



# RAMEN NOODLES

*Sherline Au*

## INGREDIENTS

0 MINUTES 2 SERVINGS

- 3/4 Cups Flour
- 1 egg
- ~3/4 tsp salt (or to taste)
- ~1 tbs water (depending on flour and humidity)

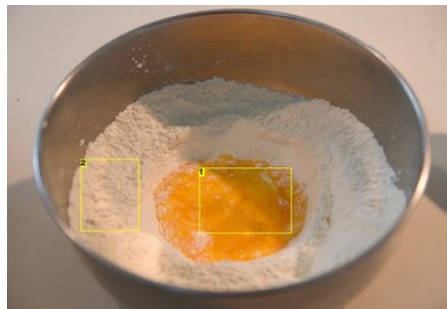
## TAGS

#ramen #fromscratch #noodles



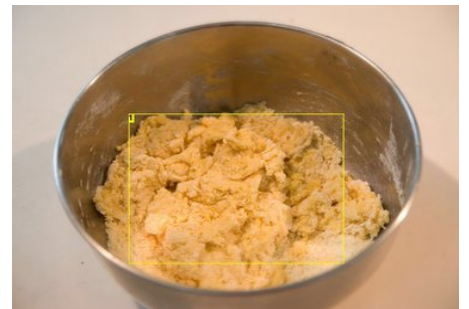
1

Gather ingredients \*In Japan, we do not have all-purpose flour, only low gluten and high gluten flours, which we have to mix. If you do have easy access to these flours, you should mix about 1 part low gluten to 2 parts high gluten. Otherwise, just use



2

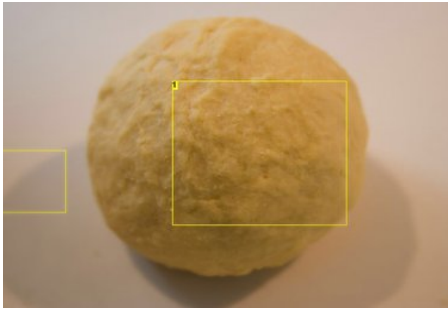
Mix the dry ingredients, make a well in the center, and beat the eggs and water inside. Then slowly combine the ingredients together.



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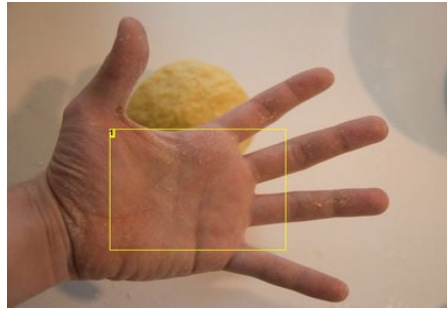
Once your ingredients are somewhat combined, dump the stuff onto your CLEAN counter and start kneading. It should be a little stiffer than bread dough. The dough is ready when your hands become fairly clean and the dough does not stick as much anymore (an





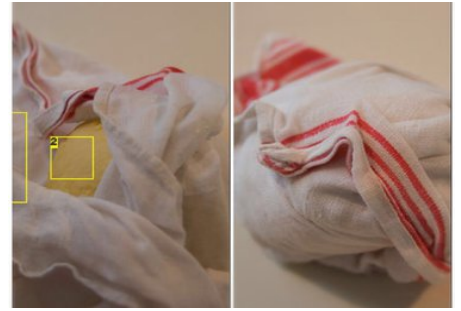
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This dough is ready. Notice the fairly smooth surface. Clean counter!



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Your hands should become about this clean after kneading the dough. I did not wash my hands before taking this picture.



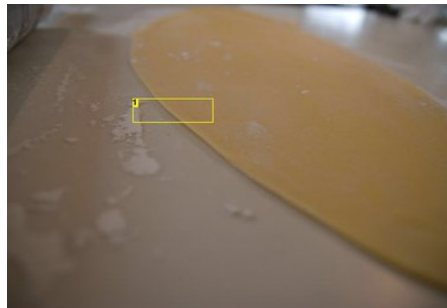
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The dough needs to rest before we stretch it, otherwise it will not make nice thin noodles. Put it in a damp cloth and find something to do for at least 30 minutes in the summer, up to 2 hours in the winter.



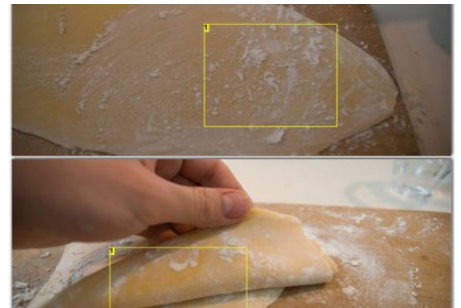
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Take the dough ball and (if you are making a double or triple portion of the recipe) break it into a single portion (Otherwise we'll get a massive dough circle). Sprinkle some flour generously over the dough, take a rolling pin or roller and start stretch



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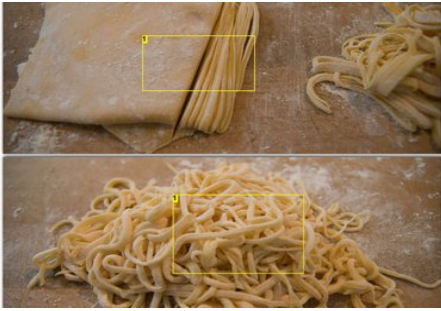
If you can, get it to about 1mm in thickness. If it starts sticking, get some more dry flour onto there. If it starts springing back to its original shape, let it rest for a minute or two.



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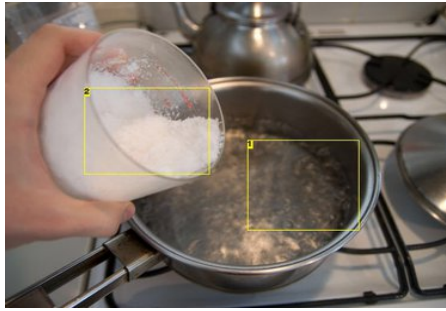
Get the sheet of dough and put it onto a cutting board so you don't damage your counter. Spread flour LIBERALLY on the surface, because if it starts sticking when we cut it, our ramen will be ruined. Fold it two times in the same direction, each time spre





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Once it is folded in a strip, start cutting it. A wide square knife is best, but any knife will work as long as it is big enough. Periodically spread some more flour. It won't hurt anything and it's best to be safe rather than sorry. Once you have a p



11

Boil plenty of water and add salt.



12

Sprinkle the noodles into the water. if you dump them in, they will stick. Mix the noodles around with chopsticks. As long as the water is hot enough, they should start floating. I usually boil them about 4 minutes, depending on how thin I got the noodl



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Add soup.

