



Pan-Fried noodles

Yaki Udon

- 4 x 188g packages fresh or defrosted frozen udon noodles, room temperature
 - 2 tablespoons oil
 - 1 onion, thinly sliced
 - 2 carrots, peeled and chopped
 - 2 cloves garlic, thinly sliced
 - 4 green onions (scallions), sliced on the bias
- Sauce**
- 4 tablespoons soy sauce
 - 4 teaspoons salt
 - 1 ½ teaspoons pepper

To make the sauce, whisk together the ingredients in a small bowl. Set aside. Loosen the clump of noodles, pulling apart each individual strand. If the noodles came

with a seasoning packet, discard or save for another use. Add the oil to a large skillet over medium-high heat. When hot, add the onion and saute for about 3 minutes until soft and transparent. Add the carrots and continue to cook for 3-5 minutes until they start to soften. Add the garlic and saute until fragrant, about 30 seconds. Add the noodles and, stir constantly. Cook for about 2 minutes or until heated through. Stir in the sauce until fully combined, about 1 minute. Remove from heat, toss in the sliced green onions and serve.

Tip: The great thing about this dish is it benefits from your personal touch. Play around with the add-ins, adjusting to your taste.

A Cook's Journey to Japan, Sarah Marx Feldner, Photography Noboru Murata, (Tuttle Publishing)



★★★★★
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From the original owners of the Little Snail comes the Red Snail. We stopped in midweek for the \$35 three-course special. The restaurant was buzzing with diners, although apparently this was quiet compared to Sundays when they offer the same three courses for \$25! Selection was simple and we settled on traditional entrees of french onion soup and snails bourguignon served in the shell. For mains, duck breast with sweet and sour cherry glaze (extra \$6) and kangaroo fillet with native plum sauce caught our attention. And we finished – although it was a struggle – with Belgium chocolate mousse and creme brulee. Every course was superb – filling and flavoursome, but it seems the locals already knows this, so if you want to guarantee a table, I recommend you book in advance.



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