

TRY SOMEN SUMMER NOODLES!



keep cool with chilled noodles

Come summertime in Japan, hot noodle soups give way to cooling chilled noodles to help beat the oppressive heat. This somen noodle recipe is fantastic, easy to rustle up and the perfect light lunch or evening meal from July - Sept. Fine white somen wheat noodles are accompanied by a cold light tsuyu dipping sauce and fresh, zingy toppings such as cucumber, prawns, spring onion, wasabi and ginger.

Buy at Japan Centre - Serves 2

- 200g Somen Noodles
- 150ml Somen Tsuyu
- 1/2 tsp Wasabi
- 1 tsp grated Ginger
- 1 tbsp sliced Cucumber
- 1 tbsp sliced Spring Onion
- 2 shredded Shiso Leaves
- 4 boiled King Prawns

The perfect drink for this meal is *cold Mugicha Barley Tea*, a popular summer drink.



Somen Noodles
Somen Tsuyu
Wasabi

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Beat the Heat: A CHILLED-NOODLE GUIDE

It's pretty safe to say that in Britain's Japanese food-scene, hot noodle soups are King. But while we slurp down bowl after bowl of piping hot ramen we're missing out on one of life's pleasures, the humble chilled noodle. Summer in Japan is a hot, humid affair where steaming broths are the last thing on your mind. By simply swapping hot tsuyu soups for cold sauces, Japanese can carry on enjoying their favourite noodles all year round.

Zaru Soba: Cold soba buckwheat noodles are served on a bamboo plate with a chilled tsuyu dipping sauce, chopped spring onion, nori seaweed sprinkles and wasabi. **Available at umai!**
Bukkake Udon: Cold thick white udon noodles are served with fresh toppings such as seaweed, pickled ginger, boiled egg, fresh seafood and wasabi with a chilled tsuyu sauce you drizzle over the top. **Available at umai!**

Somen Noodles: Cold thin white noodles are served in iced water with

a chilled tsuyu dipping sauce and light toppings such as cucumber, spring onion, ginger and prawn.

Hiyashi Chuka: Cold egg noodles are served with toppings such as shredded egg, ham, cucumber and ginger in a chilled soy or sesame sauce.

Here at Japan Centre we like to bring you the best of Japan, so this summer why not enjoy chilled summer noodles at umai with our new Summer Noodle Menu!



£1 VOUCHER

When you spend **£12 or more** at Japan Centre Regent St Store and Umai By Japan Centre Westfield Stratford City Store

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1st JULY - 31st AUG





Track Record JAPAN'S OLYMPIC HISTORY

Great Britain may have brought you the Paralympics, be the only country to have won at least one gold medal at every summer games, are the one, only and therefore still reigning Olympic cricket champions and have a Nobel Peace Prize medal-winning athlete, but what do we know about Japan's Olympic history?...

- First participating 100 years ago in 1912, gentlemen you have Japan to thank for the inclusion of volleyball in the Olympic timetable.
- Beijing 2008's oldest competitor was 67 year old Hiroshi Hoketsu, an equestrian rider who'd also participated in the 1964 Games.
- Olympic athletes are known for their dedication to sport, however Japanese gymnast Shun Fujimoto blows everyone out of the water for competing and securing gold for

Japan's men's gymnastic team in Montreal '72... with a broken leg!

- Sneaker giant Asics designed special trainers for the Japanese gold medal marathon winner in 2004, their special design feature? Rice husks in the soles for added traction.
- Most whistles used at The Games & many World Cups are made in Tokyo, football referees are said to especially like them as they 'allow them to convey a wide range of emotions' :/

It's perhaps no surprise that both countries achieved their highest amount of medals when they were hosts in 1908 and 1964 (with GB actually winning that year too) and since those glory days both island nations have worked hard to achieve similar success. Maybe this year will be their year, let's cheer both Great Britain and Japan on!

t o k u EAT LIKE A CHAMPION!

To honour a wonderful summer of celebrations, Toku Restaurant have announced 3 amazing Medal Winner's Menus:

'Kin' Gold Medal Winner's Menu: assorted sushi & assorted tempura (prawn & vegetables)

'Gin' Silver Medal Winner's Menu: assorted sashimi & assorted tempura (prawn & vegetables)

'Dou' Bronze Medal Winner's Menu: tempura soba/udon & mini beef gyudon
Being a tempura specialist, this Olympiad menu is sure to serve the crispest, lightest tempura, hence, its inclusion in all of the Winner's menus. Available from 27th June to 12th August, priced at £20.12, the Medal Winner's Menus are a delicious way to be part of The Games this summer.

toku Restaurant

16 Regent Street London SW1Y 4PT
Mon-Wed: 12pm - 9:45pm (Last Order)
Thu-Sat: 12pm - 10pm (Last Order)
Sun: 12pm - 8:45pm (last Order)
www.toku-restaurant.co.uk / Tel 020 3405 1222



Staff Review Finding the true taste of Japan!

Vol.007/008 - Riko Edition



LET'S "NOMINATION" WITH JAPANESE BEER!

Social drinking plays an important role in Japanese society, drinking parties are typically held at izakaya bars and are a common way for people to build better relationships in and outside work. Japanese people call these sorts of get-togethers 'Nomination', a combination of the English word 'communication' and the Japanese word for drinking 'nomimasu'.

By far the most popular tittle at Nomination parties is beer, with major producers being Asahi, Kirin, Sapporo and Suntory. Lager beer especially Pilsner is quite common in Japan, with the ideal beer to bubble ratio 7:3. I was surprised when I drank beer for the first time in the UK, the ratios are all wrong but I really love it too! If you want to try Japanese beer and a bit of Nomination fun, then you can find great tasting Japanese beer at Japan Centre and try your own 'Nomination' this summer!



Riko's Profile

Riko Kudo moved to London 1 year ago and has been part of the Japan Centre team for almost 6 months. She is our Advertising & Product Designer, loves graphic design, music and beer.



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