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## [Kanao's Kitchen](#)

### Yaki-udon: Stir Fried Udon Noodles

Posted in [main dish](#), [Recipe](#), [today's meal](#) by kanako on October 30, 2009



Like everybody else in [Kansai](#), I'm udon-crazy: there's no udon dish I don't love. This particular way to make udon – basically a fast noodle stir fry – is as unpretentious as Japanese cooking gets: a casual dish served to the hungry masses, typically for lunch.

Usually, you would make yaki-udon with yakisoba sauce – a sweet-and-savory concoction close to the type of sauce we put on Japanese pancakes.

For this recipe, though, we do something a little different, relying on dashi. To make the seasoning, what we did is take some [katsubushi](#) bonito flakes and some konbu and throw them in the blender!

Very easy...surprisingly delicious.



#### Ingredients (serves four)

- Udon noodles – buy the dry kind – 400 g.
- Pork – 200 grams
- Onion – one medium one
- Cabbage – 1/8th of a head of cabbage

- Carrot – one medium one
- Spring onions – four



- Bean sprouts – 100 g.
- [Katsuobushi](#) flakes – two packs
- Dashi – one tea spoon
- Konbu – one small section
- Sake – two tablespoons
- Soy sauce – two tablespoons
- Salt – to taste
- Frying oil – two tablespoons

### Preparation

- Chop cabbage into largeish chunks, the spring onion medium-large, the carrot into thin little strips, and the pork into thin strips. Slice the onion.
- Place katsuobushi flakes together with dry konbu in a blender. Blend. (If you have powdery Katsuobushi, use that instead.)



*click to enlarge*

### Cooking

- Bring a pot of water to a boil, cook udon following the instructions on the package.
- Drain udon, run under cold water, massaging well with your hands to get rid of the excess starch
- Heat a large frying pan, add frying oil, stir fry the pork until it browns
- Add onions and keep stir frying until the onions get translucent
- Add carrots, cabbage, keep stir frying until everything softens a little
- Add bean sprouts, spring onions, keep stir frying
- Add the noodles, stirring all along
- Add the freshly blended katsuobushi, dashi, konbu, sake and then soy sauce
- When it's well blended, taste to test the seasoning. Add salt if needed.



*click to enlarge*



Serve hot to hungry people.

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The other night, we enjoyed yakiudon – along with beer and gyoza -with our friends Patrick and Anne-Frédérique. We suspect they enjoyed making these photos almost as much as they enjoyed the meal!



Itadakimasu!

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## 4 Responses


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1.  **Mitchi** said, on October 31, 2009 at [1:39 am](#)

You always take such lovely pictures of the food you're making. I need to go to the asian supermarket sometime and pick up ingredients for this, it looks delicious.




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-  **kanako** said, on October 31, 2009 at [8:41 am](#)

Thank you Mitchi.


The pics for this post was taken by my friends. They did a good job!

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2.  **Kismet** said, on October 1, 2011 at [4:38 pm](#)

you dont like yakisoba sauce / worcestershire sauce in it? just soy sauce

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-  **kanako** said, on October 5, 2011 at [7:28 pm](#)

Hi Kismet, of course, I like yakisoba sauce. But sometimes just soy sauce is good, too.

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