumber: 1
- Boiled egg: 2

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**Pasta-style Miyaguni Noodles with Summer Vegetable Sauce**

- Miyaguni noodles: Around 400g
- Eggplant: Two
- Onion: 1/2
- Bell pepper (red and yellow): One of each
- Zucchini: Two
- Garlic: One piece
- Red chili pepper: Two
- Olive oil: 200cc
- Super: 20g
- White wine: 60cc
- Salt: 1 level teaspoon
- Black pepper: To taste
- Other ingredients: Salt and pepper: To taste

**Udon Noodles in Cream of Mushroom Soup**

- Udon noodles: 240g
- Mushrooms: 500g
-シンプル mushrooms, mushrooms, soup mushrooms, bamboo mushrooms, etc.
- Chicken stock: 200g
- Onion: 1/2
- Vegetable oil: 2 tablespoons
- Soup stock: 1000cc
- Salt: To taste
- Black pepper: To taste
- Other ingredients: Salt and pepper: To taste

**Chilled Somen Noodles with Tomato Mozzarella Cheese and Basil**

- Somen noodles: 320g
- Mozzarella cheese: 2 bags
- Ripe tomatoes: 2
- Basil: 1 bunch
- Salt and pepper: To taste
- Balsamic vinegar: 1 tablespoon
- Olive oil: 3 tablespoons

**Japanese-style Fried Udon Noodles**

- Udon noodles: 400g
- Pork pieces: 150g
- Japanese sake 1 teaspoon (seasoning for pork)
- Salt and pepper: To taste
- Shitake mushrooms: 5
- Cumin: 1/2
- Shallot: One
- Cabbage: 2 large leaves
- Green bell pepper: One
- Vegetable oil: 2 tablespoons
- Japanese sauce 2 teaspoons (for cooking)
- Soy sauce: 1/2 tablespoons
- Salt and pepper: To taste
- Fresh green onions: To taste

**Curried Kishimen Noodles**

- Kishimen noodles: 320g
- Water: As required
- Commercial noodle: As required
- Dipping sauce: Pork pieces: 200g
- Shallot: One
- Curry sauce (commercial): 90g
- Cornstarch: 1 teaspoon
- Water: 1/2
- Green onion: To taste

**Zenudoba**

- Soba noodles: 400g
- Shallots: 10cm
- Wasabi (horseradish paste): As required
- Commercial Wasabi: 1 table
- Commercial Wasabi: As required
- Dipping sauce: Water: 1/2
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.

With a focus on the quality of water, flour and technique

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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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