



# めん類

## Noodles

Among the many types of noodles introduced to Japan from China, **udon** has become the favorite noodle of western Japan. Hand-pulled **somen** noodles, made by stretching a dough of flour mixed with salt, water and oil until it becomes thin, are a classic summertime treat. In western Japan's Kansai region, the clear broth used with **udon** is made from a soup stock seasoned with salt and a light soy sauce. While in the Kanto region of eastern Japan, sugar, **mirin** and dark soy sauce are added to the stock. **Soba** noodles, which are made from buckwheat, became widely eaten among Japan's population in the mid-17th century. Both **soba** and **udon** are boiled and served in a bowl with broth, then topped with **kamaboko** fish sausage, chicken, **shiitake** mushroom or egg, along with condiments such as sliced green onion or ground chili pepper. Cooked **soba** and **udon** can also be served "dry" on a bamboo sieve and dipped in a deeply-flavored broth, with spices such as **wasabi**, ginger and chili peppers.

**Ramen** noodles in modern Japan differ from the Chinese version and feature a range of soup flavors based on soy sauce, salt, **miso**, butter and pork stock. In order to create a complex flavor that cannot be reproduced at home, **ramen** restaurants make their soups from a combination of chicken and pork bones, dried bonito, dried sardines and seafood. Restaurants compete fiercely to innovate in offering an abundance of **ramen** flavors and varieties. The most popular ones often attract long lines of customers.



Soba(buckwheat noodles)



Udon(wheat noodles)



Ramen