

# Udon Noodles in Chicken Ramen Soup



## Ingredients

### *For the noodles*

- 5 cups all purpose flour
- 1 tablespoon plus 1 teaspoon kosher salt
- 1 1/4 to 1 1/2 cups water

### *For the broth*

- 1 pound of shredded chicken breast that is roasted
- 2 medium sized carrots cut into thick rounds
- 3 small bunches of scallions
- 5 cups of chicken broth
- 1 clove garlic, minced
- 1 tablespoon shredded ginger
- 15 dried shiitake mushrooms cut into halves
- 1 tablespoon soy sauce

## Steps:

1. In a large mixing bowl combine the salt and flour. Then add 1 1/4 cups of water.
2. Use hands to mix until dough comes together with some lumps. If needed add water a little at a time.
3. Lightly put flour on the work area to knead the dough (be sure you are folding and pressing with your palms firmly.) When the dough looks and feels sort of smooth put it in a ball, plastic wrap, and let it rest at room temperature for 1 to 5 hours.
4. On a lightly floured surface knead for a couple of minutes then divide the dough in four equal sized balls and dust each lightly with flour.
5. Use a rolling pin to roll dough out while occasionally rotating in a 90 degree angle and lightly flour do this until 1/8 to under 1/8 thick. Then rest for 10 minutes
6. Fold sheet dough into thirds and slice by width into about 1/8 thick noodles. Carefully separate and toss with flour. Right after that cook it in a rapidly boil pot of water. Cook for 7-12 minutes/ Do not let the noodles get mushy (unlike other noodles japanese noodles should not be al dente) lastly nd strain it.
7. In a separate pot in high heat add the chicken broth, chicken, and vegetables stirring vigorously.
8. Then add the ginger, garlic, and mushrooms and let the mixture boil
9. Keep mixing until the carrots are not hard but soft
10. Lastly Reduce heat as low as you can and add soy sauce once that is done add the noodles and enjoy.

## *For Judges Use Only*

Please rate this pasta based on:

- |                     |                     |
|---------------------|---------------------|
| <b>Taste</b>        | 4 / 5 maximum score |
| <b>Presentation</b> | 3 / 5 maximum score |
| <b>Creativity</b>   | 5 / 5 maximum score |

Total Score: 12 / 15

**Comments: Needs more salt and less mushrooms. Cut them smaller. Nice cut on the carrots.**