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UDON

A JOURNEY THROUGH JAPANESE CUISINE VIA ONE OF ITS MOST POPULAR NOODLE DISHES

We'll start by making the dough for handmade udon, discovering the technique that brings these soft, silky noodles to life.

From making the dough, we'll then move on to two different ways of enjoying them: stir-fried, with intense flavours and aromas, or served in a warm, delicate broth.

We'll conclude the course with an intriguing and symbolic dessert: fortune cookies, crisp little parcels containing a small message.

A simple and engaging journey into Japanese cuisine through hands-on experience, flavours and moments of sharing.

YAKI UDON

THE WARMTH OF HOME COOKING

Yaki udon is one of the most popular dishes in Japanese home cooking. The noodles are stir-fried at a high temperature with meat or seafood and vegetables, creating a hot, aromatic dish.

The dish is finished with soy sauce or a slightly sweet-and-sour sauce, which coats the udon and brings out their flavour.

A lively, straightforward and convivial cuisine.

TEMPURA UDON

THE TRANQUILLITY OF THE BROTH

Udon noodles reveal a whole new side to themselves when served in broth.

In tempura udon, the noodles are immersed in a light, delicate and aromatic dashi-based broth.

The bowl is then topped with crispy tempura, often made from prawns or vegetables.

The contrast between the hot broth and the freshly fried tempura creates one of the most iconic flavour combinations in Japanese cuisine.

FORTUNE COOKIES

THE DESSERT THAT TELLS A LITTLE STORY

Many Chinese restaurants serve the famous fortune cookies alongside the bill – thin, crispy little parcels containing a message.

In fact, their history began in Japan, where they were known as tsujiura-sembei, traditional biscuits containing small predictions or auspicious phrases. Their spread across the world is linked to the Japanese Tea Garden in San Francisco, where they were served to visitors at the World's Fair in the early 20th century.

In the years that followed, the biscuits spread throughout the United States and, after the Second World War, were adopted by many Chinese restaurants, becoming the symbol we all know today. During the course, we will prepare these thin, crispy biscuits together and place little messages of good luck inside them.

A simple and playful gesture to round off the experience on a light-hearted note.

Event Information

MAXIMUM NUMBER OF PARTICIPANTS: 12

A small group to ensure personalised attention, step-by-step guidance and a truly immersive experience.

PRICE: €85 PER PERSON

All-inclusive: ingredients, materials, equipment, handouts and final tasting.

WHAT YOU'LL DO:

During the course, we will prepare a small menu together, inspired by Japanese tradition. We will start with handmade udon, learning how to work the dough and cut the noodles, before enjoying them in two versions: yaki udon, stir-fried with vegetables and fragrant seasonings, and tempura udon, served in a hot broth with crispy tempura.

We'll round off the experience with fortune biscuits – thin and golden – into which we'll place little messages of good luck. Each participant will make the recipes themselves, step by step.

WHAT'S INCLUDED:

- hands-on cooking class with a Japanese chef
- fresh ingredients and equipment
- a full range of dishes (savoury and sweet)
- tasting of the dishes prepared
- water, wine and Japanese tea
- a small recipe booklet

DURATION:

3–3.30 hours (varies depending on the group)

LET'S MEET AYAKO

Born in Nagasaki, Japan, she began her career in a research laboratory specialising in food additives.

She then moved to Italy, settling in Rome, where she worked with the restaurant DOOZO, creating Japanese desserts and honing her sushi-making skills.

Since 2012, she has been working as a private chef and has devoted herself to teaching Japanese cuisine, sharing recipes, techniques and traditions with an authentic and accessible approach.



AYAKO