Noodles

Now More Than Ever

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Background

I have nearly 4 decades of noodle-eating experience
I started making noodles in 2009

- Egg Pasta
- Buckwheat
- Alkaline Noodles

Fantastic stress relief

Benefits

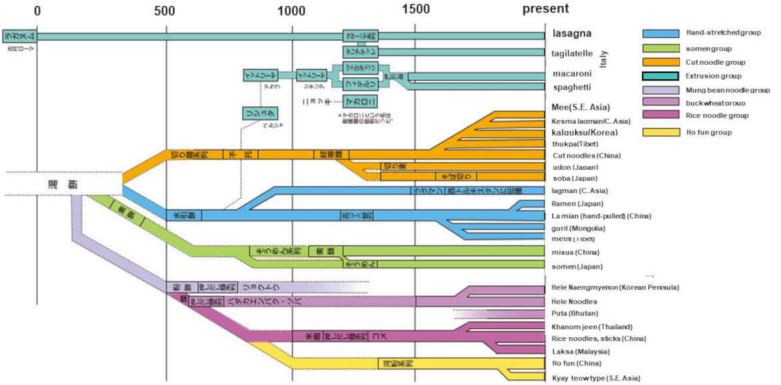
The joy of experimentation

- Deterministic
- Immediate results
- Delicious $\vee$ cheap

Nomenclature

What is a noodle anyway?

Taxonomy


Tree of Noodle Evolution
0
500
1000
1500
present
lasagna
tagiatelle
macaroni
spaghetti
Italy
Mee(S.E. Asia)
Kesma laoman(C. Asia)
kalouksul(Korea)
thukpa(Tibet)
Cut noodles (China)
udon (Japan)
soba (Japan)
lagman (C. Asia)
Ramen (Japan)
La mian (hand-pulled) (China)
guril (Mongolia)
misua (China)
somen (Japan)
Hele Naengmyenon (Korean Peninsula)
Hele Noodles
Puta (Bhutan)
Khanom jeen (Thailand)
Rice noodles, sticks (China)
Laksa (Malaysia)
Ho fun (China)
Kyay teowtype (S.E. Asia)
Hand-stretched group
somen group
Cut noodle group
Extrusion group
Mung bean noodle group
buckwheat group
Rice noodle group
Ho fun group

At the minimum

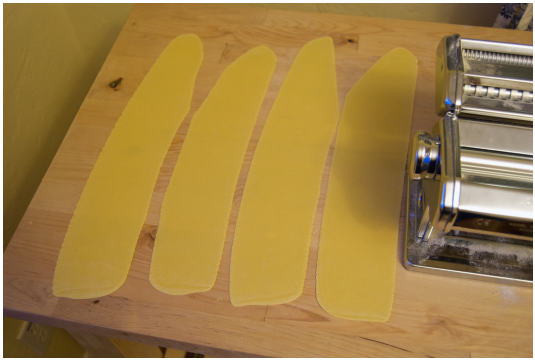
How do you get started?

- Flour
- Water
- Salt
- Rolling pin
- Knife
- Patience

Tools

Helpful tools

- Scale
- Stand mixer
- Rolling machine
- Drying rack



Drying Rack?

Why a drying rack?

Dietary Concerns

What about gluten intolerance?

Wheat Noodles

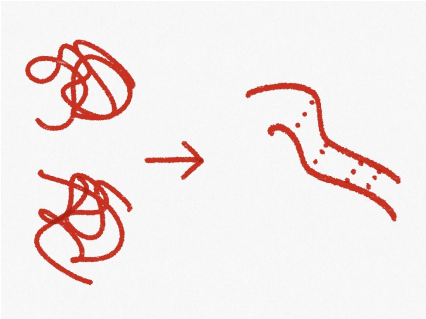
What's in wheat (and rye) flour?

- Gliadin
- Glutenin
- Starch

Considering

- Water
- Time
- Salt
- pH

Die extrusion, cutting, ductile methods

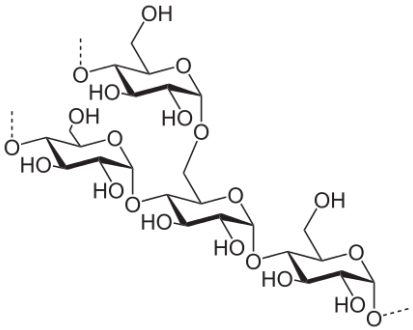


Rice Noodles

Rice, potato, and tapioca noodles

- Amylose (straight)
- Amylopectin (branching)

Die extrusion, hammer methods



Extrusion

Buckwheat Flour

Complexity class: HARD
Die extrusion, cutting methods

Jellyfish?

Jellyfish?

Thank You