

Soy Soup Udon Noodle with Braised Beef and Soft Boiled Creamy Egg (肉うどん 温玉のせ)



<Ingredients (2 serve)>

100g Beef shoulder

1 Onion

1 pinch Sea salt

1 Tbsp Sun flower oil

2 Egg

100ml Water

1 tsp Hondashi powder

3 Tbsp Japanese soy sauce

3 tsp Sake

1/2 tsp Sugar

2 bunch Udon noodle

1 stalk spring onion (chopped)

<Soy Soup>

300ml Water

400ml Kelp (Kombu) & Bonito broth*

80ml Japanese soy sauce

50ml Sake

1 tsp Sugar

2 pinch Sea salt

<Kelp & Bonito broth>

600ml Water

5g Dried kelp (Kombu)

30g Dried bonito flakes

*You can substitute 400ml hot water and 2 Tbsp Hondashi powder for the broth

<Method>

1. Cook the beef

Slice the beef really thinly and slice the onion. Pour the oil in a fry pan and stir the beef and onion on high heat. Add the pinch of sea salt, water Hondashi powder, soy sauce, sake and sugar, and simmer until the onion turns tender and nicely brown colour.



2. Make the soup

Soak the kelp in water over night in a fridge or for 2 hours in a room temperature.

Transfer the kelp and water into a sauce pan. Bring the water to a boil and when it's almost boiling**, turn off the heat and remove the kelp from the water.

**Ideal heating temperature is 75 -80C

Add dried bonito flakes and simmer for 1 minute until all flakes sink to the bottom of pan.

Strain the broth over a large strainer lined with a kitchen paper which set over another saucepan.

Gently squeeze the kitchen paper to release any remaining broth into the sauce pan.

If you are not fascinated to make this broth, you can substitute 400ml hot water and 2 Tbsp Ajinomoto powder for the broth.

Add sea salt, soy sauce, Sake and sugar to the broth and bring it to the boil.

3. Meanwhile make the soft boiled creamy egg

Boil 1L water in a deep sauce pan (ideal is thick iron sauce pan). Once the water boil, remove from the heat and pour 200ml cold tap water and immediately put the eggs in the water using a ladle.



Put the lid on and let it aside for 12 minutes in a room temperature.

Dredge the eggs from the water and let them be for more 4 minutes in a room temperature.

Transfer to the fridge until you use it.

4. Dish the Udon up

Boil the Udon noodle according to the pack instructions, then drain well.

Put the Udon in a bowl and pour the hot soup. Add the beef on top, crack the egg and sprinkle spring onion.

Serve with Japanese seven chilli powder (shichimi) alongside.



You can purchase authentic Japanese food from SUSHISUSHI
(<https://www.sushisushi.co.uk>)

Hondashi powder



<https://www.sushisushi.co.uk/products/hon-dashi>

<https://www.sushisushi.co.uk/products/dashi-powder-1kg>

Udon noodle



<https://www.sushisushi.co.uk/products/nama-udon>

<https://www.sushisushi.co.uk/products/hime-udon-noodles>

Kelp (Kombu)



<https://www.sushisushi.co.uk/products/kombu>

Dried bonito



<https://www.sushisushi.co.uk/products/small-bonito-flakes>

Seven chilli powder (shichimi)



<https://www.sushisushi.co.uk/products/yawataya-isogoro-shichimi-togarashi-14g>

<https://www.sushisushi.co.uk/products/shichimi-pepper>