

Cooking Instruction for Somen

How to boil somen (5-6 bundles) for 3 people

1. Pour 10 cups of water (2 liters) to boil into a big pot, and put the somen in boiling water while disentangling, and mix gently loosening the somen with chopsticks.
2. Boil for about 2 minutes being careful to not boiling over, then try a little bit of noodles, if there is no core, stop the fire.
3. Immediately put the somen in a strainer, then cool with cold water, and wash well by hand with flowing water to remove the sticky starch, and then drain well in a strainer.
4. Serve with grated ginger and chopped green onion in preference, and eat the somen dipped in mentsuyu (Japanese cold soup base).

*Boiling time of Somen & Kurogoma somen (black sesame somen) is about 2 min. and Hiyamugi (thin udon) & Futosomen (tick somen) is about 4-5 min.

*When you cook Nyumen (somen in hot soup) and Stir-fry somen, please boil a little hardened.

How to cook the Gin-shiro Nyumen for 1 person

Instant Nyumen of non-fried is healthy and low-calorie.

You can eat delicious Nyumen in 3 minutes by addition of hot water.

1. Open the package and put the noodles and ingredients into a bowl, pour the hot boiling water (400cc) until the noodles soak completely, and cover (film wrap) it.
2. Wait for 3 minutes and open the cover, then add the liquid soup and stir well.

*In order to rehydrate well the dried noodles, please add to well boiling water.

*Please adjust the amount of hot water and cooking time in preference.