

Sarada udon (Salad udon)

Ingredients:

- 4 portions of boiled udon
- 1 T white sesame seeds
- 1/5 head of lettuce
- 1 T fresh ginger, grated
- 1 tomato
- 3 pieces of Aburage (deep-fried tofu, optional)
- 1 cucumber
- 3 shiso (perilla) leaves (optional)

Mentsuyu (dressing):

- 4/5 cup dashi (Japanese broth)
- 3 T soy sauce
- 1 T mirin (sweet cooking wine)

Directions:

1. Cook udon noodles in 6 cups of boiling water until noodles are tender but not soft.
2. Drain the noodles thoroughly and rinse in cold water.
3. Tear the lettuce into bite-sized pieces and soak in cold water for 10 minutes. Drain well.
4. Slice the tomatoes, cucumbers and perilla (optional) into thin slices.
5. Toast the deep-fried tofu slightly, and cut into bite-sized pieces.
6. Serve udon on a plate, topped with lettuce, cucumber, perilla, tofu and sesame seeds. Slowly pour the mentsuyu evenly over the udon and enjoy!

Serves 4.

[Source: <http://www9.ocn.ne.jp/~japamom/NewFiles/salad.html>]