

Japan *I*food vol.15

Let's try out heartwarming dishes to fight winter's chill!

Information : Lion Oriental Foods Co. and Loi's Eastern Supermart

Japanese Recipes and Tips

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Japanese Recipe - 29

Instant Ramen

Instant Ramen is very popular with many kinds of flavours. There are two main components in Ramen: noodles and soup.



Ingredients (Serves 1)

- 1 bag **Instant Ramen Noodles**
- For the garnish:
 - 2 slices **Kamaboko**
 - 1 Nori seaweed sheet
 - 1 Spring onions
 - Dash of sesame seeds

Method

1. In a pot of boiling water, cook the ramen noodles for about 3 mins according to the instruction on the package, then strain.
2. Add the soup packet, stir, and continue to cook for another 30 seconds and then, transfer them to a serving bowl.
3. Garnish with any ingredients you like such as sliced of Kamaboko, Nori seaweed, some finely chopped spring onions, sesame seeds, before serving.



Sandra Gwee

Sake Specialist /
Manager of Lion Oriental Foods Co.
and Loi's Eastern Supermart

I will be experiencing the heart of Japan very soon. The glorious food, sake being brewed by its birthplace and experiencing Japanese culture of what people are influenced now in Perth are some of the things I look forward to.



Instant Ramen is a popular heartwarming noodle soup that a lot of people enjoy in Japan and even all over the world. It's really good for this weather and if you feel cold, it warms you up and it's also a great substitute if you don't know what to eat.



Instant Ramen

Instant Ramen are sold in a precooked and dried noodle block, with flavouring powder and/or seasoning oil. The flavouring is usually in a separate packet, although in the case of cup noodles the flavouring is often loose in the cup. Some instant noodle products are seal packed; these can be reheated or eaten straight from the packet/container.

Kamaboko

Kamaboko is a steamed cake of cooked fish. It is typically made using white fish, or other fish, with the bones and skin, removed. The fish is mashed and formed into a paste known as "surimi" in Japanese.



Raifuku Takarabune Tokubetsu Junmai goes well with 'Instant Ramen'

Raifuku Takarabune Tokubetsu Junmai

This Special sake is fruity in character drinking at room temperature is mellow but tasty. At cold temperatures brings a more refreshing acidity to accompany the warm Ramen soup.

Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.



Huge range of Japanese Sake and Plum Wines available.

Lion Oriental Foods Co.

a: 13 Fitzgerald St. Northbridge WA 6003
t: 08 9228 9898
w: www.lion-oriental.com



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