

Nakano Udon School in Kagawa Japan

Let's Make Sanuki udon

Making udon is a truly fun experience, and you will be surprised at how simple udon is to make. In Kagawa Prefecture, there are many places that provide lessons. You will learn everything from the amount of wheat flour you will need to make udon for five people to the correct ratios of salt and water for each season—the most salt is required in summer and the least in winter.

After learning the ingredients, you are ready to start making your first batch of udon. You will have fun mixing the ingredients, and then flattening them with your feet to music, letting the dough rest, and finally rolling it and cutting it into long thin strips.

And at the end of your experience, the udon you made will be cooked and served to you so can taste your own homemade udon. Finally you get a package of your own homemade dough to bring home for your loved ones.