

Name: _____

WHAT IS RAMEN?



Have you ever had ramen noodles? Do you like them?

The Origins of Ramen

The word "ramen" translates as "pulled noodles" and originally were created in China. Ramen spread to Japan and became a traditional Japanese dish that consisted of Chinese wheat noodles, soy sauce, miso (a Japanese flavoring), and broth. Traditional toppings include nori, which is dried seaweed, bamboo shoots, pork, and scallions. Regions in Japan have different versions of ramen with many flavors and ingredients depending on the location.

- What does the word "ramen" mean?

- List 3 ingredients in ramen.

That does not describe the ramen you find in the grocery store. Let's read on to find the origins of instant ramen.

How Ramen Exploded in Popularity

Ramen was a street food specialty in Japan but everything changed when in 1958, a Japanese man named Momofuku Ando, the founder of Nissin Foods, invented instant noodles. This allowed anyone to make ramen by just boiling water. Today there are approximately 25,000 ramen shops in Japan, with more than 5,000 shops in Tokyo alone, making the city the world's ramen capital.

As the founder of Nissin Foods, Ando then introduced the world's first cup noodle product, Cup Noodles in 1971. Today, instant noodles are sold globally under a multitude of brand names such as Maruchan.

- What invention allowed for anyone to be able to make ramen?

- Describe the popularity of ramen in Japan.

- Cup Noodles were invented in _____.

The Ramen Boom in the US

Cartoon depictions of Japanese characters eating noodle dishes in anime were one way the idea of ramen spread to the youth in the US.

Subsequently, the opening of Momofuku, a restaurant in NYC by Chef David Chang in 2004, brought Japanese noodles to the mainstream. TikTok and other social media platforms have popularized sprucing up basic ramen packets into "gourmet ramen".

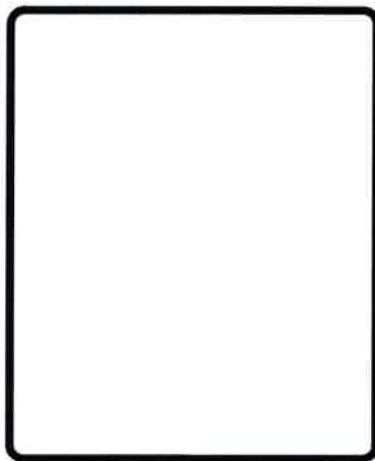
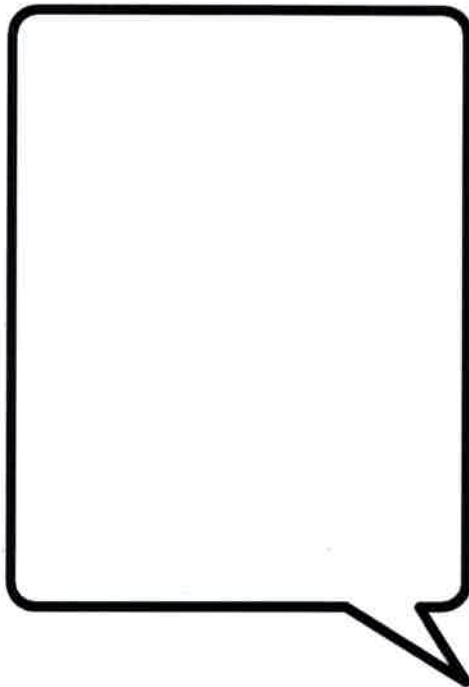
- List 3 reasons ramen became popular in the US.

- Why might Chef Chang have named the ramen restaurant Momofuku?

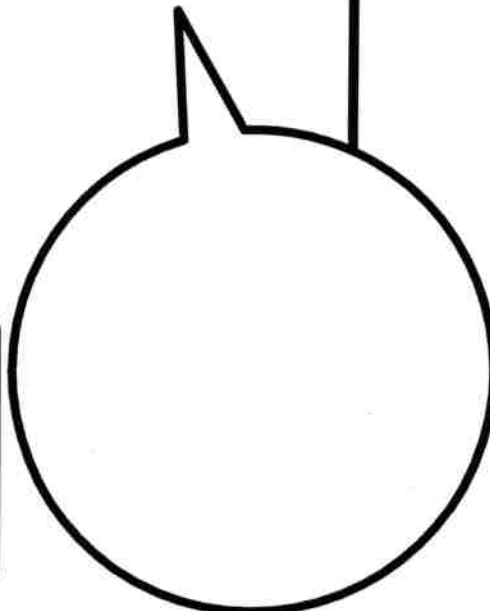
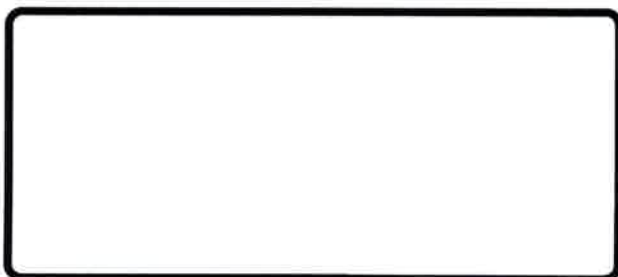
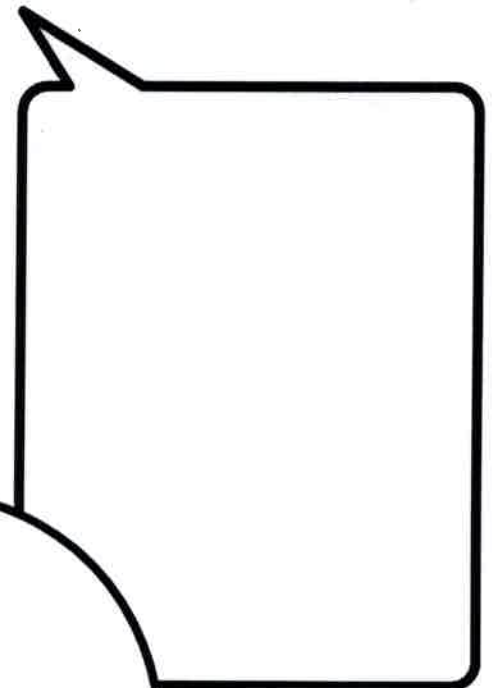
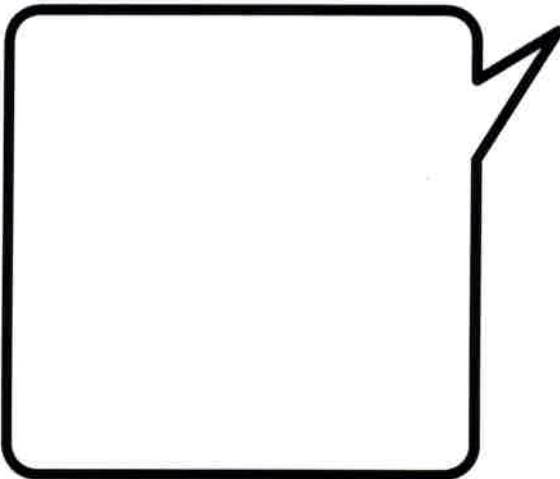


GOURMET RAMEN BRAINSTORM

You are going to create a gourmet ramen recipe. Brainstorm ideas for your dish including ingredients, cooking techniques, etc.



RAMEN
BRAINSTORM



Write a standard recipe for your final gourmet ramen dish.

Title: _____

Yield: _____

Prep Time: _____

Cook Time: _____

Total Time: _____

Ingredients: _____

Garnishes: _____

Method:

Gourmet Ramen Rubric

criteria

elements

notes

Recipe

25 points

- Written in standard form
- Includes one cooking method
- Includes at least 3 extra ingredients
- Appealing taste to the dish
- Properly cooked depending on recipe.

Mise en Place

25 points

- Student set up proper mise en place according to their recipe.

Participation & Engagement

25 points

- Student was on task and completed all steps of the assignment in a timely manner.
- Worked together well either in a group or in the kitchen.

Creativity & Presentation

25 points

- Student worked hard to make a creative dish.
- There was thought put into the brainstorming, recipe creation and execution of recipe.
- Presentation of dish was visually appealing with the use of garnishes and thought was put into the presentation of the dish.

Total: ____/100

Student Name(s): _____

