

Mentsuyu for Cold Noodles

-Dipping sauce for Noodles-

An authentic way to make "Mentsuyu" (dipping sauce for Japanese cold noodles such as Soba, Udon and Somen) from "Kaeshi", the base of Mentsuyu. "Kaeshi" can also be used as a seasoning.

MUSO CO., LTD

The Curator of Macrobiotic & Traditional Japanese Foods



Ingredients

- Dashi stock made from **dried Shiitake** mushrooms and **Kombu** kelp for "Kaeshi" (the base of Mentsuyu)
- 2 TBS of maple syrup
- 100 ml of **Shoyu** (soy sauce) or **Tamari** (gluten-free soy sauce)
- 100 ml of **Mirin** (sweet sake)

Instructions

Making "Kaeshi"

1. Pour 100 ml of Mirin into a pan and bring to boil
2. Add 100 ml of Shoyu and 2 TBS of maple syrup, and mix well
3. Cook over medium heat for a while but never bring it to boil

Making "Mentsuyu"

Combine 1 part Kaeshi and 2 parts dashi stock

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YouTube



"Kaeshi" can be stored in a fridge for a month



Dried Shiitake



Organic Tamari



Organic Mirin



Organic Shoyu



Kombu