

# Japanese Wheat Noodle

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にゅうめん

## ● Ingredients (servings 2)

A bunch of Dried Somen Noodles

(Wheat Noodle) (3.1 oz.)

3 Cups Anchovy or Kelp Dashi stock

1 Tbsp. Soy Sauce

½ Tbsp. Cooking Sake

½ tsp. Salt

2 Tbsp. minced Green Onion (total)

Boiled Water, for boiling dried Somen noodle



## ● Boil Somen Noodle



This is the dried Somen Noodles (Japanese wheat noodle) I used. You can get at many grocery stores in the US.



In a deep stockpot, boil enough water to boil the noodles.



Add a bunch of dried Somen noodles to the stockpot and boil for 2 minutes, which is following the direction on the package.

## ● Drain and Cool the Noodle



● During boiling, prepare cold water with ice in a bowl.



After the 2 minutes, drain and transfer the noodles to the cold water.  
Scramble with your fingers to soak each string in the cold water.



## ● Cook the Soup



In a sauce pan, boil 3 cups of Anchovy or Kelp Dashi stock over medium heat.



And add  
1 Tbsp. of soy sauce  
½ Tbsp. of cooking Sake  
½ tsp. of salt



Stir well and turn the heat off when it boils.

## ● Serve

Drain the noodles in a strainer and place half the noodles in a soup bowl and pour the soup.

Sprinkle with 1 Tbsp. of minced green onion to taste.

