

Chilled Chinese noodles “Hiyashi-Chuka” Receipt

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Do you know Chilled Chinese noodle (“Hiyashi-Chuka (冷やし中華)”)?

This column introduces a simple recipe of refreshing Chilled noodle, which is commonly eaten in summer in Japan.



In the chilled corner in Japanese supermarkets, you can find mainly 2 kinds of Chilled Chinese noodles sets (sets containing 2 or 3 noodles and sauces in a bag each). One type of Chilled Chinese noodles has dark sour soup based on soy sauce with a light, refreshing flavor. Another type of Chilled Chinese noodles has a white soup with rich flavor of sesame. This recipe can be made with any type of Chilled Chinese noodle (“Hiyashi-chuka”) set.

Ingredients (for 1 person)

Egg	1piece
Tomato	half
Cucumber	half
Ham	3pieces
Chinese noodle	1bag
Sauce	1bag



Recipe (1 person, less than 30 minutes)

- 1 Boil an egg for about 12mins and cut the boiled egg in half.
- 2 Fill a saucepan with enough water to cover the noodles and bring to the boil.
- 3 Cut cucumber and ham into strips.
- 4 When the water is boiled, put noodles into the saucepan and cook for 3 minutes. (Control the stove to prevent the water from boiling over.)
- 5 After 3 minutes, take the noodles from the saucepan and drain the water off the boiled noodles.
- 6 Wash the noodles under the tap and again drain the water off the noodles.
- 7 Serve the noodles on plates.
- 8 Put cut tomatoes, cucumbers, hams, eggs, and sauce on top.

Stir well before eating!