

# 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



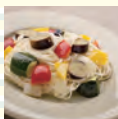
Chinese noodles	320g
Powdered chicken soup stock	2 tablespoons
Water	800cc
Light soy sauce	To taste
Sesame oil	4 tablespoons
Peas	100g
Chicken breast	200g
Dried scallops	15g
Cloud ear mushrooms	5g
Water	200cc
Chicken soup stock	2 teaspoons
Vegetable oil	3 tablespoons
Shaoxing wine	1 tablespoon
Salt and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

## Jaa Jaa Kishimen Noodles



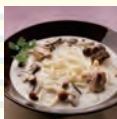
Kishimen noodles	320g
Vegetable oil	2 to 3 tablespoons
Ginger	1 piece
Shallots	10cm
Toubanjan (chili miso paste)	1.5 tablespoons
Minced pork	200g
Shaoxing wine	1.5 tablespoons
Soy sauce	1 tablespoon
Tenmanjan (Chinese miso paste)	2 tablespoons
Shiitake mushrooms	3
Bamboo shoots (cooked in water)	100g
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

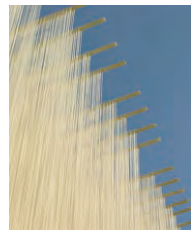
Japanese *kanmen* – a healthy food produced under strict hygienic conditions

QUALITY

& HEALTH

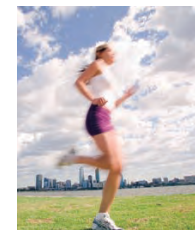
## Repeating the maturing process to reflect seasonal requirements – the rigorous *kanmen* production method.

*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.





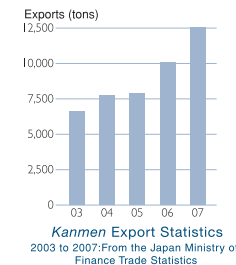
## Japanese noodles have a 1500 year long history.

*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

17

The history of noodles is the history of Japanese food culture

# & CULTURE

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

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## 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 and have a slightly irregular, hand-drawn appearance.

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