

Ramen Rundown

Examining traditional and instant ramen and students' opinions on each

Illustration by Emily Liu

Regional Styles

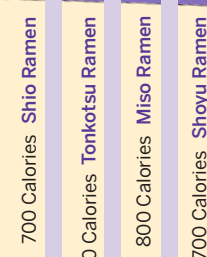
Different styles of ramen, their common toppings and popularity

Toppings Key:

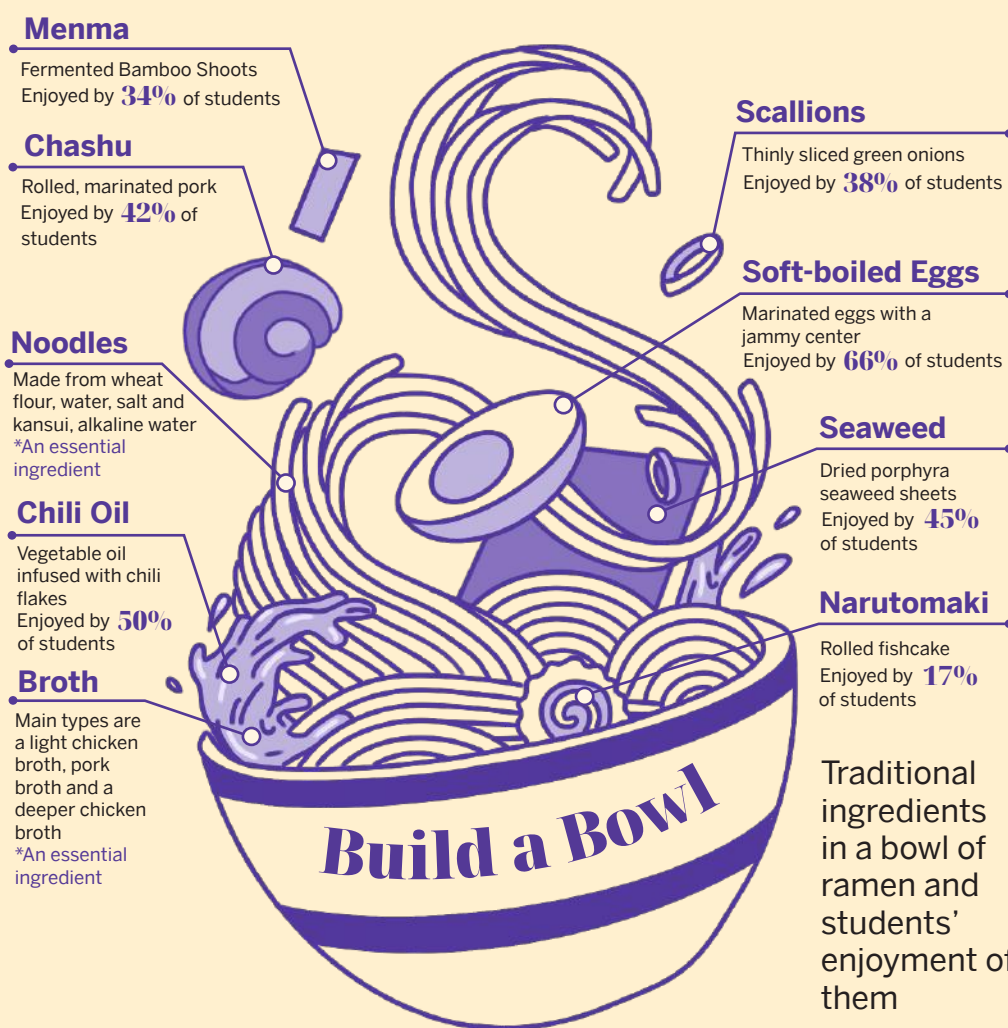
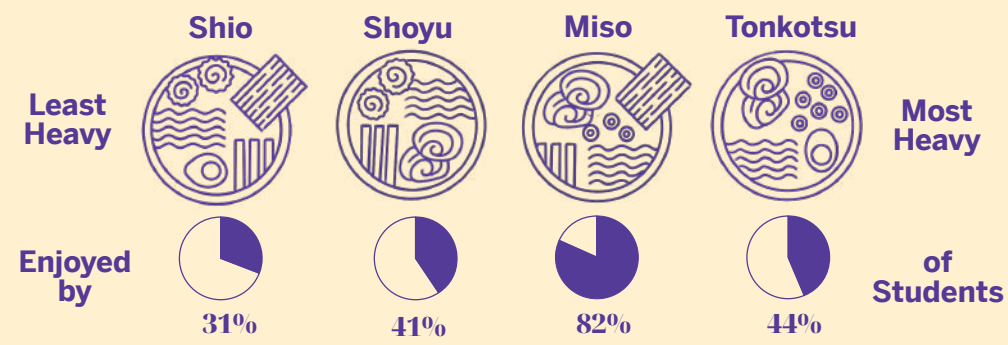
- Noodles
- Menma
- Narutomaki
- Chashu
- Scallions
- Seaweed
- Soft-boiled Eggs

Calorie Count

Approximate number of calories in types of ramen by the bowl



HUNGRY?
Scan here to visit the Maruchan website

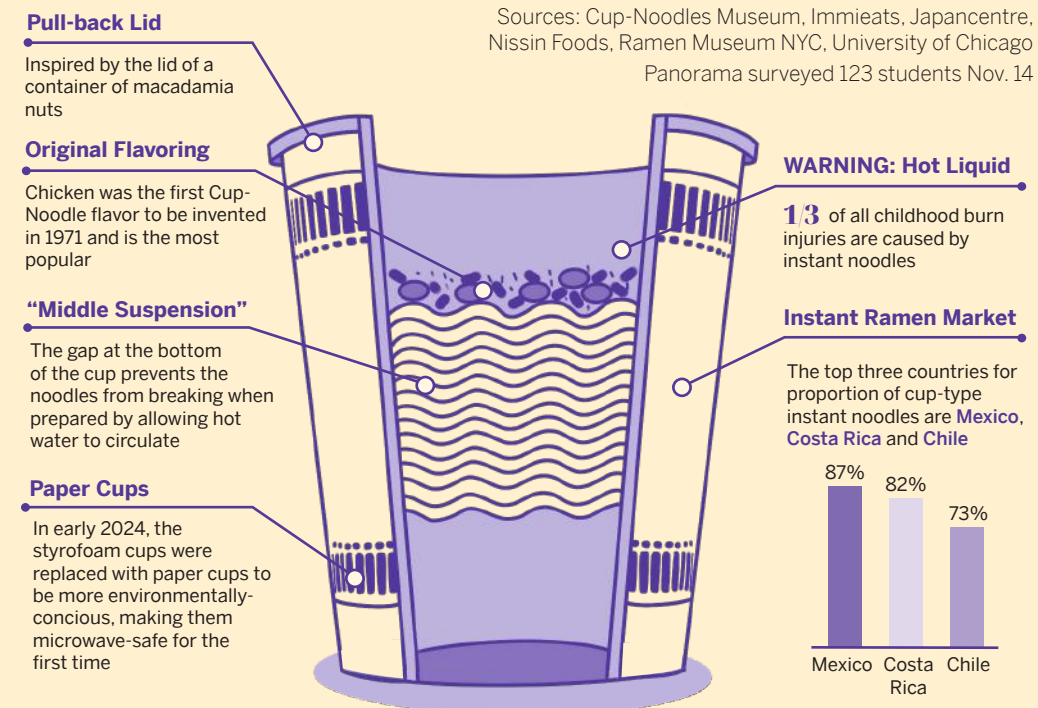


Traditional ingredients in a bowl of ramen and students' enjoyment of them

Cup-noodle Anatomy

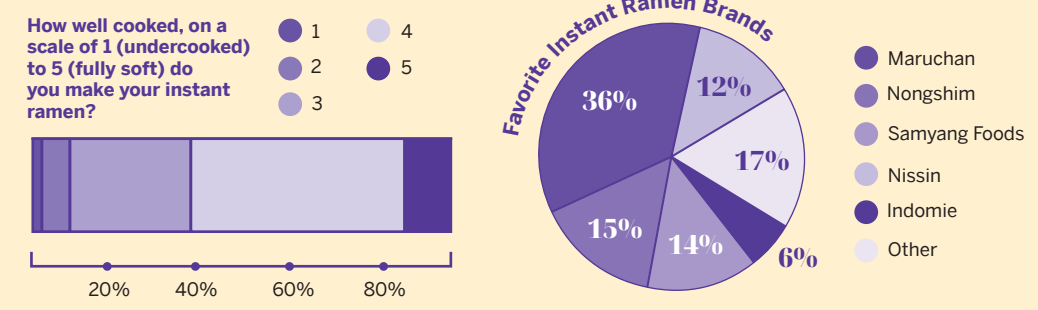
The development and production of Nissin Food's famous instant ramen brand, Cup Noodles

Sources: Cup-Noodles Museum, Immieats, Japancentre, Nissin Foods, Ramen Museum NYC, University of Chicago
Panorama surveyed 123 students Nov. 14



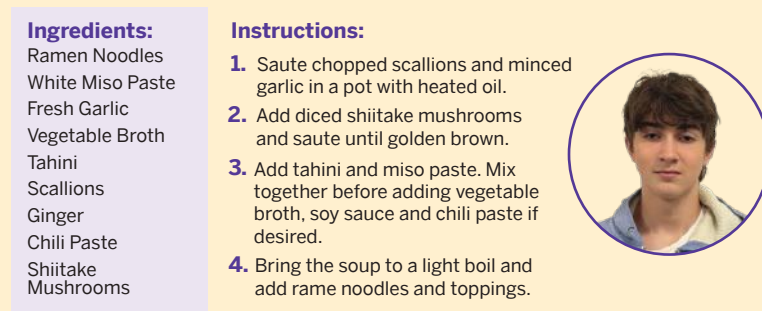
How do You Noodle?

Student preferences when cooking and consuming instant noodles



At-home Hacks

Sean Marbarger (11) shares his instant ramen recipe



Noodle by Noodle

The history and evolution of ramen and instant noodles

1868

Ramen spreads from China to Japan at the end of the Meiji Period.
The term "ramen" is derived from the Chinese "la-mian."

1910

The first ramen restaurant is opened in Japan.
The restaurant was called Rairaike, located in Asakura, Tokyo.

1947

Miso ramen is invented and regional variations of ramen begin to appear.
As a test for the concept of miso diluted with soup, miso ramen was invented.

1958

Instant noodles are invented by Momofuku Ando, the founder of Nissin Foods.
Today, Nissin Foods is the top producer of instant noodles.

2005

Instant ramen becomes the first noodle in space.
Nissin Foods vacuum-packed instant noodles for liftoff on the NASA space shuttle Discovery.