

UDON FOR BODHI DAY, GOTANE , OHIGAN

Hondashi- 1- ½ boxes

Dashi Kombu- 1 package

Memmi – 40 ounces

Shoyu (soy sauce)

Salt

Sugar

Cornstarch

Eggs- 3 dozen

Red Kamaboko- 6-8 packages

Green onions- 3-6 bunches

Togarashi (Nanami) assorted chili pepper

Bowls may need some lids for takeout.

Waribashi (chopsticks)

Napkins

Tea- Boil hot water in large pot for tea

Lemonade- make a couple of pitchers. Ice in freezer.

Start at 08:30 AM

Have tables set up in social hall which includes 2 tables in front of stage for serving

UDON (NANKA SEIMEN)

3 oz of dry udon makes 1 serving. Thus 1 box or 24 packages of 12 oz udon will make about 96 bowls. Fill small aluminum foil disposable pan with dry noodles to fill.

Start woks, boiling water to remove scum from oil seasoning before cooking noodles. After woks are clean, usually 2 woks are used, boil water again filling wok a little over $\frac{1}{2}$. When water is boiling place dry noodles into water a little at a time with constant stirring. (1 small foil pan per wok). Stirring is necessary so the noodles do not stick to wok. Cook until the white core in center of noodles is not visible. Do not overcook. It takes about 16-17 minutes. Remove noodles from wok using large wire scoop into large blue plastic colander inside pan. Rinse noodles with cold water until cool, then drain. Noodles are ready to be place into bowls. To cook more noodles, dump old water out and start again by boiling water. Woks can be tilted towards back to drain water. Drain slowly otherwise water will spill onto floor rather than drain. Fill bowls about $\frac{3}{4}$ full.

DASHI

Soak 1 package of dashi Kombu in water about 2-4 quarts overnight. Next morning pour kombu and water into a 44-quart pot. Bring to boil and after 15 minutes remove kombu and put it to the side to be used later.

To the pot add 1 $\frac{1}{2}$ boxes of Hondashi 40 oz of Memmi, a little shoyu, sugar and salt to taste.

Fill the pot with water up to handles. Bring to simmer, then adjust taste. Should be on strong side due to dilution from noodles.

Use large tea pots to dispense the dashi at serving time.

If using **concentrated udon dashi left over from Ginza.**

Defrost gallon to 2-gallon bottle of dashi, kept in freezer. You can also use Kombu soaked in water night before in 4 quart of water (2 full plastic pitchers) Measure 64 oz. (there is a plastic 2-quart pitcher labeled for dashi in loft) in 44-quart pot. Add 5 (64 oz of water) count the kombu water to this amount making the liquid portion 320 ounces of water. Add 10 Oz of Memmi and let it boil. Remove kombu after 15 minutes and put aside. Taste and see if more Memmi is needed. Should be on strong side. (often 1 ½ of this recipe is used so there is enough dashi)

Kinshi Tamago (shredded eggs)

3 dozen eggs

1 cup of sugar

2 tsp salt, 3 ¾ TBS of cornstarch mixed with 1/3 cup cold water)

Beat thoroughly, can use immersion blender found in lower cabinet labeled coffee pot. Spray frying pan with oil (Original PAM). Using a ladle pour mixture just to cover bottom of new square electric frying pan set at 200 degrees, cover. Remove egg when top is dry. Cut into thin strips. If you roll the eggs up like sushi it is easier to cut into the strips.

Kamaboko

6-8 red kamaboko

Cut kamaboko into matchstick size pieces.

Green Onions

6 bunches

Chopped finely

Top Udon with kamaboko, eggs and green onions sparingly. Place bowls on trays and leave on serving table. Make at least a dozen bowls without onions and a dozen without any toppings. Make sure you pour enough dashi in bowls. Place remaining eggs, kamaboko and green onions in bowls and place on table along with Tsukudani and Togarashi.

Tsukudani

Cut the cooled kombu Julienne style. Stir Fry in frying pan with a little salt, sugar and shoyu. When liquid is absorbed by the kombu. Place in bowl and serve on table.

Serving table

Place napkins, waribashi, forks, at beginning of table. Place bowls of Udon on table, can leave on trays if you like. Place toppings at end of table for people to add to their Udon if they want more. Leave bowls without onions and plain noodles at the end also. You can pour the dashi into bowls as the members start coming down from the Hondo.

Place cups and tea pots at each table. Tea pots usually take 2 teabags in each.

Gluten free, vegan udon dashi recipe

Ingredients:

- 6 cups water
- 6"x6" or 8"x8" sheet of kombu
- 3 large dried shitake mushroom (if on hand)
- 4-5 T. gluten free shoyu (or to taste)
- 1-2 t. of sugar

1. Place the kombu and shitake (if using) into 6 cups of cold water to soak overnight
2. Next day remove shitake (can be cut up as a topping for gluten-free, vegan guests) and bring kombu to a boil then simmer for 5 minutes, remove the kombu (discard or use for tsukudani-see recipe under udon)
3. Add shoyu and sugar to taste

Gluten free/vegan soba or udon noodles can be purchased at Whole Foods:

Lotus foods brand: buckwheat and brown soba rice noodles

Lotus foods brand: brown udon rice noodles