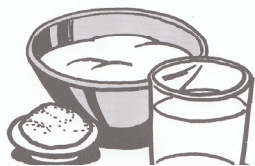


Making Sanuki Udon

Sanuki Udon Research Association



Ratio of materials

Flour, salt and water (5 persons)

Season	Flour (g)	Salt (g)	Water (g)
Spring Autumn	400(100)	16(4)	184(46)
Summer	400(100)	20(5)	180(45)
Winter	400(100)	12(3)	188(47)



Mixing materials

- Add 1/3 or 1/2 of the salt water to the flour and lightly mix with your fingers
- Repeat until all the salt water has been mixed with the flour
- Mix continuously until the color of the flour changes
- Roll the mixture into a ball

Adjust the amount of salt water according to the season or type of flour



Making dough

- Put the flour ball into a plastic bag
 - Cover the bag
 - Step on the flour ball with your heel 50 – 100 times to flatten
 - Roll the dough into a ball on a floured plate
 - Repeat three times
- You may also use the heel of your hands



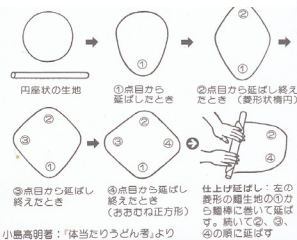
Resting dough

- Put dough into a plastic bag at room temperature to rest the dough
- Time for resting
Spring & Autumn: 1-2 h
Summer : 30-60 min
Winter : 2-3 h



Spreading the dough

- Spread the dough (about 2 cm thick) and sprinkle with flour
- Roll up the flour paste around the rolling pins from the corner ① and roll forward pressing with the palm of the hands
- Expand the dough and spread it from the corner ②
- Then spread the sheet from the corner ③
- Finish the spreading as shown in the figure on the bottom right



Cutting

- Roll up the spread sheet with a rolling pin and fold up in a 10 cm wide strip
- Cut the sheet into noodles about 3 mm wide
- Pick up the center of the cut noodles and gently strike against the board



Boiling

- Put the noodles into a large pot of boiling water
- Stir the noodles gently to prevent them from sticking together
- Immediately bring the water to a boil again after putting the noodles in the water
- Approx temp : 98 °C
- Boil for 12-13 min after the water starts to boil again



Washing

- Wash the boiled noodles in cold water until the surface of the noodles are no longer sticky
- After washing, put the noodles in the basket