

What is Sanuki Udon?

Origin of Udon

A variety of noodles in the world cooked in boiling water such as *Udon*, *Soba* and *Spaghetti* is considered to be derived from China. The *Udon* and *Soba* were introduced into Japan more than 1000 years ago and spread into common people in the Edo era about 400 years ago. The delay of spreading of the noodles was caused by a hard work of necessity for making dough: grinding grains and kneading flours. Rice, a staple of Japanese diet is served after whole rice grains are simply boiled.

Simple Udon Dish

Udon are often served in soy-based hot soups or with dipping sauces whereas spaghetti are served with tomato sauces containing herbs, olive oil, meat or vegetables. The simple *Udon* often become



Umami substances for *Udon* are extracted from dried *Kombu* kelp and dried sardine boiled in short time.

tasty with a variety of toppings of *tempuras* (fries). In *Sanuki Udon* of Kagawa, cooks have discovered that golden ratios of *umami* substances in sauces never tire of the simple *Udon* dish. And they boil the fresh *Udon* dough just before serving to keep its right consistency. Thus, *Sanuki Udon* taste differently in each restaurant.

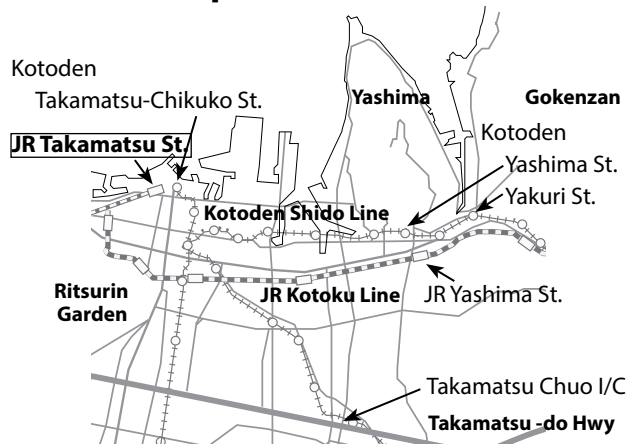
Kama-age Udon

This is the simplest *Udon* dish. Right consistency of dough and golden ratios of *umami* substances in sauce make it perfect.

Dashi & Umami Secret of simplicity

Udon and *Soba*, traditional Japanese noodles are often served in hot soups or with dipping sauces without any toppings. Some people enthusiastically prefer the simple dishes because the soy-based soups or sauces are very tasty. The secret of the simple cuisine is attributed to *Dashi* broth which contains *umami* (delicious) substances, one of the five basic tastes. Unlike European broth, *Dashi* is taken from *Kombu* kelp and dried *Iriko* sardine boiled in short time to extract *umami* substances only.

Access map



From JR Takamatsu Station - 20 min. by a walk
From Takamatsu Chuo Highway I/C - 20 min. by car

Enjoy Setouchi Outing No.15



高松 2

Takamatsu Day Out 2



15. Experience Sanuki Udon



Special dipping sauce of Kama-age Udon



**Shikoku Gakuin University,
Kukai Cafe 2**

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1-2-3 Bunkyo-cho, Zentsuji, Kagawa 760-8505

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A variety of condiments



Takamatsu Castle Town

Discover Your Favorite Udon

Udon Restaurants



1 Okajima

Taste *Umami* of dipping sauce of *Kama-age Udon* here. This comes with a bottle of the sauce. Pour the sauce of the bottle into a small bowl.

2 Udon-ichiba

Menu is written in English and Chinese. This Udon house is open until 9:00 PM for people going to the second restaurant for light meal.



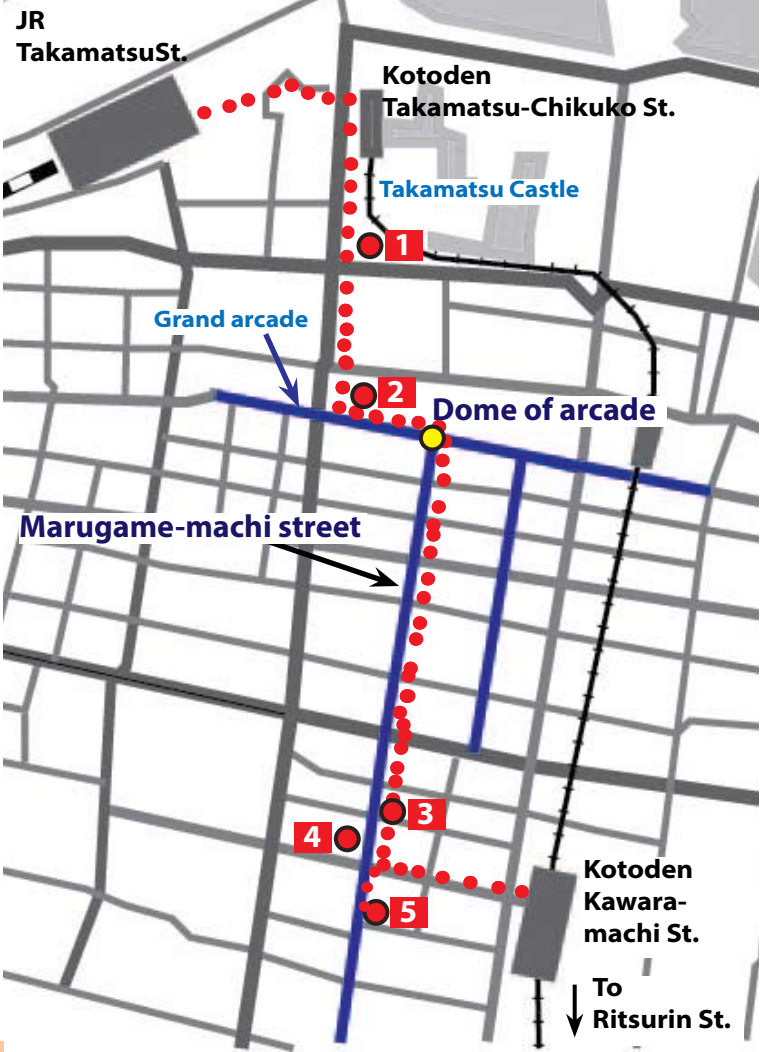
3 Tamoya Onna-Dojo

Try *Curry Udon* here. Eat curry noodle first. An then, you can enjoy curry soup when you put *Udon soup* into remained curry in the bowl.



4 Sakaeda

This Udon house is for local people because any Udon is inexpensive. *Kake Udon* is the least.



5 Wataya

Niku Udon (beef in sweet soup) is recommended here. This is the Udon version of a *Sukiyaki pan*. Pork is also available.

Sanuki Udon feature *umami* substances in soy-based sauce and right consistency of boiled *Udon*. A variety of the *Sanuki Udon* is accomplished by changing soy-based sauces to others put over hot and cold noodles.

Variation of Sanuki Udon of Kagawa



Bukkake Udon



Kama-age Udon

Simple Udon

After boiling fresh *Udon* dough, noodle is sticky. In order to prevent from entanglements of the noodle, it is soaked in cold water for *Zaru Udon* and is in hot water for *Kama-age Udon*. Both come with dipping sauce. Similarly, soy-based sauce is put over the noodle for *Bukkake Udon*.

Sauces and toppings

Substitutes for soy-based sauce such as curry sauce (*curry Udon*), meat sauce (*Niku Udon*) and raw egg (*Kamatama Udon*) have gotten popular in Kagawa. A variety of tempuras using shrimp, sqaeed, potato, vegetables and eggs are topped on *Udon*.

How do we order Udon in line?



Take toppings



Order here

1. Pick up a tray.
2. Tell the stuff type of *Udon*, from *Zaru Udon*, *Bukkake Udon*, *Kama-age Udon*, *Niku Udon*, *curry Udon* and so on.
3. Choose toppings and put them into dish or *Udon* bowl.
4. After payment, put condiments of your choice.
5. Return your tray with saying *Gochiso-sama*.