



## 麩、ニラ、もやし、人参、玉子チャンプル

*Fu* (dried wheat gluten), *Nira* (chives), *Moyashi* (bean sprouts), Carrot and Egg Scramble

*FU* (dried wheat gluten), is a popular ingredient in *champurū*, the ubiquitous Okinawan stir-fry that appears on household dinner tables and *izakaya* pub menus alike. In Okinawa, *fu* (also called *kuruma-bu*) are puffy, chunky but hollow sticks. In other parts of Japan *fu* may look like wheels, or sheets or small decorative shapes. If you cannot source Okinawa-style sticks of *kuruma-bu*, wheels could be used instead for making *champurū*. Sticks and wheels are softened in slightly different ways however; refer to instructions in **Kitchen Notes** (pg 3).

*Fu* is typically inexpensive and, because it is shelf stable, it can be stored for months, even years, in a dark, dry, cool spot in your pantry. It is a great ingredient to keep on hand, ready in a pinch to add volume to a dish. The spongy texture of *fu* provides a pleasant (meat-like) chewiness and absorbs flavors from the foods with which it is cooked.

Serves 4.

- 2 large eggs, lightly beaten
- 2 teaspoons *saké*
- 1/2 teaspoon soy sauce
- 2-3 sticks *kuruma fu* (dried wheat gluten), about 70 grams (2.5 oz), softened (see **Kitchen Notes** page 3)
- 1 teaspoon sesame oil
- 1 small carrot, about 50 grams (2 ounces), scraped and cut into matchsticks
- 2-3 tablespoons of stock\* OR water, optional
- 2-3 stalks *nira* chives, about 50 grams (2 ounces), trimmed and cut in 2-cm (3/4-inch) lengths
- 1/2 small package *moyashi* bean sprouts, about 100 grams (3.5 ounces); rinse, drain and snap off tips that have stringy filaments (this trimming is a bit of a nuisance but will make a huge difference in taste and texture of the bean sprouts)

\* <https://tasteofculture.com/wp-content/uploads/2020/08/Standard-Sea-Stock-Smoky-Sea-Stock.pdf> OR <https://tasteofculture.com/wp-content/uploads/2019/11/Kelp-Along-Stock.pdf>



In a bowl, beat the eggs with the *saké* and soy sauce. Add the softened *kuruma-bu* to the egg mixture and let it soak up the egg mixture for about 3 minutes. Heat the sesame oil in a non-stick skillet over medium heat. Pour in the egg-and-*kuruma-bu* mixture and cook undisturbed until barely set about 1 and 1/2 minutes.

Transfer to a plate while you cook the remaining vegetables in the skillet.

Add the carrots to the skillet and stir-fry until barely tender, about two minutes. If the carrots look in danger of scorching during this time, add a tablespoon or two of stock or water.

Add the *nira* chives and continue to stir-fry for 45 seconds. Add the *moyashi* bean sprouts, raise the temperature to high and continue to stir-fry for 1 minute. *Moyashi* typically throws off a great deal of moisture as it cooks; stir-frying vigorously over high heat should produce the right level of moisture in your skillet. If necessary, add a tablespoon or two of stock or water.



Return the lightly scrambled egg-and-*kuruma-bu* mixture to the skillet.

Toss to distribute.

Mound loosely in a shallow bowl and serve immediately.



Okinawa fu hollow sticks (left)



Kuruma-bu wheels (right)



## KITCHEN NOTES

くるまふ  
車麩

*kuruma-bu*: sticks



& wheels



To soften dried *kuruma-bu sticks*: Break the sticks into several pieces (irregular chunks are fine). Place them in a bowl large enough to allow them to expand a bit and cover with a scant cup of water for each stick. Press on the chunks of *kuruma-bu* to submerge them in the water and let them soak for 10 minutes. Lift the swollen *kuruma-bu* pieces from the bowl, pressing them between your hands. Squeeze out as much water as possible. Use immediately, or place in a re-sealable bag and refrigerate for up to 24 hours. Just before using, squeeze again.



To soften dried *kuruma-bu wheels*: Soak a clean kitchen cloth (the Japanese use muslin-like *sarashi*), in warm water and wring it out well. Wrap the pieces of dried *fu* in the cloth; this will help them retain their shape. Place the wrapped wheels in a shallow container wide enough to hold them and allowing for them to expand and swell as they soften. A sturdy, self-closing plastic bag can be used instead.



Drizzle very warm, but not boiling hot, water over the wheels to barely cover them with liquid. They absorb water quickly. Be careful not to submerge the wheels in too much liquid, as they will fall apart. Ideally the wheels will be moist but not floating or suspended in liquid. Let rest for 5 minutes.

If you have two or more layers of wheels in your container, flip them and drizzle in a bit more very warm water before letting them rest another 5 minutes. Fully softened *kuruma-bu* wheels should feel springy when pressed. Press *kuruma-bu* wheels firmly between the palms of your hands to force out unwanted liquid. Unwrap and use right away, or seal in a bag and refrigerate for up to 2 days. Cut with scissors, or knife, as needed.