

## UDON NOODLES

Serves 10

### Ingredients

1000 grams Medium strength bread flour

420 grams water ( 42% of the weight of the water)

42 grams salt (10% of the weight of the water)

Make the salt water

Mix the salt water with the flour.

Let rest for 10 minutes.

Step and Fold 5 times.

Let rest for 3 hours to 2 days.

Step once

Knead the dough into a rectangular shape, about 4mm thick.

Fold into three and cut into noodles, about 4mm thick or thinner.

### **Salt water ratio**

Winter 40 grams

Average 50 grams

Water 430 grams

Summer 420 grams

Witner 440 grams

### Equipment

Bowl

Beater

Digital scale

Pin

Cutting guide

Cutting board