

# Bell Brun Somen with whole wheat flour



## 5 merits of Bell Brun



01

100% Hokkaido wheat

02

No additives

03

Non-oil

04

A plentiful source of nutrition

05

Made with the Nara hand stretching method

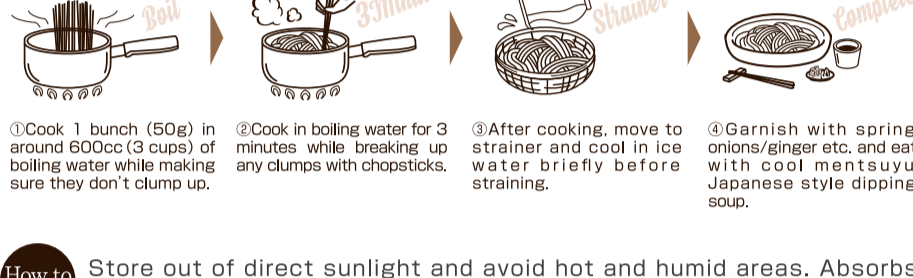


A local café in Nara and the manufacturer are in collaboration to create a Miwa Somen (a Japanese traditional noodle with 1200-year-long history) product which is health-friendly and delicious noodles named [Bell Brun].

This product can of course be enjoyed with somentsuyu (Japanese style dipping soup), and can also be used in a wide range of dishes.

## Preparation method

1 bunch 50 g is about 1 serve / Cooking time: 3 minutes



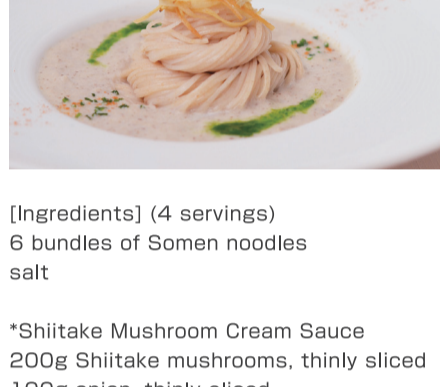
① Cook 1 bunch (50g) in around 600cc (3 cups) of boiling water while making sure they don't clump up.  
② Cook in boiling water for 3 minutes while breaking up any clumps with chopsticks.  
③ After cooking, move to a strainer and cool in ice water briefly before straining.  
④ Garnish with spring onions/ginger etc. and eat with cool mentsuyu Japanese style dipping soup.

**How to store** Store out of direct sunlight and avoid hot and humid areas. Absorbs smells easily, so store airtight away from strong smelling things.



A delicious recipe that's easy to make at home

## With the Scent of Garland Chrysanthemum, Somen Noodles with Creamy Shiitake Mushroom Sauce



**[Ingredients] (4 servings)**  
6 bundles of Somen noodles  
salt

**\*Shiitake Mushroom Cream Sauce**  
200g Shiitake mushrooms, thinly sliced  
100g onion, thinly sliced  
50g butter  
2 teaspoons flour  
300ml milk  
200ml water  
granulated chicken bouillon, to season  
salt and pepper, to taste

**\*Garland Chrysanthemum Sauce**  
100g Garland chrysanthemum (leaves only)  
granulated chicken bouillon, to season  
salt and pepper, to taste  
extra virgin olive oil

**\*Deep Fried Burdock Root**  
1/5 stem burdock root  
oil, for frying  
salt, to taste

**\*Garnish**  
scallion, thinly sliced  
cayenne pepper

**[Steps]**  
**1.To prepare shiitake mushroom sauce.**  
① Heat the butter in a pan, fry the sliced mushrooms and onion until soft and brown. Add in flour while frying continuously. Be careful not to burn flour.  
② Add in milk, water, granulated chicken bouillon, salt and pepper, then let it simmer for a while.  
③ Slightly cool down the soup, move it to a blender and blend into puree form.  
④ Return the puree to the pot, add more salt and pepper to season.

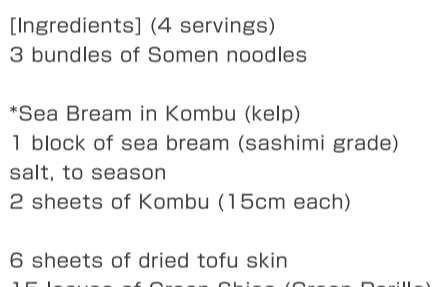
**2.To prepare Garland chrysanthemum sauce.**  
① Blanch the Garland chrysanthemums leaves in water with salt.  
② Put all the ingredients for Garland chrysanthemum sauce into a blender and blend into puree form.

**3.To prepare deep fried burdock root.**  
① Peel the burdock root, julienne into 5cm strips.  
② Heat up the oil to 170°C, deep fry the burdock root and sprinkle with salt.

**4.Add the Somen noodles to boiling water with salt. Please refer "How to cook delicious Somen noodles" for cooking method. Drain the water well.**

**5.Ladle some shiitake mushroom sauce in the middle of a plate. Add a splash of Garland chrysanthemum sauce. Place the freshly boiled Somen noodles on the sauce, topped with deep fried burdock root. Sprinkle the scallion and cayenne pepper to garnish.**

## Somen Noodles and Sea Bream Tofu Skin Rolls



**[Ingredients] (4 servings)**  
3 bundles of Somen noodles

**\*Sea Bream in Kombu (sashimi)**  
1 block of sea bream (kashimi grade)  
salt, to season  
2 sheets of Kombu (15cm each)

6 sheets of dried tofu skin  
15 leaves of Green Shiso (Green Perilla), cut into halves  
1/3 stalk scallion (only the white part, julienned)  
fresh wasabi stem (about 5cm), julienned

**\* Japanese Chicken Clear Soup Jelly**  
200ml chicken clear soup  
salt, to taste  
1 teaspoon light soy sauce  
2.5g gelatin powder

**[Steps]**  
**1.To prepare the sea bream in Kombu.**  
① Thinly coat the sea bream in salt, set aside for 20 minutes.  
② Wipe off the moisture on the plate, and put it between two Kombu sheets. Use a fish as weight and place it on the Kombu.  
③ Put it into the refrigerator for 3 to 4 hours. Remove the Kombu sheets.  
④ Slice the fish.

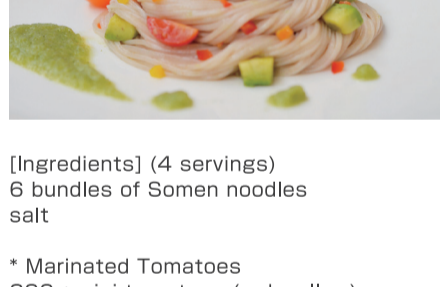
**2.To prepare the Japanese chicken clear soup jelly.**  
① Heat up the clear soup into a pot, season with salt and light soy sauce. Turn off the heat just before boiling. Add in the gelatin and whisk until dissolved.  
② Cool it down in a refrigerator. When it is set, use a spoon to smash it into fine jelly pieces.

**3.To boil the Somen noodles.**  
① Separate the Somen noodles into 6 equal bundles. Tie up each bundle with cooking twine, so that the noodles will stay in bundle when boiled.  
② Add the Somen bundles to boiling water with salt. Please refer "How to cook delicious Somen noodles" for cooking method. Drain the water well.

**4.To prepare tofu skin roll.**  
① Soak the dried tofu skin in boiling water for 1 minute. Remove it from water.  
② Spread a tofu skin on the cutting board. Place the Shiso leaves at one end. Place a bundle of Somen noodle (cut off and discard the edge with cooking strings) on the Shiso leaves. Next, top it with some julienned scallion and wasabi. Last, arrange the sliced sea bream on the top. Roll everything up, and slice into quarters.  
③ Repeat the steps in ② for the rest of the ingredients.

**5.To serve, place a few slices of tofu skin roll on a plate, and top with some clear soup jelly.**

## Tomato and Broccoli Pasta in Grapefruit Flavor



**[Ingredients] (4 servings)**  
6 bundles of Somen noodles  
salt

**\* Marinaded Tomatoes**  
300g mini Tomatoes (red, yellow)  
50ml grapefruit juice  
1 tablespoon extra virgin olive oil  
salt and pepper, to taste

**\* Avocado**  
1 avocado  
2 tablespoons grapefruit juice  
salt and pepper, to taste

Capsicum (red, yellow, and orange) 1/6 from each color  
broccoli sprouts, remove the roots, for garnish  
salt and pepper, to taste  
a little grapefruit juice  
extra virgin olive oil

**\* Broccoli Sauce**  
200g broccoli, finely chopped  
50g onions, thinly sliced  
100ml water  
granulated chicken bouillon, to season  
salt and pepper, to taste  
extra virgin olive oil  
olive oil, for frying

**[Steps]**  
**1.To prepare the ingredients.**  
① Cut mini tomatoes into quarters, add in salt, pepper, grapefruit juice and extra virgin olive oil. Mix the ingredients together and leave to marinate.  
② Dice avocado, mix it with salt, pepper, and grapefruit juice.  
③ Finely dice the capsicum, and blanch in water with salt.

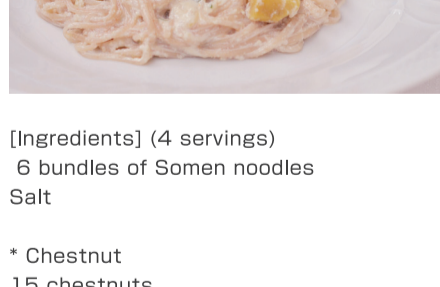
**2.To prepare the broccoli sauce.**  
① Heat up the olive oil in a pan, fry the sliced onion on low heat until soft and transparent.  
② Put the chopped broccoli, water, granulated chicken bouillon, salt, and pepper into a pot, cook until the broccoli becomes soft.  
③ Cool down the broccoli soup quickly, move it into a blender and blend into puree form. Blend in salt, pepper and extra virgin olive oil. Add some water if the puree is too thick.

**3.Add the Somen noodles to boiling water with salt. Please refer "How to cook delicious Somen noodles" for cooking method. Drain the water well.**

**4.Strain the liquid from marinated tomatoes. In a bowl, mix the Somen with marinated tomatoes, avocado and capsicum. Then seasoned with salt, pepper, extra virgin olive oil, and grapefruit juice.**

**5.Spread the broccoli sauce on a plate, top with the ingredients in Step 4, garnish with broccoli sprouts.**

## Along with the taste of autumn, Somen Noodles with Chestnut and Creamy Walnut Sauce



**[Ingredients] (4 servings)**  
6 bundles of Somen noodles  
Salt

**\* Chestnut**  
15 Chestnuts  
50g onion  
200ml water  
granulated chicken bouillon, to season  
salt and pepper, to taste  
olive oil, for stir frying

**\* Walnut Sauce**  
150g walnut  
20g bread (crusts removed)  
250ml milk  
grated garlic, to taste  
80ml extra virgin olive oil  
salt and pepper, to taste

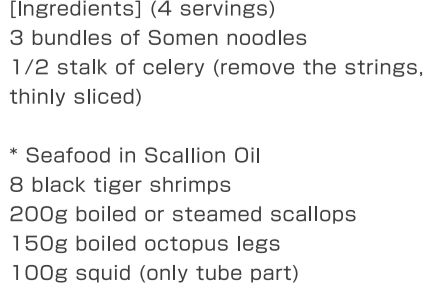
**[Steps]**  
**1.To prepare the chestnuts.**  
① Place the chestnuts in a big bowl, pour the boiling water into it. Leave it for 3 hours until the hard shell becomes soft. Remove the hard shell and inner skin. Cut each chestnut into 4 or 6 equal parts.  
② Heat up the olive oil in a fry pan, stir fry the onion over low heat until soft, then add in the chestnuts and fry them briefly. Add in water, chicken bouillon, salt and pepper. Cover the surface with baking paper then put on the lid. Simmer until the chestnuts turn soft.  
③ Remove the baking paper, use high heat to reduce the juice until all the moisture evaporates.

**2.To make the walnut sauce.**  
① Blanch the walnuts, and use a toothpick to scrape away the skin. (This is to remove the bitterness.)  
② Put all the ingredients for walnut sauce into a blender and blend into creamy puree.

**3.Add the Somen noodles to boiling water with salt. Please refer "How to cook delicious Somen noodles" for cooking method.**

**4.Heat up some walnut sauce in a pot, toss the Somen noodles and chestnuts in the sauce, season with salt and pepper, and serve.**

## Seafood Somen Noodles in Scallion Oil



**[Ingredients] (4 servings)**  
3 bundles of Somen noodles  
1/2 stalk of celery (remove the strings, thinly sliced)

**\* Seafood in Scallion Oil**  
8 black tiger shrimps  
200g boiled or steamed scallops  
150g boiled octopus legs  
100g squid (only tube part)  
1/3 stalk scallion (only the white part, thinly sliced)  
grated ginger, to taste  
granulated chicken bouillon, to taste  
salt and pepper, to taste  
3 tablespoon sesame oil

**[Steps]**  
**1.To prepare the seafood.**  
① Boil the shrimp with shells on. Then peel the shells and cut each shrimp into 5 equal pieces. Cut the scallops into halves. Slice the boiled octopus thinly. For squid, score diagonal slits on the surface to create lattice effect. Then cut it into bite size, and boil in water with salt.  
② Mix ① in a bowl, then top the center with chopped scallion and grated ginger.  
③ Heat the sesame oil in a small fry pan on medium-high heat until it just starts smoking, then slowly pour the oil onto ② until the scallion turns soft and brown.  
④ Add in the granulated chicken bouillon, salt and pepper. Mix well and set aside for a while so that the flavors blend together.

**2.Break the Somen into into 4cm lengths. Add the Somen noodles to boiling water with salt. Please refer "How to cook delicious Somen noodles" for cooking method. Drain the water well.**

**3.Mix the Somen noodles with ④ and the sliced celery. Serve immediately.**