

# KITSUNE UDON

As any child—and thankful parent—in Japan can tell you, this dish is one of their favorites. Here, abura-age, deep-fried slices of tofu, are seasoned in a sweet-savory sauce that no kid can resist, and floated over udon and broth. Tasty fried tofu, noodles, soup: sound simple enough? Well, we told you parents are thankful! The name of this dish is the Japanese word for “fox,” whose russet-colored coat is thought to resemble the tofu. Abura-age is sold in packets at Japanese and some Asian markets. Before using, pour boiling water over the abura-age first to rid it of any excess oil from deep-frying, then you cook it.

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To prepare the abura-age, place it in a bowl and pour enough boiling water to cover. Use chopsticks to mix the abura-age to eliminate excess oil. Transfer the abura-age to a colander and rinse under cold, running water. When the abura-age has cooled, squeeze excess water from each slice with your hands. Place the abura-age on a cutting board and cut in half, crosswise.

Add the prepared abura-age, water, mirin, and soy sauce to a saucepan and bring to a boil over medium heat. Cook for about 5 minutes to infuse the abura-age with flavor. After cooking for 1 minute, turn the abura-age. Cook for 2 minutes and turn

## SERVES 4

4 pieces (about ½ ounce each) abura-age

½ cup water

2 tablespoons mirin

2 tablespoons soy sauce

1 recipe udon tsuyu (page 175)

4 bricks (8.8 ounces each) fresh-frozen udon or

4 packages (3.5 ounces each) dried Sanuki udon

¼ cup thinly sliced scallion

again. Cook for 2 minutes more and turn a final time. The abura-age is ready when at least half of the liquid has been absorbed by the tofu.

Prepare the tsuyu (see page 175) and keep it warm over low heat.

Prepare the fresh-frozen udon (see page 175), divide among 4 bowls, and set aside.

Pour the hot tsuyu over the noodles. Add 2 halves of the abura-age to each bowl. Garnish each bowl with 1 tablespoon of scallions, and serve.