

Cold Japanese Wheat Noodle

冷やしそうめん

● Ingredients (servings 2)

2 bunches Dried Somen Noodles (Wheat Noodle)

1 piece Chicken Breast

2 Tomatoes

2 Eggs

½ Cucumber

2 cups Kelp or Anchovy Dashi Stock

3 Tbsp. Soy Sauce

2 Tbsp. Cooking Sake (total)

2 Tbsp. Mirin (sweet cooking rice wine)

1 Tbsp. Sugar

1 ½ tsp. Salt (total)

- Prepare Chicken Breast to make tender



Cut a piece of chicken breast from the side to reduce the thickness and poke with a fork.



Place the chicken in a plastic bag and add 1 Tbsp. of cooking Sake and 1 tsp. of salt.



Close and shake the bag to coat evenly. Let it sit for 30 minutes in the refrigerator.

● Soup



Heat 2 cups of Dashi stock up in a sauce pan over medium heat.

Add 3 Tbsp. of soy sauce, 1 Tbsp. of cooking Sake, 2 Tbsp. of Mirin, 1 Tbsp. of Sugar and $\frac{1}{2}$ tsp. of salt.

Whisk well and turn the heat off when it boils. Set aside.

- Prepare Chicken Breast to make tender



Place the marinated chicken into a deep pan and add enough water to cover the chicken completely.

Cook over medium heat until it boils.

Once it boils, turn the heat off and put the lid on the pan. To cook chicken perfectly, let it sit for at least 30 minutes on the stove.

● Prepare Topping



Beat 2 eggs in a bowl.

Heat 1 Tbsp. of vegetable oil in a pan.

Add 1/3 of the beaten eggs and cook a very thin layer of fried egg over medium-low heat. Repeat with the remaining beaten eggs.

Transfer the fried egg to a cutting board, cut into strips and set aside.



Slice 2 washed tomatoes and 1/2 of a washed cucumber into thin strips.



Shred the cooked chicken finely with 2 forks.

● Boil 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. Put 2 bunches of dried Somen noodles into the stockpot and boil for 2 minutes as per the directions on the package.

Sometimes stir to keep the noodle from stick together.

Drain and cool the noodles by running under cold water and scrambling with your fingers to soak each string.

Drain the cold noodles and transfer to a plate.
Top with the tomato, the cucumber and the chicken.
Serve with the soup and sprinkle with sesame seeds to taste.
You can dip the noodle and vegetables into the soup as you eat.

