

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping

Saturday June 9, 2018 from 4-6PM



258 N Palm Canyon Dr., Palm Springs
RSVP: 760-537-3838



Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping

What is Soba noodles?

Soba

- Buckwheat flour, wheat flour, water, and buckwheat starch, for dusting
- Why add wheat flour?
 - easier to handle
 - yields a better, more elastic noodle



Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



What is Ramen noodles?

Ramen

- Wheat flour, salt, water, and kansui
- Kansui is an alkaline solution that regulates acidity in the process of dough making
 - it contains 80% sodium carbonate and 20% potassium carbonate
 - it causes the noodles to have a yellow color and a special springy mouthfeel
- Kale Ramen is flavored with Kale



Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping

What is Udon noodles?

Udon

- Wheat flour, salt and water
- Homemade takes up to 4 hours
 - Feet are used to knead
 - Dough placed into zip loc bag & covered by a towel
 - Kneading with hands is too difficult



Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



History of Soba, Udon and Ramen noodles

Soba and **Udon** noodles originated in China and were brought to Japan in 300AD

Ramen noodles originated in China and was brought to Japan in the 19th century



Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



The Art of Slurping

Slurping makes the noodle taste better

Slurping multiplies the flavors of the soup and noodles

Why?

Taste and aroma make the noodle and sauce taste better

- Mouth
- Nose

How?

Similar to how wine connoisseurs gurgle wine, sucking air through their mouths to force air into the nasal passage allowing the flavors to spread

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



Noodle Sauce Ingredients

Soba

- Sobatsuyu
 - ½ Cup Cooking sake (\$8.95)
 - ¼ Cup Mirin (\$3.95)
 - 1 Tbsp Sugar
 - ½ Cup Soy sauce (\$4.95)
 - ¼ Cup Dashi (8.95)
 - 2 cups water
 - Cook Mirin and Cooking sake
 - Bring to boil for 5 min
 - Add remaining ingredients
 - Bring to boil for 2
 - Allow to cool and place in refrigerator
- Green onion chopped mixed into Sobatsuyu
- Wasabi mixed into Sobatsuyu (\$3.95)



\$3.95

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



Noodle Sauce Ingredients

Ramen

- Sesame Dressing by Kewpie (\$4.95) (mixed into noodles)
- Julienne carrots (place on top of noodles or mix in)
- Julienne cucumbers (place on top of noodles or mix in)
- White roasted sesame seeds (\$3.95) (mixed into noodles)
- Black roasted sesame seeds (\$3.95) (mixed into noodles)



\$3.95

\$4.95

\$3.95

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



Noodle Sauce Ingredients

Udon

- ¼ Cup Hontsuyu Soup & Sauce Base KKM (\$5.95)
- 1 Cup Water
- Grated ginger (Kyocera Grater \$24.95)
- Sliced Okra (place on top of noodles)



\$24.95



\$5.95



\$1.95

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



Hands On @ Square Table

Julienne Cucumber

Slice Okra

Slice Green Onion

Grate Ginger



\$24.95



\$79.95



\$49.95



\$19.95

Japan Class Series

Cooking Class—Cold Noodles & The Art of Slurping



Tableware

Plate or Bowl

Sauce carafe

Cup for Sauce

Chopsticks

