

© Leigh Beisch photo above, right. Styled by Karen Shinto. [WASHOKU](#)

Moon-Viewing Noodles in Sanuki Broth

Sanuki no Tsukimi Udon

讃岐月見うどん

As summer turns to fall, the moon wanes in a particularly luminous fashion. Indeed, the Harvest moon is celebrated in stories and songs around the world. In Japan, *tsukimi*, or “moon-viewing” is also a cause for culinary celebration. This soup noodle dish with its circular poached egg (the “moon”) is one way of enjoying the transition of seasons at table.

Because the Japanese like their eggs very loose, most will add them, raw to the top of steaming hot soup noodles already in individual bowls I prefer to poach all the eggs I will need in a separate bath of lightly salted warm water; that way I can “personalize” the firmness of each egg. Once poached, I top each bowl of noodles sitting in scalding hot seasoned soup with an egg and finish with a showering of scallions and a small mound of grated ginger.

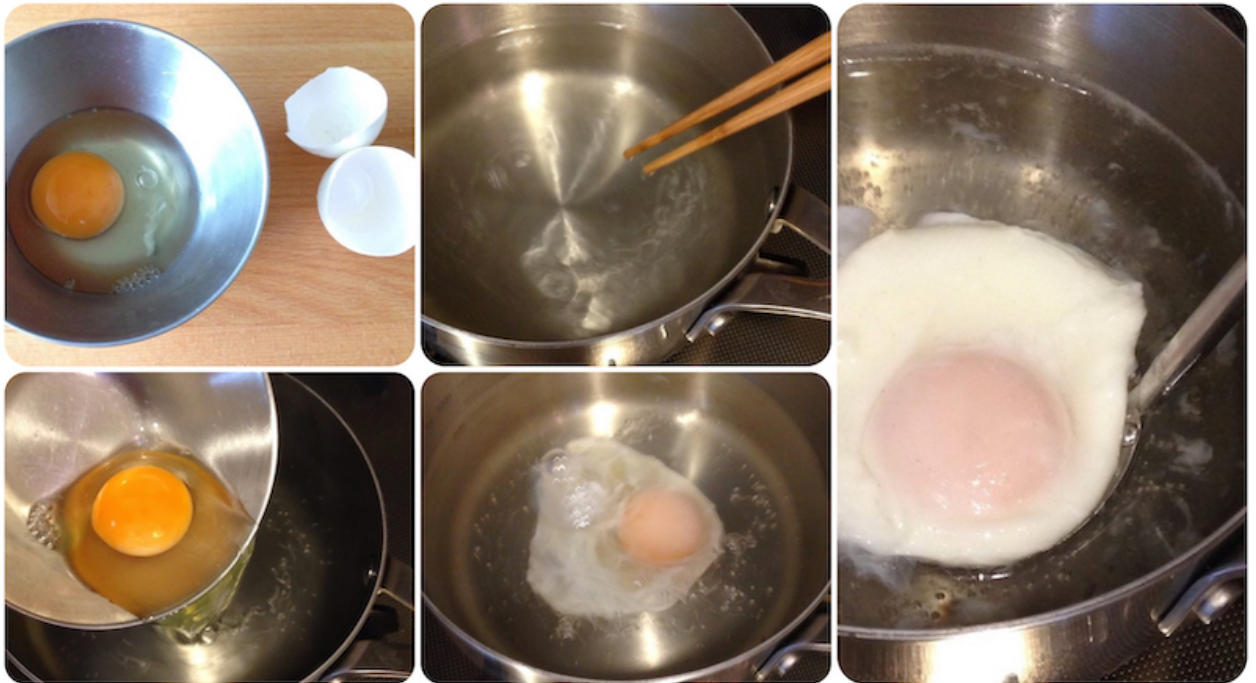
Since the soup stock is made with dried *shiitaké* mushrooms I often add these back to the soup. Or, I’ll add fresh mushrooms, simmered in the soup stock If I’ve used *shiitaké* stems instead of caps when making the stock. Although the classic moon-viewing noodle soup is usually all about the egg (aka the moon) you can add other cooked foods to make the dish more substantial.

Serves 4

4 cups Sanuki Sea Stock (separate recipe)
1 teaspoon soy sauce, preferably light-colored *usukuchi shōyu*
1 teaspoon *mirin*
4 large eggs, each cracked open into a small bowl + salt water, to poach eggs (see NOTE at end of recipe about substituting *onsen tamago*)
12 ounces fresh, or 6 oz. dried *udon* noodles, freshly cooked (separate recipes) or re-heated
1 scallion, trimmed and finely chopped
1 teaspoon freshly grated ginger

Heat your stock in a saucepan until you see small bubbles begin to rise. Season with the soy sauce and mirin and stir to distribute flavor. Adjust the heat on your stove to keep the soup scalding hot but not boiling.

In a separate pot boil water to heat your soup bowls. Or, re-boil the water you used to cook the noodles. Fill each serving bowl with boiling hot water and place a lid (or flat plate) on top to trap in the heat. This will insure that your bowls are thoroughly warmed before adding noodles, soup, egg and garnishes.



Poach your eggs: Bring a pot of lightly salted water to a rolling boil. Stir the water clockwise in a vigorous manner with chopsticks or a long-handled wooden spoon, to make a whirlpool.

Remove the saucepan from the stove and carefully pour an egg, aiming for the center of the vortex. Rinse the bowl that held the raw egg and set aside.

As the egg begins to set in the saucepan, stir the very hot water again if shreds of white scattered; this will gather them into a single mass. When barely set CAREFULLY scoop up the poached egg and set it back in the rinsed bowl that held the raw egg.

Place a plate over the bowl to keep the poached egg warm as you cook the remaining eggs.

SERVING the soup: Place a portion of freshly cooked or re-heated noodles in individual rinsed-and-warm bowls. Bring the seasoned soup to a full boil and divvy up among the bowls of noodles.

Carefully transfer a single poached egg to the center of each bowl. Repeat to make four portions, covering filled bowls with a flat plate to keep the first portions hot as you make the others. Just before serving add scallions and ginger.



NOTE:

If you prefer, make **ONSEN** (soft-boiled) **TAMAGO** (eggs) in lieu of the poaching eggs. **WASHOKU** pg 292 Impatient Coddled Eggs (Sokuseki Onsen Tamago)