



MORIHOUSE

Asian American & Pacific Islander Heritage Month

May 7, 2021, 4pm PST

Udon Bowls with Vegetable Banchan & Shallot Oil

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This noodle dish is completely customizable and a celebration of the diversity of East & Southeast Asian flavors- flavors I grew up with and was trained to cook.

All ingredients are vegan except for the optional raw egg yolk which can be used to upgrade your noodles into something called *Kama Tama Udon*- udon dressed in a raw egg yolk which cooks with the heat from the fresh noodles, much like a traditional Carbonara.

Please note that the crushed cucumber pickle is not included in the photo which follows.

During the cookalong, feel free to try all the recipes listed here or go ahead and use what you already have or prefer. Suggested alternatives follow in the recipe.

Happy AAPI Heritage Month!

Udon

Bowls

with

Vegetable Banchan

& Shallot Oil



Udon Bowls

with Vegetable Banchan & Shallot Oil

Noodles:

Fresh Udon Noodles (pg. 6), or other noodle such as ramen or soba

Banchan (side dishes):

Kale Namul (pg. 7)

Cucumber Salad (pg. 8)

and/or Pickles such as Kimchi, Tsukemono, etc

and/or Fresh Greens/Herbs such as Water Cress, Baby Spinach, Cilantro, etc

Dressing:

Shallot Oil (Pg. 9) or Roasted Sesame Oil

Sea Salt, to taste

1-2 Green Onions, chopped

1 egg yolk per serving (optional/organic preferred)

Chili sambal, Sriracha or Spicy Chili Bean (optional)

Katsuobushi mackerel shavings (optional)

Prepare your noodles, banchan and dressing ingredients and have them all set aside.

After cooking your noodles, drain them, rinsing them briefly, and then portion them out into bowls while they are still warm.

Drizzle liberally with shallot oil, a pinch of sea salt and then toss the noodles gently to coat them.

If using egg, place one egg yolk on top of one portion of noodles and quickly but carefully fold it in, making sure all the noodles are coated. You may notice the egg starting to set depending on how hot your noodles are. Repeat this with each serving.

Next, take portions of your banchan, or sides, and place them on top of your mound of noodles followed by some chili sauce (if using) and a sprinkling of chopped green onions.

Udon Noodles

Serves 4

3 cups All Purpose Flour, plus extra for dusting

1 tsp Sea Salt

1 cup Water

Flour to Water ratio is 3:1

1x Large Mixing Bowl

1x Clean 1-Gallon Ziplock Bag or Garbage Bag

1x Rolling Pin (or Wine Bottle) for rolling out the dough

1x Sharp Chef's Knife

1x Clean Dish Towel

Place the flour and salt into the mixing bowl, mix them together and make a well in the center.

Slowly pour the water into the well, mixing in the flour gradually in a circular motion.

Use your hands to form the mixture into a mass and then knead it all together until the dough becomes as smooth as possible. All the dry bits from the edges of the bowl should be gone. The dough will feel a bit dry at first but that is fine.

Place the dough into the plastic ziplock bag (unsealed), take off your shoes and gently tread on the dough through the bag until it flattens. Take it out, fold the flattened dough into quarters, flatten it slightly with your hand and repeat with the treading. Do this a total of 4 times.*

After the fourth treading, take out the dough, bring all the edges of the dough into the center, like you are making a pouch, and then pinch them all together when the edges meet in the middle. Pinched-side-down, use your hand to gently press and slightly flatten the dough.

Place the dough into your bowl (cleaning it out first if it still has dried dough in it), then cover it with a damp dish cloth. Let it rest for ideally 3 hours, or at least 1 hour. *Note: If you are short on time, you can tread on the dough just 2-3 times and then leave 30-45 minutes for the resting stage.

When it's done resting, lightly dust a clean surface like a large chopping board or a table with flour. Divide your dough into 4 equal pieces. One by one, roll out your dough into sheets as close as possible to the shape of a rectangle. An oval is also fine. Roll it out until it is about 1/8 of an inch thick, dusting it with flour as you go so it doesn't stick to the table. You can go thinner if you'd like, just remember thinner noodles will take less time to cook and will yield a larger volume when cooked.

Once rolled out, make sure they are all well dusted with flour on both sides and then layer each dough sheet in on itself by draping them in a zig-zag motion. When done, it should look like you've folded a piece of fabric lengthwise. Perpendicular to the length, cut across the dough into strands 1/8 inch- 3/8 inch thick, from one end of the layered dough sheet to the other. Do this with all 4 dough sheets and cover with a dish towel. What you have done is cut noodles whose lengths are folded into themselves. When ready to cook, all you will need to do is lift them up and allow them to unravel on their own.

Bring a large pot of water to a boil and add a large pinch of salt and a drizzle of a neutral oil like canola oil.

Using one hand, add handfuls of noodles to the boiling water little by little, using your fingers to allow them to unravel fully before adding them to the pot. At the same time, use your other hand to stir the noodles in the water so they don't clump together. This sounds complicated but it's much easier than you think.

Once all the noodles are in the water, keep gently stirring them for an extra 30 seconds or so to ensure they are all separated. Cover the pot slightly to help bring the water come back to a boil and when it does, take off the lid and allow the noodles to cook for about 10 minutes. Stir them occasionally to ensure they cook evenly. If you cut your noodles thinner, they will take far less time, as little as 2-3 minutes. The trick is to taste test!

Once done drain them in a colander and then rinse them slightly. Serve in bowls and layer with your favorite toppings, soup or sauces. If eating them cold, you can chill them in bath of cold water first. If you have leftovers, you can let them sit in a bath of cold water in the fridge overnight.

Kale Namul

Serves 4 as a side

One large bunch of Kale (or Greens such as Rapini, Kailan, Spinach)

1-2 fat cloves of Garlic

3 Tbsp Roasted sesame seeds

1-2 Tbsp Soy Sauce or Fish Sauce

1-2 Tbsp Roasted Sesame Oil

Sea Salt to taste

Bring a large pot of water to a boil, add a couple pinches of salt then turn off the heat. Dip the stems of your kale in the water, holding the whole bunch at the leaves, and let sit for 30 seconds. Then add the rest of the kale and let it blanch in the hot water for about 2 minutes. Take the kale out of the water and rinse them under the sink to stop the cooking. Gently squeeze the water out of the kale, chop the whole leaves into pieces anywhere between 2 inches to a ¼ inch and place them all in a bowl.

Chop the garlic finely. If you have a mortar and pestle, crush the garlic with a pinch of salt. You can also use the flat side of your knife to do this on a chopping board. If not, just leave the garlic chopped as is and put in a bowl. To the garlic, add the sesame oil, soy sauce or fish sauce and season with sea salt as needed. Mix it all together and then add to the chopped kale. Add the sesame seeds and then toss it all together until everything is well mixed together. Place to the side or in the fridge if using later.

Note: Depending on the greens you use, the blanching time may be shorter or longer. If using a thick stemmed green like kailan, you may need to leave the stems in longer. If using Spinach, it will take less time. The key is to not let them get mushy. Al dente is ideal so go with crunchier rather than soft and use your intuition.

Crushed Cucumber Pickles

Serves 4 as a side

2 Japanese Cucumbers or 1 large Cucumber

1-2 cloves of Garlic

Zest of 1 Lemon

About 1/2 tsp Sea Salt

If using a standard cucumber, peel it first as the skins can be very tough.

Using the back of a rolling pin or something similar and lightly crush the cucumbers until the skins break apart slightly. Use your hands to pull the cucumber apart lengthwise (scooping out any excess seeds) and tear into bite size batons, or use a knife to do it.

Chop the garlic finely. If you have a mortar and pestle, crush the garlic with a pinch of salt. You can also use the flat side of your nice to do this on a chopping board. If not, just leave the garlic chopped as is.

Finely slice slivers of the lemon zest.

Place the cucumber pieces into a ziplock bag, followed by the garlic, lemon zest and the salt, using your hand to mix it all together, making sure everything is coated.

Next, squeeze all the air out of the bag, seal it and then roll the bag up, condensing the ingredients together and let sit 10-30 minutes.

When done, pour out the excess liquid, being careful not to lose the garlic or zest, and serve.

Shallot Oil

Finely slice some shallots and add to a pan with some cold neutral oil like canola oil. On low heat, allow the shallots to slowly crisp and infuse the oil for about 1 hr.

Once done, remove the shallots and save to the side (if you haven't burned them 😊) and let the oil cool down before decanting into a small bottle or bowl for later use.

