



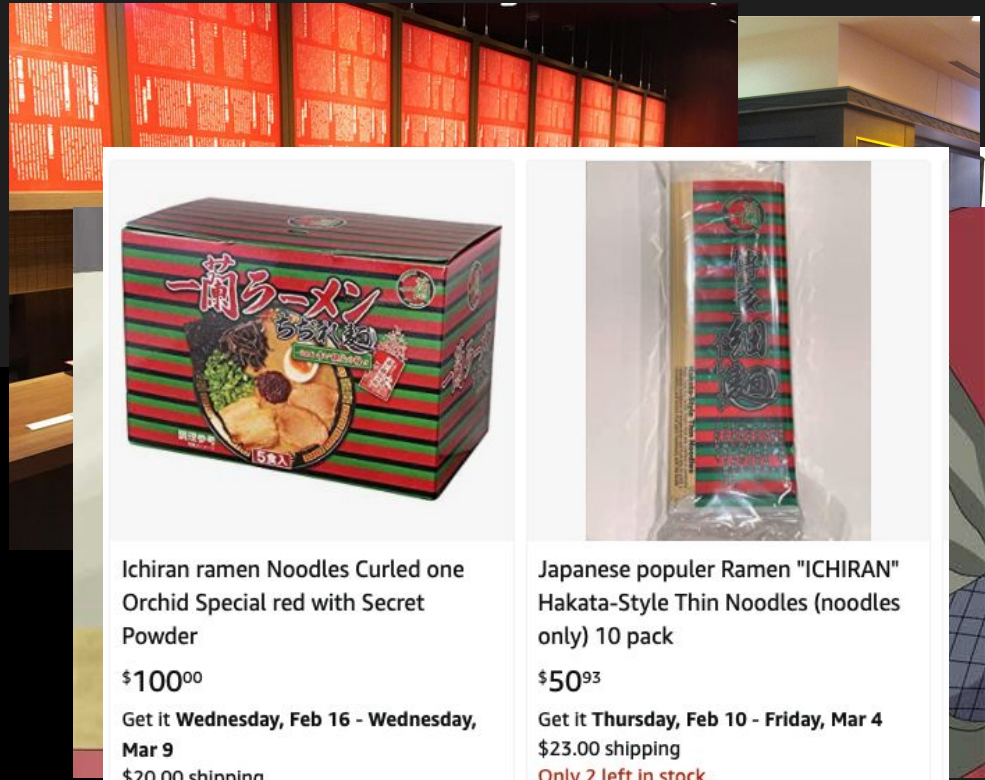
Ramen

Jan 20, 2022
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What is Ramen?

- Japanese Noodle Soup
- Cheap and fast meal
- Not just “instant”
- Cultural phenomenon



Ichiran ramen Noodles Curled one Orchid Special red with Secret Powder
\$100⁰⁰
Get it **Wednesday, Feb 16 - Wednesday, Mar 9**
\$20.00 shipping



Japanese populer Ramen "ICHIRAN" Hakata-Style Thin Noodles (noodles only) 10 pack
\$50⁹³
Get it **Thursday, Feb 10 - Friday, Mar 4**
\$23.00 shipping
Only 2 left in stock.

History of Ramen

- Originates from Chinese “la mian” 拉麵 brought over to Japan in the late 19th century
- Popularized post WWII due to American imports of flour and meat products
- Roadside stalls (Yatai) set up by those of limited means
- Kodowari movement in the 80s and 90s
- Popularized in North America in the 2000s



Noodles

- Ingredients:
 - Flour
 - Water
 - Salt
 - Kansui (Potassium Carbonate, Sodium Carbonate)
- Alkalinity gives noodles their signature “bounce” and color
- Different noodle thicknesses/cuts for different soups



Broth

- Meat (pork and/or chicken) based
- Gives the ramen “body”
- Two broad categories, Paitan and Chintan



Dashi

- Backbone of Japanese cooking
- Adds umami
- In ramen making, ingredients are added directly OR
- Added in as a separate soup (double soup)



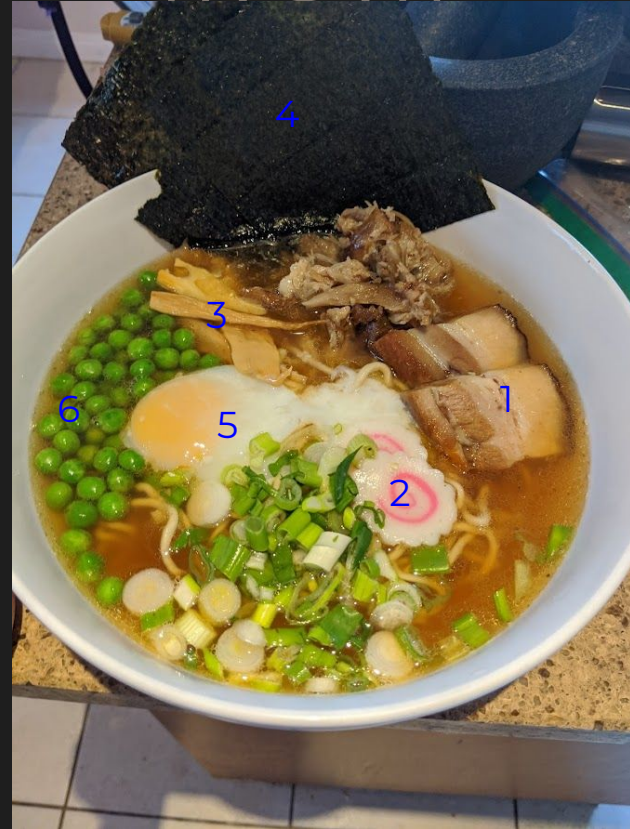
Tare

- The “secret sauce” of ramen
- Main flavoring component
- Three broad categories: Shoyu (soy sauce), Shio (Salt), and Miso (fermented soybean paste)



Toppings

1. Chashu
2. Kameboko (fishcake)
3. Menma (preserved bamboo shoot)
4. Nori (seaweed)
5. Egg
6. Vegetables
7. Whatever else you like!



Aroma oil

- Final burst of aroma and flavour
- Examples: Black garlic oil, Chili Oil, Scallion chicken oil, Sesame oil



Assembly

- <https://youtu.be/gmlwxqdwgrl?t=244>



Regional Styles

- Each region of Japan has their own style, but all have the same underlying technique

VARIOUS PLACES TO FIND RAMEN



Variations

Tsukemen

- Thick soup, noodles on the side
- Served by dipping noodles into the broth



Mazemen

- No soup, just tare plus aroma oil
- Serve by mixing and eating



Hiyashi Chuka

- Served chilled
- Vinegary dressing



Ramen at Home

- Making ramen
- Baking soda in noodles
- Toppings
- Aroma oil
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Ramen at Home



Broth/Tare

- Make your own tare to add extra flavor to instant ramen or premade broth


Toppings

- Make batch of toppings ahead of time and freeze
- Add an egg at end of cooking or add scallions as garnish

Noodles

- Buy store bought noodles (DON'T make your own noodles)
- Baking soda in water with regular noodles

Aroma Oil

- Use store bought chili oil/garlic oil
 - Use citrus zest as lighter alternative
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Chashu recipe (adapted from Ivan Orkin)

Ingredients

- 1 piece (2-3 lbs) pork belly
- ½ cup (125 ml) dark soy sauce
- ⅓ cup (80 ml) light soy sauce
- 2 tbsp (30 ml) mirin)
- 2 tbsp (30 ml) sake (optional)
- 1 tbsp (15 ml) sugar
- 2-3 (10g) cloves garlic
- 1 inch (15g) ginger)

Method

1. Heat mirin and sake in saucepan until simmering for 3 minutes.
2. Add soy sauces, garlic and ginger, and sugar and cook for 5 minutes
3. Add pork belly and enough water to pot to cover and bring to a boil
4. Once boiling, lower heat to simmer and cook for 2-4 hours, until meat is tender
5. Refrigerate until chilled and slice

Shoyu Tare (adapted from Mike Satinover)

Ingredients

- 1 cup (250 ml) soy sauce
- 2 tbsp (30 ml) mirin
- 2 tbsp (30 ml) sake (optional)
- 1 piece (~15g) kombu and/or 2 dried shitake mushrooms
- 15g niboshi (dried sardines) (optional)
- 1 tbsp (15 ml) brown sugar

Method

1. Add all ingredients except sugar to container and refrigerate overnight
2. Heat all ingredients to light simmer for 10 minutes
3. Discard kombu/shitake/niboshi(if using)
4. Strain and dissolve sugar into tare
5. Refrigerate or freeze for later use

More Pictures



More Pictures



Some resources

- Book of Ramen by Mike and Scott Satinover (shorturl.at/fjrG0)
- Ivan Ramen by Ivan Orkin





Questions?



References

- <http://jp-infographics.jp/en/foods/various-places-to-find-ramen.html>
- <https://en.wikipedia.org/wiki/Ramen>
- https://docs.google.com/document/d/1qLPoLxek3WlQJDtU6i3300_0nNiogeYXi7vESrtNvjQ/edit#heading=h.wmt4owfmtmoj
- <https://www.santouka.co.jp/en/menu>