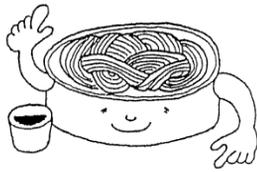


"Japan's best" Horokanai buckwheat noodles



Recipe of Hand Made Noodles

Ingredients

Wheat flour
(medium-strength)



Example 100g

2:8 buckwheat noodles

BuckWheat
flour



400g

Water(approx.
45% of Wheat+
buckwheat flour)



225cc

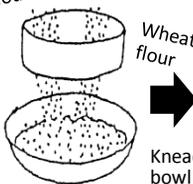


A pinch of
separating
powder

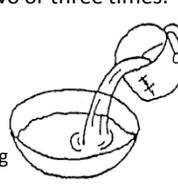
1. Mixing with water/kneading

(1)Sift buckwheat and wheat flour and mix well.

Buckwheat flour



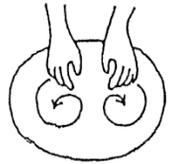
(2)Mix water in two or three times.



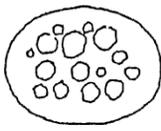
(3)How to mix powder and water

Circle hands in the direction shown in the figure.

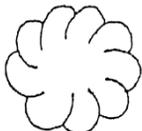
Kneading bowl seen from above



(4) Apply pressure until the dough crumbles.



(5)Put the dough together and knead by rolling toward the center



"Chrysanthemum" kneading

Gassing

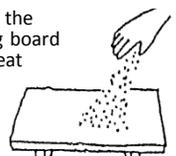


This is done to remove air.

Turn it over and apply pressure on it.



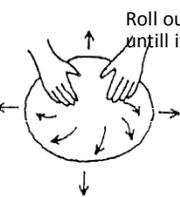
Sprinkle the kneading board with wheat flour



Separating powder

2.Rolling out

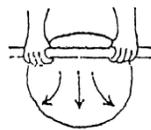
(1)Flatten the dough by hand.



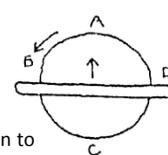
Directions To apply Pressure

Roll out the dough until it is 1cm thick

(2)Push rolling pin out from the front center

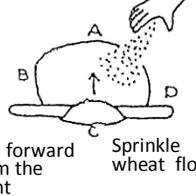


(3)Turn the dough gradually to one direction (8times for one round)



Direction to Apply pressure

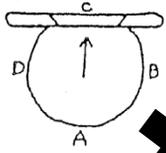
(4)Turn the circle into square



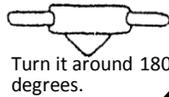
Roll forward from the front

Sprinkle wheat flour

(5)Release the dough while turning it 180 degrees (Knead four times)



Wind the dough tightly around kneading pin

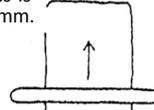


Turn it around 180 degrees.

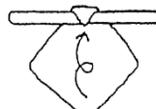
Buckwheat flour

(6)Finishing

Thickness is about 2mm.

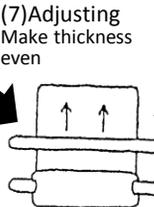


Thickness may be change to taste



Spread it out.

(7)Adjusting Make thickness even

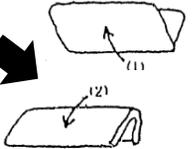


Roll half of the dough

Separating powder



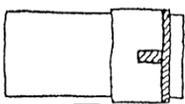
(8)Fold up the dough



Sprinkle enough separating powder on overlapping part

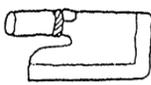
3.Cutting

(1)Cut by gently pushing the knife forward

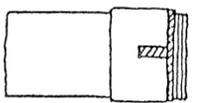


Sectioning board

Noodle-cutting knife (a sharp knife makes taste good)



(2)Cut dough into 2mm thin pieces(to be the same as the kneaded thickness)



(3)Break up noodles by hand to prevent them from sticking and place them in a wooden box.



Wooden box

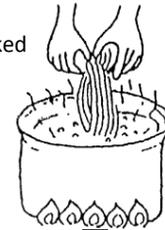
Cut it uniformly taking boiling into consideration.

4.Boiling

(1)Put noodles in plenty of boiling water while breaking them up and boil them for 1to2minutes.

Do not put too much.

(2)Remove noodles when they are cooked to your taste.



Remove noodles quickly if you like them on the firm side and boil them longer if you like them longer if you like them on the soft side.

(4)Shake well after washing



(3)Wash noodles by rinsing them in water.



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