



Cook Local Japan



Today's recipe

"Kameyama Misoyaki-udon"

*Stir-fried udon with a red miso based sauce.
It is a popular dish in Kameyama, a city in the north-central part of Mie prefecture.*

>> Serves: 2

>> 10 mins to prepare and 15 mins to cook

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

Place / Prefecture

Mie

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



Available at		Ingredients & Preparation	
<input type="checkbox"/>	R J	1 tsp	garlic (grated)
<input type="checkbox"/>	J	1.5 tbsp	cooking sake
<input type="checkbox"/>	R J	1.5 tbsp	mirin
<input type="checkbox"/>	R	1 tsp	sugar
<input type="checkbox"/>	R	a pinch of	salt
<input type="checkbox"/>	R	a pinch of	ground black pepper
<input type="checkbox"/>	R J	1.5 tbsp	red miso (fermented soybean paste)
<input type="checkbox"/>	R J A	1/2 tsp	doubanjiang (Chinese chili bean sauce)

<input type="checkbox"/>	R	1tbsp	oil
<input type="checkbox"/>	R	50g	pork belly (cut into 5 mm slices)
<input type="checkbox"/>	R	100g	sweet heart cabbage (cut into bite-sized pieces)
<input type="checkbox"/>	R	100g	bean sprouts
<input type="checkbox"/>	R J	2 packs	pre-cooked udon (Japanese wheat noodle)

<input type="checkbox"/>	J	10g	benishoga (Japanese red-pickled ginger)
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Method

1 Mix the **garlic**, **cooking sake**, **mirin**, **sugar**, **salt**, **ground black pepper**, **red miso** and **doubanjiang** in a cup and dissolve the miso well.

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.*
Heat the **oil** in a pan over a medium heat, add the **pork**, **cabbage** and **bean sprouts** and fry until pork is cooked. Then add the sauce and **udon**, fry for a few minutes and mix well.

3 Serve and garnish with **benishoga**.