Welcome to the gourmet world of Japanese noodles.

JAPANESE DRIED NOODLES

乾麺

KANMEN

おいしい
Japanese food quality

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KANMEN

Connecting people and nature. Dried noodles embody the spirit of Japanese food culture.

In the same way that the Japanese appreciate the changing seasons,
there has always been a great appreciation for nature's bounty in Japan. And today,
Japanese food, which has evolved through such an appreciation, is now becoming
increasingly popular around the world. *Kanmen*, or "dried noodles," includes *udon*,
soba and *soumen*, which are dried during the production process,
and is a representative Japanese food. *Kanmen* is convenient as it can be prepared
simply by boiling it in hot water and can be stored over long periods of time.
It has a simple flavor and a unique, chewy texture, is easy to cook, and can be applied to
a range of different dishes. Try the taste of Japanese *kanmen*, a part of Japan's food
culture that evolved through the connection between people and nature.

The KANMEN

Range

The diversity of Japanese *kanmen*, each with a unique taste.

Japanese *kanmen* is produced by kneading together buckwheat flour or wheat flour with water and other ingredients. There are many types of *kanmen*, depending on the ingredients used, the method of production and the thickness of the noodle. The following are typical examples of *kanmen*, each with its unique flavor and texture.

Soumen

Ultra-thin noodles produced by kneading together a mixture of wheat flour and salt with water to produce smooth noodles with a firm texture.

Hiyamugi

A thin noodle produced by kneading together a mixture of wheat flour and salt with water, *hiyamugi* is slightly thicker than *soumen*.

Soba

Produced by blending *soba*, or buckwheat, flour and wheat flour as a binding agent. This blend is then kneaded with cold or hot water. It boasts excellent flavor and texture.

Udon

Produced by kneading together a mixture of wheat flour and salt with water, *udon* noodles are thick and have a firm texture.

Kishimen

Produced by kneading together a mixture of wheat flour and salt with water. The final product is a flat noodle known as *hiramen*.

Dried Chinese Noodles

Noodles that are produced by adding brine to wheat flour and salt, kneaded and then dried. Primarily used in Chinese dishes.

KANMEN

Stir-fried, simmered in soup, or chilled and used as a salad ingredient by mixing with fresh vegetables…. Japanese *kanmen* can be enjoyed in a wide range of dishes - as a substitute for pasta in Western style dishes, in Chinese noodle dishes and, naturally, in Japanese noodle dishes as well. Which of the following dishes would you choose to try out the taste and texture of Japanese *kanmen*?

EXPERIENCE

Which dishes can maximize the delicate, delicious taste and texture of *kanmen*?

Soba Salad Featuring Western Vegetables

1. Slice the vegetables into edible sizes.

2. Boil the *soba* noodles ensuring they are slightly firm, rinse thoroughly in cold water and drain. Boil snap peas and chill them in cool water.

3. Blend the ingredients for the dressing (commercial dressing can also be used).

4. Place drained vegetables and noodles in a bowl, add the dressing just before serving, blend and then transfer to a serving dish or bowl.

·Instructions (Refer to pages 13 and 14 for ingredient details)

WESTERN

French? Italian?
Kanmen transforms everyday meals into nouvelle cuisine!
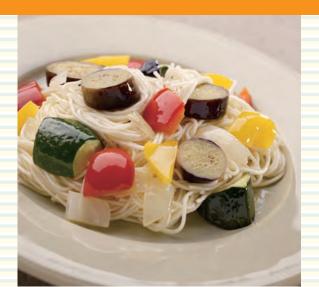
RECIPE

Udon Noodles in Cream of Mushroom Soup

1. Slice the mushrooms and chicken into edible sizes and finely chop onions.

2. Add vegetable oil to the pan and sauté the onions. Add the chicken, sauté, add the mushrooms, and combine. Season with salt and white pepper and add white wine, allowing alcohol to evaporate.

3. Add laurel leaf and soup stock and place lid on pan when mixture starts to boil. Simmer for 10 to 15 minutes on low heat.

4. In a separate pot, boil the *udon* noodles, making sure they retain their firmness. Rinse them in cold water, drain, and add to stock prepared in step 3.

5. Add fresh cream when sauce in step 3 is thoroughly heated, simmer for approximately 5 minutes and season to taste.

6. Place in bowl and sprinkle with Italian parsley.

·Instructions (Refer to pages 13 and 14 for ingredient details)

Pasta-style *Hiyamugi* Noodles with Summer Vegetable Sauce

1. Dice vegetables. Add half the olive oil to pan and sauté the garlic and red chili peppers to flavor the oil. Quickly sauté the eggplant and remove from heat.

2. Add a little olive oil and sauté the onions. Add the other vegetables, finally adding the eggplant prepared in step 1.

3. Add sugar, white wine vinegar, salt, black pepper and the remaining olive oil, blending quickly. Place lid on pan and simmer for 4 to 5 minutes.

4. In a separate pot, boil the *hiyamugi* noodles, making sure they retain their firmness. Rinse in cold water and drain.

5. Return the *hiyamugi* noodles to the pot, add some of the mixture prepared in step 3 and season with salt and pepper.

6. Place *hiyamugi* noodles on plate and add the remaining mixture prepared in step 3.

·Instructions (Refer to pages 13 and 14 for ingredient details)

Chilled *Soumen* Noodles with Tomato, Mozzarella Cheese and Basil

1. Dice the tomato and cheese and place in bowl with hand-shredded basil leaves. Blend salt, pepper, balsamic vinegar, and olive oil, and season to taste.

2. In a separate pot, boil the *soumen* noodles, making sure they retain their firmness. Rinse in cold water, drain, and add to salad prepared in step1. Mix together, season with salt and black pepper, and place in dish.

·Instructions (Refer to pages 13 and 14 for ingredient details)

CHINESE

Beijing style? Cantonese style?
The world of Chinese cooking expands with Japanese *kanmen*.

RECIPE

Chinese-style Noodles in Chicken Stock

1. Finely shred the cloud ear mushroom and pull apart the dried scallops. Julienne the chicken. Coat chicken pieces with one teaspoon cornstarch, sprinkled over the meat.

2. Heat vegetable oil in a wok and stir-fry the chicken. Add peas, cloud ear mushroom, dried scallops, water, soup stock, sake, salt and pepper and simmer over low heat for 5 to 6 minutes. Add 2 teaspoons of cornstarch dissolved in water until the mixture thickens.

3. Heat the water and chicken stock powder, and when mixture starts to boil, add the soy sauce and sesame oil to finish the soup.

4. In a separate pot, boil the Chinese noodles, drain, combine in bowl with the mixture prepared in step 3 and then pour over what was prepared in step 2.

·Instructions (Refer to pages 13 and 14 for ingredient details)

Bifun-style Fried *Soumen* Noodles with Shrimp

1. Add shrimp to Shaoxing wine, salt, egg white and cornstarch and blend with hands. Slice the garlic, finely chop the shallots, and roughly slice the garlic chives.

2. Boil the *soumen* noodles, making sure they retain their firmness. Rinse in cold water and drain.

3. Heat vegetable oil in a wok and stir-fry the garlic and a third of the shallots. Once the oil is flavored, add the shrimp, stir-fry quickly, and remove from heat.

4. Add a little more oil, stir-fry the remaining shallots and garlic chives, add the *soumen* noodles and, once blended, add the shrimp. Season with soy sauce, chili powder and salt and then transfer to plate.

·Instructions (Refer to pages 13 and 14 for ingredient details)

Jaa Jaa Kishimen Noodles

1. Finely chop ginger and shallots, dice bamboo shoots and *shiitake* mushrooms. Slice the cucumber in rounds and slice the boiled eggs in half.

2. Add vegetable oil, ginger, shallots and *toubanjan* (chili miso paste) and stir-fry until fragrant.

3. Add minced meat and sake and stir-fry over high heat. Add soy sauce and *tenmanjan* (Chinese miso paste), blend well, add bamboo shoots and *shiitake* mushrooms, and stir-fry. Add chicken soup stock and stir-fry. When liquid starts to evaporate, add the cornstarch diluted in water and simmer until mixture thickens. Add sesame oil and then turn heat off.

4. In a separate pot, boil the *kishimen* noodles, rinse thoroughly in cold water, drain, and place noodles in dish.

5. Place what was prepared in step 3, cucumber and boiled eggs on the noodles.

·Instructions (Refer to pages 13 and 14 for ingredient details)