

JAPANESE PAN NOODLES

INGREDIENTS

- ¼ cup soy sauce
- ¼ cup hoisin sauce
- ¼ cup water
- 1 teaspoon fresh ginger finely minced
- 1-2 teaspoons vegetable oil
- 1 cup shiitake mushrooms sliced
- 1 cup broccoli cut into small florets
- ¼ cup shredded carrots about ½ of a large carrot
- 1 12 oz. package Japanese udon noodles
- ½ cup Asian bean sprouts for topping optional
- 1 green onion finely sliced for topping, optional
- 1 teaspoon black sesame seeds for topping optional
- Optional: thinly sliced cooked chicken, cooked shrimp or tofu



INSTRUCTIONS

Cook the noodles by boiling in a large pot of water for 10-12 minutes (they will still be firm but will continue cooking during frying). Rinse with cold water to stop the cooking process and toss with a tablespoon of oil to prevent sticking.

In a bowl mix together soy sauce, hoisin sauce, water and ginger and whisk to combine.

In a wok or large pan over high heat add oil and let warm for 1-2 minutes, or until oil is very hot. Add in mushrooms, broccoli and carrots and let cook for 3 minutes, then add in 1/3 of the sauce and cook for 2 more minutes.

Add in the udon noodles and another 1/3 of the sauce, cook for 5 minutes, stirring/tossing until the noodles are coated in sauce. If you are using chicken, shrimp or tofu, add during the last 2 minutes of cooking.

Add the remaining 1/3 of the sauce and turn heat off. If the noodles and vegetables are sticking to the side of the pan, add a few tablespoons water.

Garnish with bean sprouts, green onions and sesame seeds.

MOCHI

INGREDIENTS

- 1 cup sweetened red bean paste
- 1 cup sweet rice flour (mochiko)
- 1 teaspoon green tea powder (matcha)
- 1 cup water
- ¼ cup white sugar
- ½ cup cornstarch, for rolling out the dough

DIRECTIONS

Wrap red bean paste in aluminum foil and place in the freezer for at least 3 hours.

Mix sweet rice flour and green tea powder thoroughly in a microwave-safe glass or ceramic bowl. Stir in water, then sugar. Mix until smooth. Cover bowl with plastic wrap.

Cook the rice flour mixture in the microwave for 3 minutes and 30 seconds.

While the rice flour mixture is cooking, remove the red bean paste from the freezer and divide paste into 8 equal balls. Set aside.

Stir rice flour mixture and heat for another 15 to 30 seconds. (this dough is called mochi)

Dust work surface with cornstarch.

While the mochi is still hot from the microwave, begin rolling balls the size of about 2 tablespoons.

Flatten the mochi ball and place 1 frozen red bean paste ball in the center.

Pinch the mochi over the red bean paste until the paste is completely covered.

Sprinkle with additional cornstarch and place mochi seam side down on a plate – you can use waxed paper or muffin liners to prevent sticking.

Repeat until all the mochi and red bean paste is used.

