



Cook / Local Japan



Today's recipe

"Kenchin-udon"

Udon noodle soup with chicken and vegetables. The kenchin soup and udon (or soba) noodles may often be served in separate bowls. The noodles are dipped into the soup before eating.

>> Serves: 2

>> 10 mins to prepare and 15 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Available at		Ingredients & Preparation		
<input type="checkbox"/>	R J	1 tbsp	sesame oil	
<input type="checkbox"/>	R	100g	chicken thigh (boneless)	cut into bite-sized pieces
<input type="checkbox"/>	R J	100g	daikon (mooli)	cut into quarter-rounds
<input type="checkbox"/>	R	50g	carrot	cut into quarter-rounds
<input type="checkbox"/>	R J	80g	satoimo (eddoes, taro)	cut into half-moon slices
<input type="checkbox"/>	J	50g	gobo (burdock)	finely shredded

<input type="checkbox"/>	R J	50g	hard tofu	diced
<input type="checkbox"/>		600ml	water	
<input type="checkbox"/>	J	1 tbsp	cooking sake	
<input type="checkbox"/>	R J	1 tbsp	mirin	
<input type="checkbox"/>	R J	2 tbsp	soy sauce	
<input type="checkbox"/>	J	2 tsp	Japanese powder stock	
<input type="checkbox"/>	R J	2 packs	pre-cooked udon (Japanese wheat noodle)	

<input type="checkbox"/>	R J	50g	salad onion (green onion)	thinly sliced
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Place / Prefecture

Ibaraki

Why not visit the official tourism website (while eating this dish)?



Method

1 *Cook's tip: If peeling the skin of is too much trouble, you can buy frozen pre-peeled satoimo at Japanese grocery stores. Also, you can buy frozen pre-shredded gobo at Japanese grocery stores. Heat the **sesame oil** in a pan over a medium heat and add the **chicken, daikon, carrot, satoimo, gobo**.

⇒ Cook until the surface of the chicken and vegetables are slightly seared.

2 *Cook's tip: Three types of udon are available: frozen udon in Japanese grocery stores, pre-cooked udon and dried udon in regular supermarket and Japanese grocery stores. If you have frozen udon, defrost as instructed on the packet. If you have dried udon, cook separately as instructed on the packet.

⇒ Put **tofu** and **water** in a pot and simmer for 7 minutes until the vegetables are tender. Then add **cooking sake, mirin, soy sauce, Japanese powder stock** and **udon** in the pan and simmer for a few more minutes until the udon is warm.

3 Serve in deep bowls, tossing **salad onion** on top.