



How To Cook Tasty Noodles

1. Plenty of boiling water is the key

- If the boiling water becomes too murky the water temperature decreases and the noodles are then steamed rather than boiled and causes roughness on the exterior of the noodles. The noodles will then be mushy and have a tendency to swell.

2. Fluff up the noodles prior to cooking

- This is an extra step but fluffing up the noodles aerates it and gives it bulk. For curly noodles it makes the curliness robust.

3. Stir while fluffing up the noodles while cooking.

4. Cook the noodles slightly less than “al dente.”

- Anyone can cook the noodles to the same tenderness and prevent over cooking by using a kitchen timer.

5. Drain the noodles extremely well.

- When the noodles are done drain well in a colander; lift the colander and let it drain for at least 2 seconds.

6. Pour the soup into a bowl and then add the noodles.

- If the noodles are placed in a bowl and the soup poured on top of it, the oil does not adhere to the noodles and it will not taste the same.

Storage

- The shelf life of the noodles is 1 month in the refrigerator and 3 months if frozen.
- Fresh noodles are extremely sensitive to temperature changes. When moved from freezer to room temperature, refrigerator to a warm kitchen, condensation may appear on the surface. This can cause molding. Placing the noodles directly on the floor of the refrigerator may cause condensation due to temperature differences.
- Noodles that are going to be used on the same day should be stored at room temperature (somewhere cool.) Cold noodles reduce the temperature of boiling water and may cause uneven cooking.
- Keep the noodles tightly covered in a plastic bag so that the noodles do not dehydrate after the box is opened. It may take longer to cook if the noodles dehydrate (heat conductivity decreases for the amount of moisture that has evaporated.) If it dehydrates badly the noodles may distend quicker. (This corrupts the fine woven shape of the gluten structure)

Aged Noodles

- The longer it has been since the noodles were produced, the firmer the noodles. This condition is called aging. Noodles are fresh and alive. In a warm location the noodles quickly change due to aging. In a cool place the aging process slows down.
- If aging progresses the noodles may become slick, elastic and translucent. The noodles can create more texture and does not become saggy. Since it will be difficult to absorb the soup under this condition, the noodles will overpower the soup if thicker noodles are used and the soup is a light soup. Thin noodles are recommended.
- Flour loses its flavor over time. As the noodles age it will lose its flavor and will not taste as good as those just freshly made.