

Ramen Food



Who invented ramen food?

Momofuku Ando was recognized as a hero in the late 1950's because he invented instant ramen.

The hometown of Ando which is Osaka was devastated after World War II and the people suffered because of that by having food shortages.

Ando wanted to create something which is non-perishable, easy to prepare, affordable for the masses, and something tasty.

In a 2000 poll, the Japanese people named instant ramen the greatest invention of the century!

Maruchan Seimen Shoyu Ramen (マルちゃん正麺 醤油味)



- Maruchan Seimen comes with liquid soup packets instead of powder. You blend the powder with the water the noodles cooked in for a full-bodied soup.
- Shoyu is the most popular flavor, but you have several other options. These options rank equally high on the delicious scale. Your choices include miso, tonkotsu, tonkotsu-shoyu, and shio.
- Technology continues to advance. Instant ramen gets closer and closer to real, freshly made ramen.
- Maruchan Seimen leads the way.

Sapporo Ichiban Shio Ramen (サッポロ 一番 塩らーめん)



- Sapporo Ichiban Shio was created in 1971.
- It still tops favorite lists across Japan. Even professional chefs love this ramen!
- It's often described as the soup you can't get sick of... because of the mild flavors and refreshing clear broth.
- The soup has a chicken and pork base. The base blends with aromatics like onion and garlic for a light yet flavorful soup.
- The noodles have yamaimo (Japanese mountain yam) kneaded into them. It gives them a pleasantly chewy consistency.
- For a final punch of rich, nutty flavor, it comes with a packet of ground sesame seeds to sprinkle on top. Delicious.

Marutai Kumamoto Tonkotsu Ramen with Browned Garlic and Black Garlic Sesame Oil (マルタイ熊本とんこつラーメン)



- This is a specialty ramen from Kumamoto, a prefecture on the island of Kyushu in Japan.
- The ramen combines rich tonkotsu soup with browned garlic and black garlic sesame oil. You get layers upon layers of flavor.
- Kumamoto ramen contains a lot of garlic! Besides being delicious, the garlic helps balance out the strong scent of pork bone in the soup.
- Each package of Marutai Kumamoto Tonkotsu comes with two servings... and not those fake servings you often see on instant ramen labels!

Raoh Shoyu Ramen (ラ王醤油)



Like Maruchan Seimen, Nissin's Raoh Shoyu isn't fried. It's pretty darn close, in flavor and consistency, to freshly made ramen.

Raoh Shoyu gives you a refined chicken broth and soy sauce soup base. The ramen also contains dried menma powder (seasoned bamboo shoots).

Menma is a popular topping for ramen. It really boosts the flavor.

Chikin Ramen (チキンラーメン)



- This was the first instant ramen to hit the market. Ando began selling his creation in 1958. Chikin Ramen is, amazingly, still a best-seller.
- Adults and children both love Chikin Ramen. The appeal comes from the simplicity.
- There's no flavor packet. You simply place your block of noodles in a bowl, pour hot water, and cover.
- Many people like to add an egg. The noodle block conveniently comes with an "egg pocket". This round indentation holds a raw egg. The egg gets partially cooked during the process.
- The egg yolk oozes into the soup as you eat your ramen. Words can't describe the experience. You have to try the oozing egg to believe how good the yolk tastes... it takes things to a whole other level of delicious flavor and texture!

Cup Noodle Seafood (カップヌードル シーフード)



- Cup Noodles was created by Ando Momofuku in 1971. It has fans all over the world.
- In fact, it's sold in more than 80 countries. Sales of Cup Noodles outside of Japan made up 70% of the total in 2015.
- But there are major differences between Japanese Cup Noodles and the exported variety. They use different flavors, toppings, and packaging.

Video on How to Make Ramen Food

https://youtu.be/HqXOrejii_w

Sources

<https://thetruejapan.com/the-10-best-japanese-instant-ramen/>