

# UMAI COMMUNITY



# UMAI CRATE

JUNE 2022

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# WHAT'S ON THE MENU FOR JUNE?



## KITSUNE UDON 和庵 一枚お揚げのきつねうどん

These chewy udon noodles come in a rich kelp, bonito, and sardine-based broth and are topped with a slice of sweet dried tofu that soaks up all that delicious broth!

**Try with:** soft-boiled egg, seaweed, scallions

### DIRECTIONS:

1. Open the lid until the line, and take out the packet.
2. Add the packet. Then, add hot water up to the inner line.
3. Close the lid and wait for 5 minutes.
4. Stir well and enjoy!



## HEALTHY FOODS: SHOYU RAMEN 健康フーズしょうゆラーメン

This shoyu (soy sauce) ramen is made using natural ingredients, so it's on the healthier side. Keep it healthy by adding extra veggies, or take it over to the dark side if you're feeling extra hungry!

**Try with:** corn, dried nori, bean sprouts

### DIRECTIONS:

1. Add 500ml of water to a pot, and bring to a boil.
2. Add the ramen, and cook for 2-3 minutes.
3. Once softened, turn off the heat, and add the soup packet.
4. Serve in a bowl and enjoy!



## BOILED AND STIRRED KISHIMEN ゆでまぜきしめん

Popular in Nagoya, Kishimen are Japanese flat noodles. These ones come with a sweet and flavorful soy sauce and can be enjoyed either hot or cold.

**Try with:** scallions, spinach, bonito flakes

### DIRECTIONS:

1. Bring 500ml to a boil, add the noodles, and cook for 2 minutes.
2. Or pierce the noodle bag and microwave for 2.5 minutes (500W).
3. Then, add the noodles and the sauce to a bowl.
4. To enjoy the cold, rinse the noodles in cold/iced water.



## TAKENOKO RICE 筍ごはん

Takenoko rice is a seasonal dish with lots of bamboo shoots. This one is made with glutinous rice, so it's extra chewy. It's also super easy to prepare, so what are you waiting for?

**Try with:** chicken, chopped cilantro, fried egg

### DIRECTIONS:

1. Peel the film back about 1/4 of the way
2. Heat in the microwave at 600W for 2.5 minutes.
3. If it's not warm enough, microwave again for 10 seconds at a time.
4. Enjoy!



## YAM SOBA 山芋そば

Ever tried soba noodles made from yams? This is your chance! Serve them hot in their mouth-watering soy sauce, kelp, and bonito broth!

**Try with:** soft-boiled egg, scallions, shredded nori

### DIRECTIONS:

1. Bring 450ml of water to a boil.
2. Add the noodles and cook for 3 minutes.
3. Turn off the heat, add the packet, and stir.
4. Serve in a bowl and enjoy!



## TAKAMORI AGODASHI UDON タカモリ あごだしうどん

Agodashi is a soup stock made by simmering flying fish. Experience this classic Japanese flavor with these thick udon noodles.

**Try with:** soft-boiled egg, scallions, fish cake

### DIRECTIONS:

1. Bring 300ml of water to a boil in a pot.
2. Add noodles, and simmer for 2 minutes.
3. Once the noodles soften, add the packet.
4. Serve in a bowl and enjoy!



## CLAM CHOWDER PASTA クラムチャウダー パスタ

A quick and easy meal that's great if you're in a hurry! Open it up for some smooth and tasty clam chowder soup with lots of curly pasta.

**Try with:** extra cheese, chicken, soft-boiled egg

### DIRECTIONS:

1. Open the lid, and fill with hot water (about 200ml) up to the inner line.
2. Stir for 15 seconds or about 30 times.
3. Wait 3 minutes.
4. Enjoy!



## FATHER TANUKI'S SECRET SPICY RAMEN たぬき親父の逸品 ビリ辛ラーメン

Serve up a bowl of these ramen in their spicy pork bone broth. Start with the noodles. Then, if you can handle the heat, savor that delicious broth!

**Try with:** soft-boiled egg, green onions, pork slices

### DIRECTIONS:

1. Bring 450ml of water to a boil, and add the noodles.
2. Cook for 3 minutes. Then, turn off the heat.
3. Add the soup packet and stir well.
4. Serve in a bowl and enjoy!



## MOCHI FU もち麩

Mochi fu has a silky smooth and chewy texture. It's also perfect for absorbing lots of flavor. This is why it's a perfect ingredient for Japanese hot pots and soups!

**Try with:** sukiyaki, hot pot, miso soup

### DIRECTIONS:

1. Soak in lukewarm water until soft.
2. Squeeze lightly to remove excess water.
3. Enjoy it in hot pots and soup.
4. Or fry it and add salt to enjoy it as a snack.