

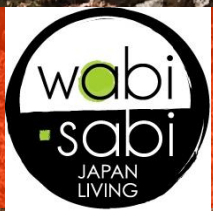
# Japan Class Series

## Cold Noodle Salads

Saturday July 7, 4-6PM



NOODLES



258 N Palm Canyon Dr., Palm Springs  
RSVP: [www.WabiSabiJapanLiving.com/Events](http://www.WabiSabiJapanLiving.com/Events)





# Japan Class Series

## Cold Noodle Salads



### Tonight

Sign in

### Sake & Beer

- Kurosawa Nigori \$20.00

### About the Store

### 4 Stations

1. Cutting demo – Kate (Knife Handling Basics)
2. Cooking demo – Sam
3. Sake & Beer
4. Retail on center table and throughout

### About Ramen

### Recipes

# Japan Class Series

## Cold Noodle Salads



### Sake

#### Kurosawa Nigori

720ml  
\$20.00

#### Profile

- Soft crisp citrus
- Subtle tartness
- Creamy Nigori texture



# Japan Class Series

## Cold Noodle Salads

### About the Store



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# Japan Class Series

## Cold Noodle Salads

### History of Ramen noodles

Ramen noodles originated in China and was brought to Japan in the 19<sup>th</sup> century



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## Cold Noodle Salads

### Hands On @ Square Table



Julienne Cucumber

Julienne Carrots

Slice Tomatos



\$24.95



\$79.95



\$49.95



\$19.95

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## Cold Noodle Salads

### What are 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





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## Cold Noodle Salads

### “Hiyashi Chuka” Origins

**Hyashi** means cold  
**Chuka** references Chinese food

#### Popular Theory

- 1937- Chinese restaurant in the city of Sendai Japan
- Chinese food demand was down during summer because the food typically was hot and oily



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## Cold Noodle Salads

### “Hiyashi Chuka” Ingredients

- 3-4 servings of Ramen noodles rinsed and chilled
- 4 Ham slices cut into thin strips
- 1 Tomato sliced long
- ½ English Cucumber julienned
- 3 Eggs scrambled mixed with 1 tsp cooking Sake, 1 tsp sugar, pinch of salt
- 2 Eggs medium-soft boiled and sliced
- 2-4 spoonful's of Pickled Red Ginger
- Karashi, Japanese Mustard

### Dressing

- 60 ml Soy Sauce
- 60 ml Rice Vinegar
- 15ml Mirin
- 3+ tsp Sugar
- 30 ml Water
- 2 tbsp EV Olive Oil
- 1 tbsp Sesame Oil
- 1 tbsp Lemon Juice
- 1 tbsp Ginger Juice



\$5.95 \$3.95 \$4.95 \$3.95



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## Cold Noodle Salads

### “Hiyashi Chuka” Directions

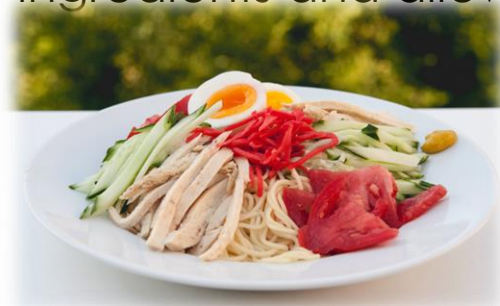


#### Salad

- Boil ramen and rinse in cold water several times
- Prepare other ingredients as described
- Place 1 serving of drained ramen on plate
- Place ham, and vegetables on top
- Drizzle sauce over salad
- Cook scrambled eggs on a large flat surface
  - Roll thin layer of scrambled eggs
  - Slice roll thinly across cylinder creating a noodle shape

#### Dressing

- Boil soy sauce, rice vinegar and mirin for 2 minutes
- Mix in all other ingredients and allow to cool



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## Cold Noodle Salads

### Kale Ramen Salad Origins

A la Putanesca

We make this at home with various ingredients. The base ingredients is always cold ramen and sesame dressing. Add different vegetables and meats as you like. All cold and crisp.





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## Cold Noodle Salads

### “Kale Ramen Salad” Ingredients



- 3-4 servings of Ramen noodles rinsed and chilled
- 1 Tomato sliced long
- 1 Carrot julienned
- 1 English Cucumber julienned
- 1 cup Red Cabbage cut in strips
- ½ Red Bell Pepper cut in strips
- Sesame Dressing
- White and Black Sesame seeds

#### Sesame Dressing

- 5 Tbsp Mayonnaise
- 1 Tbsp rice vinegar
- 2 tsp soy sauce
- 1-2 tsp sugar
- 1/2 tsp salt
- 2 Tbsp ground sesame seeds
- 2 tsp sesame oil



\$5.95



\$3.95



\$4.95



\$3.95



\$4.95

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## Cold Noodle Salads

### “Kale Ramen Salad” Directions

#### Salad

- Boil kale ramen and rinse in cold water several times
- Mix kale ramen and sesame dressing in a mixing bowl
- Prepare other ingredients as described
- Place 1 serving of kale ramen w/ sesame dressing on plate
- Place vegetables on top

#### Dressing

- Mix all ingredients together with whisk in a mixing bowl
- Add more sugar, sesame oil, salt or vinegar to your taste





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## Cold Noodle Salads



### Tableware

Plate or Bowl

Sauce carafe

Cup for Sauce

Chopsticks



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## Cold Noodle Salads

Thank you!

