


CHICKEN UDON SOUP

 8 servings

Ingredients

- 2 boneless, skin-on chicken breast halves or 2 boneless, skin-on thighs and 2 boneless, skin-on drumsticks
- 1/2 tsp teaspoon mayonnaise
- 3 tbsp sake
- 2 tbsp soy sauce
- 2 tablespoons mirin
- 3 + 3/4 cup udon dashi (see separate recipe)
- 1/2 cup udon kaeshi (see separate recipe)
- salt, to taste
- 1 tbsp wakame, soaked in water for 10-15 minutes
- 6 oz **baby bok choy**, trimmed and rinsed
- 35.2 oz frozen udon noodles (typically sold in individual packs of 8.8 oz) or 8 oz dried udon noodles

Soup Topping Ideas

- 1/2 lb poached squid (instead of chicken; see separate recipe)
- 4 onsen tamago (see separate recipe)
- 4 oz **enoki mushrooms**, root trimmed
- 4 oz **bean sprouts**
- 1 **large carrot**, sliced julienne
- 1 **scallion**, sliced diagonally to garnish
- 8 ounces lightly pan-fried tempeh

Instructions

1. Heat a 10-inch cast iron skillet on medium-high until just starting to smoke.
2. Meanwhile, coat the chicken skin with a thin layer of mayonnaise. Add to skillet, skin side down; for optimal browning, place a cooking weight on top of each breast (optional).
3. Cook until the skin is well-browned and crisp, about 5 minutes. Reduce heat to low and flip the chicken breasts. Add the sake, soy sauce and mirin and cover the pan.
4. Continue to cook until a thermometer inserted into the thickest part of the breast registers 150°F, about 5 minutes. Transfer breasts to a plate to rest. If using thighs and drumsticks, use the same procedure but cook until 160°F.
5. To a large pot add the udon dashi and kaeshi. Bring to a boil and season with salt to taste. Skim off any scum on the surface with a slotted spoon.
6. Drain the soaked wakame and add to the udon broth with the bok choy. Cook until the bok choy turns tender but still has a bite, about 2-3 minutes. Remove pot from heat.
7. Cook frozen or dried udon noodles in a separate pot of boiling water, according to package directions.
8. Heat your serving bowls by filling them with some of the boiling water used to cook the udon. Wipe dry, then divide the udon between each of the bowls.
9. Top with sliced chicken or poached squid, if using. Arrange other desired toppings in a circular fashion around the bowl, cracking onsen egg in the center, if using.
10. Top each bowl with 1 cup of udon broth. Garnish with scallions as desired and serve.

