



Welcome to the gourmet world of Japanese noodles.



JAPANESE DRIED NOODLES
KANMEN





J A P A N E S E D R I E D N O O D L E S

K A N M E N

1 Connecting people and nature. Dried noodles embody the spirit of Japanese food culture. 2

In the same way that the Japanese appreciate the changing seasons, there has always been a great appreciation for nature's bounty in Japan. And today, Japanese food, which has evolved through such an appreciation, is now becoming increasingly popular around the world. *Kanmen*, or "dried noodles," includes *udon*, *soba* and *soumen*, which are dried during the production process, and is a representative Japanese food. *Kanmen* is convenient as it can be prepared simply by boiling it in hot water and can be stored over long periods of time. It has a simple flavor and a unique, chewy texture, is easy to cook, and can be applied to a range of different dishes. Try the taste of Japanese *kanmen*, a part of Japan's food culture that evolved through the connection between people and nature.

The KANMEN

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.

Range

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 *hiramen*.



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

Stir-fried, simmered in soup, or chilled and used as a salad ingredient by mixing with fresh vegetables.... Japanese *kanmen* can be enjoyed in a wide range of dishes - as a substitute for pasta in Western style dishes, in Chinese noodle dishes and, naturally, in Japanese noodle dishes as well. Which of the following dishes would you choose to try out the taste and texture of Japanese *kanmen*?

EXPERIENCE

5 Which dishes can maximize the delicate, delicious taste and texture of *kanmen*?

6

Soba Salad Featuring Western Vegetables

1. Slice the vegetables into edible sizes.
2. Boil the *soba* noodles ensuring they are slightly firm, rinse thoroughly in cold water and drain. Boil snap peas and chill them in cool water.
3. Blend the ingredients for the dressing (commercial dressing can also be used).
4. Place drained vegetables and noodles in a bowl, add the dressing just before serving, blend and then transfer to a serving dish or bowl.

WESTERN

French? Italian?

Kanmen transforms everyday meals into nouvelle cuisine!

RECIPE



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 laurel leaf and soup stock and place lid on pan when mixture starts to boil. Simmer for 10 to 15 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)

Pasta-style *Hiyamugi* Noodles with Summer Vegetable Sauce

1. Dice vegetables. Add half the olive oil to pan and sauté the garlic and red chili 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 eggplant 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 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.

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



Chilled *Soumen* Noodles with Tomato, Mozzarella Cheese and Basil

1. Dice the tomato and cheese and place in bowl with hand-shredded 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.

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



CHINESE

Beijing style? Cantonese style?

The world of Chinese cooking expands with Japanese *kanmen*.

RECIPE



Chinese-style Noodles in Chicken Stock

1. Finely shred the cloud ear mushroom and pull apart the dried scallops. Julienne the chicken. Coat chicken pieces with one teaspoon cornstarch, sprinkled over the meat.
2. Heat vegetable oil in a wok and stir-fry the chicken. Add peas, 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.

·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. Slice the garlic, finely chop the shallots, and roughly slice 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.

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



Jaa Jaa Kishimen Noodles

1. Finely chop ginger and shallots, dice 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 *tenmanjan* (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 simmer 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.

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



JAPANESE

Cooking Japanese dishes is simple
when you use *kanmen*!

RECIPE



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 shallots 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.

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

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 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 shouga* (red pickled ginger).



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

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.

・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.

Soba Salad Featuring Western Vegetables



Soba noodles	200g
Endive	One
Treviso	One
Arugula	1/2 bunch
White mushrooms	One packet
Snap peas	1/2 packet
Dressing (commercial dressing can also be used)	
Lemon Juice	1 tablespoon
Soy sauce	1 tablespoon
Salt	To taste
Black pepper	To taste
Olive oil	3 tablespoons

Bifun-style Fried Soumen Noodles with Shrimp



Soumen noodles	340g
Shrimp	16 to 20
Shaoxing wine	2 tablespoons
Salt	To taste
Egg white	From one egg
Cornstarch	1 to 1.5 teaspoons
Vegetable oil	2 to 3 tablespoons
Garlic	1 piece
Shallots	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 stock	2 tablespoons
Water	800cc
Light soy sauce	To taste
Sesame oil	4 tablespoons
Peas	100g
Chicken breast	200g
Dried scallops	15g
Cloud ear mushrooms	5g
Water	200cc
Chicken soup stock	2 teaspoons
Vegetable oil	3 tablespoons
Shaoxing wine	1 tablespoon
Salt and pepper	To taste
Cornstarch	Around 3 teaspoons

Jaa Jaa Kishimen Noodles



Kishimen noodles	320g
Vegetable oil	2 to 3 tablespoons
Ginger	1 piece
Shallots	10cm
Toubanjan (chili miso paste)	1.5 tablespoons
Minced pork	200g
Shaoxing wine	1.5 tablespoons
Soy sauce	1 tablespoon
Tenmanjan (Chinese miso paste)	2 tablespoons
Shiitake mushrooms	3
Bamboo shoots (cooked in water)	100g
Chicken stock	200cc
Cornstarch	1/2 teaspoon
Water	A little
Sesame oil	2 tablespoons
Cucumber	1
Boiled egg	2

Pasta-style Hiyamugi Noodles with Summer Vegetable Sauce



Hiyamugi 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
Sugar	20g
White wine vinegar	40cc
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
(Shiitake mushrooms, mushrooms, eringi mushrooms, shimeji mushrooms, etc)	
Chicken thigh	200g
Onion	1/4
Vegetable oil	2 tablespoons
Soup stock	1000cc
White wine	60cc
Laurel (bay) leaf	1 to 2
White pepper	To taste
Salt	To taste
Fresh cream	150cc
Italian parsley	To taste

Chilled Soumen Noodles with Tomato, Mozzarella Cheese and Basil



Soumen noodles	320g
Mozarella cheese	2 bags
Ripe tomatoes	2
Basil	1 bunch
Salt-Black 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
Shiitake mushrooms	5
Carrot	1/3
Shallot	1/2
Cabbage	2 large leaves
Green bell pepper	One
Vegetable oil	2 tablespoons
Japanese sake	2 tablespoons (for cooking)
Soy sauce	1.5 tablespoons
Salt and pepper	To taste
Beni shouga (red pickled ginger)	To taste

Curried Kishimen Noodles



Kishimen noodles	320g
Water	As required
Commercial noodle dipping sauce	As required
Pork pieces	200g
Shallot	One
Curry roux (commercial)	90g
Cornstarch	1 teaspoon
Water	1 teaspoon
Green onion	To taste

Zarusoba



Soba noodles	400g
Shallots	10cm
Wasabi (horseradish paste)	As required
(Commercial Wasabi in a tube can also be used)	As required
Commercial noodle dipping sauce	As required
Water	

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 *soumen* 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.

KANMEN

HYGIENE

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

Japanese *kanmen* – a healthy food produced under strict hygienic conditions

QUALITY

& HEALTH

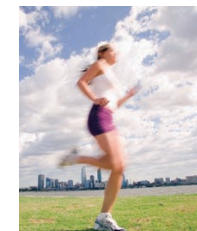
Repeating the maturing process to reflect seasonal requirements – the rigorous *kanmen* production method.

Udon and *soumen* 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 *soumen* 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* 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.



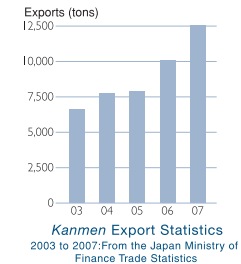
Japanese noodles have a 1500 year long history.

Soba, or buckwheat, was first cultivated around the 5th century, while *soumen* 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.



HERITAGE

EXPORT

The history of noodles is the history of Japanese food culture

Japanese *kanmen* is being delivered to dinner tables throughout the world in response to a global demand.

& CULTURE

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 *soumen* 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.



References

- *Kanmen Nyuumon* [Introduction to Kanmen], Nihon Shokuryou Shimbunsha
- *Menshoku no Susume* [Promoting Noodle Dishes], Shibata Shoten
- *Tezukuri Nihonshoku Shirizu* – Kenkoushoku – Udon [Homemade Japanese Meals, a Series – Udon Noodles, a Health Food], Nousangyoson Bunka Kyoukai Corporation
- *Tezukuri Nihonshoku Shirizu* – Kenkoushoku – Soba [Homemade Japanese Meals, a Series – Soba Noodles, a Health Food], Nousangyoson Bunka Kyoukai Corporation
- *Soba, Udon* – Hyakumi Hyakudai [Soba and Udon Noodles – a Hundred Tastes, a Hundred Uses], Shibata Shoten
- *Pan to Men to Nihonjin* [Bread, Noodles and the Japanese], Shueisha

The logo for the Ministry of Agriculture, Forestry and Fisheries (MAFF) of Japan. It features the acronym "MAFF" in a large, bold, black, sans-serif font. The letters are closely spaced, with the "M" and "A" being slightly larger than the "F"s. The background of the entire page is a light beige color with a subtle, embossed texture that resembles a natural material like paper or fabric. A solid red horizontal band runs across the middle of the page, separating the top and bottom sections.

MAFF

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