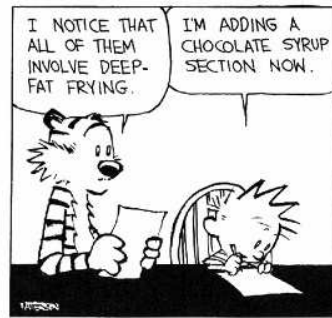


Noodle Recipes

Howard Butworth

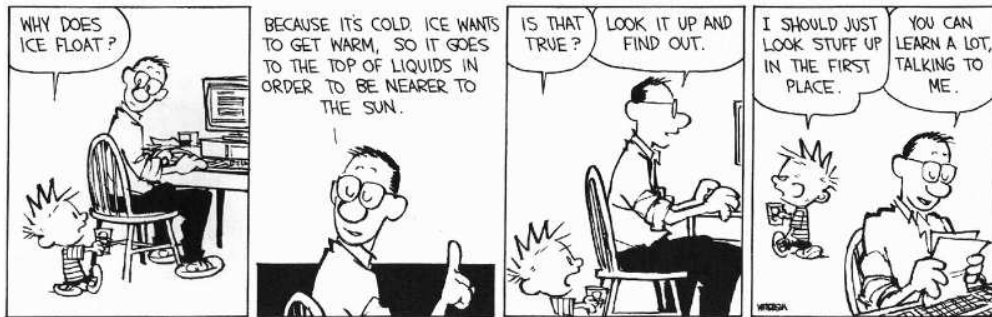
July 21, 2008



Introduction

1. Why should I read the Introduction?

1. It's good to know.
2. A picture speaks a thousand words.



2. What are Noodles?

Instant noodles are dried and/or precooked noodles fused with oil, usually eaten after being cooked or soaked in boiling water for 3 to 5 minutes. A flavor packet is almost always included with a packet of instant noodles. The product may also be consumed uncooked from the packet, as the noodles are already cooked, usually by frying.

3. History of Noodles

Instant noodles originate from instant versions of the Japanese dish ramen.

The idea of instant noodles can be traced back to the Chinese Qing Dynasty, when yimian noodles were deep-fried which allowed them to be stored for long periods and then prepared quickly. Similarly, “Chicken Thread Noodles” (deep-fried thin noodles served with boiling water and optionally an egg) were available in China and Taiwan since the Qing Dynasty.

Modern instant noodles were invented in Japan by Taiwanese Wu Bai Fu, Japanese name Momofuku Ando, the founder of Nissin Foods, one of the biggest manufacturers of instant noodles today. His noodles were boiled with flavoring, deep-fried with palm oil to remove moisture, and dried into a noodle cake. Other preservation methods have been tried, including preservation with salt and smoke, but Ando concluded that palm oil is the most efficient.

In 1958, Nissin launched the world's first instant noodle product, Chikin Ramen (chicken-flavored instant ramen) in Osaka. Another milestone was reached in 1971 when Nissin introduced the Cup Noodle, instant noodles in a waterproof styrofoam container that could be used to cook the noodles. Further innovations include adding dried vegetables to the cup, creating a complete instant soup dish.

According to a Japanese poll in the year 2000, instant noodles were the most important Japanese invention of the century. Karaoke came second, with the Compact Disc only coming in fifth. As of 2005, approximately 85 billion servings of instant noodles are eaten worldwide every year. China consumes 44 billion packs of instant noodles per year, or 51% of the world, Indonesia consumes 12 billion, Japan 5.4 billion. Per capita, South Korean people eat the highest number of instant noodles, 69 packs per year.

Instant noodles are not only popular with college students, they can also be an economic indicator. In 2005, the Mama Noodles Index was launched to reflect the sales of Mama noodles, the biggest manufacturer in Thailand. The index was steady since the recovery from the East Asian financial crisis, but sales jumped by around 15% in the first seven months in 2005 on a year-to-year basis, which was regarded as a sign of recession. People could not afford more expensive foods, hence the increase in the purchase of ramen, as ramen is seen as an inferior good.

4. Noodles: Health Concerns

Ramen and similar products are often criticized as being unhealthy or junk food. A single serving of instant noodles is high in carbohydrates but low in fiber, vitamins and minerals. Noodles are typically fried as part of the manufacturing process, resulting in high levels of saturated fat and/or trans fat. Additionally, if served in an instant broth, it typically contains high amounts of sodium, usually in excess of 60% the U.S. Recommended Dietary

Allowance (1,200-1,440 mg). Some brands may have over 3,000 mg of sodium in extreme cases.

The most recent controversy concerns dioxin and other hormone-like substances that could theoretically be extracted from the packaging and glues used to pack the instant noodles. As hot water is added, it was reasoned that harmful substances could seep into the soup. After a series of studies were conducted, various organizations requested changes in the packaging.

Another major concern on the health drawback of consuming the instant noodles is that the products can be manufactured with oxidized fat and oils if the process is not better managed. Oxidized fat and oils are health hazard substances which induce neurotoxins and which make neurocells hypoactive.

5. Palm Oil: Health Concerns

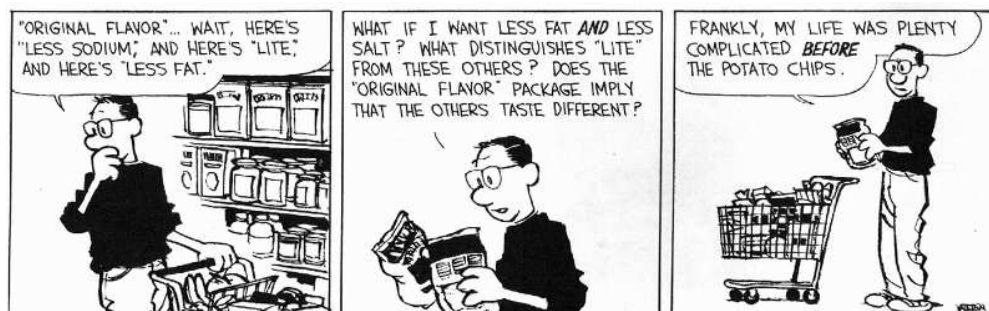
The use of Palm Oil for deep-frying the Noodles to remove the moisture can be harmful to health too.

Palm Oil's heavy use in the commercial food industry can be explained by its comparatively low price, being one of the cheaper vegetable or cooking oils on the market, and by new markets in the USA, stimulated by a search for alternatives to trans fats after the Food and Drug Administration required food labels to list the amount of trans fat per serving. Identifying the exact source of an oil can be complicated by labelling, as palm oil is often described on food labels simply as "vegetable oil".

Palm Oil is used as a cheap substitute for Partially Hydrogenated Vegetable Oil (Dalda or Vegetable Shortening) since it is semi-solid at room temperature, unlike other vegetable oils. Many people have switched to using Palm Oil instead of Dalda because of the health ill-effects of Dalda, which contains trans-fats. However, not many people know that Palm Oil is also dangerous to health since it contains a lots of saturated fats. Studies have linked intake of Saturated Fats to higher risk of heart disease.

So, for your own benefit, stay away from Hydrogenated Vegetable oil, Palm oil, Margarine and Vegetable Shortening. Instead substitute them for more natural and less harmful products like butter, Olive Oil, Sunflower oil or Ghee (Clarified Butter).

6. Fats. What are they?



How true...

The more that is said about fats, the less you think you know about them. There are new discoveries and facts being uncovered about fats every day that it is not possible to stay abreast with every one of them. However, from my reading of the situation as of this day, I believe in what I write below.



To the layman, fats are *harmful* substances that we cook our food in.

To the more informed, fats are liquids.

To the even more informed, fats are compounds that are soluble in organic solvents and largely insoluble in water.

To the chemically affectionate, fats are *Carbon and Hydrogen* compounds which contain 3 carbon atoms in a row. Each of these carbon atoms have a fatty acid hooked on to them. Fatty acids are either long or short chains of carbon hooked to each other with hydrogen attached to many of them.

Because of the presence of 3 carbon atoms, fats are also called *triglycerides*. If one of the fatty acids breaks off and becomes free, then the resulting glyceride

is called a *diglyceride*. Similarly, if 2 of the fatty acids break off, then the resulting glyceride is called a *monoglyceride*

Fats can be broadly classified into 2 types:

1. **Saturated fats:** Carbon has a valency of 4 since it has 4 electrons in its outermost orbit. Therefore, it can have 4 bonds or links. Fatty acids in which the Carbon atom is hooked on to 2 other Carbon atoms on either side, and the other 2 electrons shared with 2 Hydrogen atoms then it is called a *Saturated fatty acid*. These fatty acids don't have a Carbon-Carbon double bond and are hence called *saturated*. Because of this, saturated fats are fairly stable and do not have a tendency to combine with anything, and have a better shelf life. It is because of the latter reason that they are liked by many food manufacturers.

These are further classified into 2 separate types depending upon the size of the fatty acid chain attached to the carbon atoms.

- (a) **Long chain fatty acids** which are mostly animal fats can not be completely metabolized by the body and can result in blood clots and cancer.
 - (b) **Short chain fatty acids** which is found in *Ghee(Clarified Butter)* are assimilated and metabolized by our bodies to release energy.
2. **Unsaturated fats:** If the Carbon atom in the fat forms a double bond with a neighbouring Carbon atom, then it is called an *unsaturated* fat. These fats can easily break a double bond to combine with other substances. This makes them more reactive as compared to saturated fats. These don't have a good shelf life and go bad faster than saturated fats, which is why food manufacturers do not prefer using them.

Unsaturated fats can be further classified into 2 types:

- (a) **Monounsaturated fats** which contain just one double bond between Carbon atoms. These are healthy, like *Olive Oil and Canola Oil*.
- (b) **Polyunsaturated fats** which contain more than one double bond. These are not healthy and become oxidized and create free radicals, like *Sunflower Oil, Safflower Oil, Corn Oil, and Soy*. Most vegetable oils belong to this category.

We thought that polyunsaturated fats were good for us, so we switched to using them. Then came about the revelation that monounsaturated fats were better for us. Just when we thought we had come to grip with fats, we now know that some saturated fats are good for us. You must be thinking “*How to cope with these findings in the long term?*”. Well, my advice to you would be to just stop using artificial products like *Margarine, Shortening, and Dalda (Hydrogenated Vegetable Oil)*, and switch to more natural alternatives like *Butter and Ghee (Clarified Butter)*. This is because Ghee has mostly short-chained saturated fats which makes it easily digested as compared to long-chained saturated fats. Also the percentages of the monounsaturated and polyunsaturated fats in Ghee are close to what is required by the human body. Besides, Ghee’s rate of absorption by the body is **96%** which is the highest among all oils and fats. This does not mean that you should consume more Ghee than is required by the human body. You should have more fibrous vegetables and fruits which contain vital vitamins, minerals and fibres required for a healthy bodily metabolism.

A friend of mine, Meghana Marathe suggested I look into Olive Oil as one of the healthy fats that can be used for cooking. Olive Oil, and specifically **Extra-Virgin Olive Oil** is good for your health. However, limit it to frying, baking and applications that don’t exceed 370°F (190°C) because that is the smoking point of Extra-Virgin Olive Oil. It will burn off and give an unpleasant taste if you heat it beyond it’s smoking point. For deep-frying and high temperature cooking, you can use healthy fats such as Ghee that has a higher smoking point of 485°F (250°C). But if you are using it for normal low temperature cooking, you can use Extra-Virgin Olive Oil.

Note: Most local bakeries and ready made products use Dalda for the fat required in their products. Please **stay away** from these products as they can seriously harm your health. Bakeries use Dalda instead of Ghee because it can cost upto **half** as much as Ghee, which results in cost savings and more sales. The health conscious eater will either avoid these products altogether or find some that use pure Ghee or Butter for the fat requirements.

Sources:

- http://www.mapi.com/en/newsletters/ghee_clarified_butter.html
- CookWise – Shirley. O. Corriher



How much fat is good for us?

7. Partially Hydrogenated Vegetable Oils: Health Concerns

Consuming partially hydrogenated oils is like inhaling cigarette smoke. They will kill you – slowly, over time, but as surely as you breathe. And in the meantime, they will make you fat!

– Eric Armstrong

Partially Hydrogenated Vegetable Oils (PHVO) are produced by the partial hydrogenation of vegetable oils in the presence of a catalyst such as Nickel, Palladium and Platinum.

Trans-fats are produced as a result of this process of partial hydrogenation of vegetable oils.

Hydrogenation of an unsaturated fatty acid refers to the addition of hydrogen atoms to the acid, causing double bonds to become single ones as carbon atoms acquire new hydrogen partners (to maintain four bonds per carbon atom). Full hydrogenation results in a molecule containing the maximum amount of hydrogen (in other words the conversion of an unsaturated fatty acid into a saturated one). Partial hydrogenation results in the addition of hydrogen atoms at some of the empty positions, with a corresponding reduction in the number of double bonds. Commercial hydrogenation is typically partial in order to obtain a malleable fat that is solid at room temperature, but melts upon baking (or consumption).

In most naturally occurring unsaturated fatty acids, the hydrogen atoms are on the same side of the double bonds of the carbon chain (*cis* configuration

– meaning “on the same side” in Latin). However, partial hydrogenation reconfigures most of the double bonds that do not become chemically saturated, twisting them so that the hydrogen atoms end up on different sides of the chain. This type of configuration is called *trans*, which means “across” in Latin. The *trans* conformation is the lower energy form, and is favored in the hydrogenation process.

A side effect of incomplete hydrogenation having implications for human health is the isomerization of the remaining unsaturated carbon bonds. The *cis* configuration of these double bonds predominates in the unprocessed fats in most edible fat sources, but incomplete hydrogenation partially converts these molecules to *trans* isomers, which have been implicated in circulatory diseases including heart disease. *Trans* fats are also responsible for aiding the accumulation of fat in the worst possible place in the body – the abdomen. The catalytic hydrogenation process favors the conversion from *cis* to *trans* bonds because the *trans* configuration has lower energy than the natural *cis* one. This shows that even compounds having the same chemical composition but different physical form can have different effects on the human body.

Please be wary of labels that say *0% trans-fats* on the product’s packet. The percentages you see on food labels are not percentages of the food, but rather the percentage that the food’s “Standard Serving Size” represents in a 2,000 calorie diet. So manufacturers can play with the standard serving size (making it half a candy bar for example), and anything less than 10 *trans* fat calories per serving is less than .5% of a 2,000 calorie diet. The law allows a company to claim 0% in that case. So “0% *trans* fat” does not mean “no *trans* fat”. It means that, at 9 calories per gram, the “standard serving” could still contain slightly more than 1 gram of *trans* fat (1 gram @ 9 calories per gram = 9 calories, which is less than the 10 *trans* fat calories allowed per serving).

Manufacturers have come up with a new name for *trans*-fats. They call them **mono-diglycerides**. Mono-diglycerides are hydrogenated before being separated into mono-diglycerides.

Please visit the following links for more information.

- http://en.wikipedia.org/wiki/Trans_fat
- <http://www.treelight.com/health/nutrition/PartiallyHydrogenatedOils.html>



Yes, Trans Fats are as obviously bad for you

- <http://en.wikipedia.org/wiki/Hydrogenation>
- <http://www.dldewey.com/columns/monodyf.htm>
- <http://www.dldewey.com/columns/hydroilf.htm>

8. MSG: Health Concerns

MSG or Monosodium Glutamate also known as sodium glutamate is used as a food additive and is commonly marketed as a flavour enhancer. It has the E number **E621**. Trade names of monosodium glutamate include Ajinomoto, Vetsin, and Accent. In its pure form, it appears as a white crystalline powder; when dissolved in water (or saliva) it rapidly dissociates into sodium cations and glutamate anions (glutamate is the anionic form of glutamic acid, a naturally occurring amino acid).

The Ajinomoto company was formed to manufacture and market MSG in Japan; the name 'Ajinomoto' means "essence of taste". It was introduced to the United States in 1947 as Ac'cent flavor enhancer. Ajinomoto currently produces around 33% of the world's MSG.

Glutamic acid stimulates specific receptors located in taste buds such as the amino acid receptor T1R1/T1R3 or other glutamate receptors like the metabotropic receptors (mGluR4 and mGluR1) which induce the taste known as umami, one of the five basic tastes (the word umami is a loanword from Japanese; it is also referred to as "savoury" or "meaty").

In April 1968, Ho Man Kwok wrote an article for the New England Journal of Medicine where he said, "I have experienced a strange syndrome whenever

I have eaten out in a Chinese restaurant, especially one that served northern Chinese food. The syndrome, which usually begins 15 to 20 minutes after I have eaten the first dish, lasts for about two hours, without hangover effect. The most prominent symptoms are numbness at the back of the neck, gradually radiating to both arms and the back, general weakness and palpitations...”. This comment began a global health scare about monosodium glutamate and “Chinese restaurant syndrome” was born. Research has failed to prove that monosodium glutamate affects a large percentage of the population, and Chinese restaurant syndrome is largely resigned to urban legend status. However, monosodium glutamate is still thought of as suspect by a large proportion of the general public, and many foods continue to be labeled “MSG free”.

MSG has been linked to adverse reactions such as asthma, migraine headaches, heart irregularities, seizures and autism.

I would recommend **NOT** using MSG in your cooking because of the reasons given above. I have included this section on MSG in this book because many of the noodle flavourings that come with the noodle packets contain MSG to enhance their flavour and make the noodles tastier. Please avoid using them as far as possible and substitute them for your own (possibly homemade) natural flavourings. MSG can be identified in the ingredient list of your noodles as having an E number **E621**. Please refer to the information available on the URLs below.

- <http://www.truthinlabeling.org/>
- <http://www.msgtruth.org/>
- <http://www.msgtruth.org/autism.htm>

9. Sources and Final Words

The recipes and information contained herein has been either written by me or obtained from one of the many online resources available at my disposal. For example, many of the recipes have been obtained from or adapted from recipes available on sites such as:

- <http://www.epicurious.com/>

- <http://allrecipes.com/>
- <http://www.cooks.com/>
- <http://www.ramenlicious.com/>
- <http://kidshealth.org/>

And other independent sources that I have lost track of.

Lots of the additional information has been obtained from Wikipedia and the sites mentioned with their URLs.

Last but not the least, please try to eat your own cooking as far as possible. If you cook on your own, not only are you ensuring that you use the best and most healthy and fresh ingredients that you can afford and get, but are also making sure that you get some exercise while you cook. For example, kneading dough can be quite a workout. So keep that kitchen going and I'm sure that after a while you'll enjoy only your own cooking. . .



and water!

Contents

1. Veggie Ramen	17
2. Noodle Toast	18
3. Noodle Vegetable Souffle	19
4. Szechuan Sauce With Noodles and Vegetables	21
5. Creamy Noodles and Vegetables	22
6. Noodles and Vegetables	23
7. Stir Fry Vegetables With Ramen Noodles	24
8. Shaahi Stir Fry Vegetables with Noodles	25
9. Vegetable Bean Noodle Bake	28
10. Antipasto Ramen Salad	30
11. Pasta Ramen Salad	31
12. Ramen Noodle Alfredo	32
13. Parmesan Ramen	33
14. Creamy Veggies and Ramen	34
15. Chinese Style Ramen with Veggies	35
16. Spaghetti Marinara Ramen	36
17. Spring Ramen Salad	37

18. Summer Ramen Salad	38
19. Egg Ramen Salad	39
20. Tomato Ramen Soup	40
21. Zucchini Ramen Salad	41
22. 3 Bean Ramen Salad	42
23. Garden Fresh Vegetables and Noodles	43
24. Vegetable Noodle Casserole	44
25. Noodle Kugel With Vegetables	46
26. Pineapple Noodle Kugel	48
27. Apple Noodle Kugel	50
28. Noodle Pudding	52
29. Crunchy Noodle Salad	54
30. Nana's Noodle Pudding	56
31. Night Crawler Noodles	57
32. Crisp Soba Noodles	58
33. Noodle Pudding with Farmer Cheese and Lingonberries	60
34. Aromatic Noodles With Lime Peanut Sauce	62
35. Crunchy Noodle Salad with Cabbage and Peanut Sauce	64
36. Crispy Noodle Salad with Sweet and Sour Dressing	66
37. Szechuan Noodles with Peanut Sauce	67
38. Sesame Peanut Noodle Salad	69
39. Peanut Sesame Noodles	71
40. Easy Ramen Salad	73

41. Ramen Snack Mix	74
42. Hitchhiker's Noodles	75
43. Greek Ramen Salad	78
44. Chocolate ramen cakes	80
45. Imperial Veggie Ramen	81
46. Vegetable Hakka Noodles	83
47. Noodle 42	84
A. Chocolate Fondue	85
B. Spaghetti Sauce	86
C. Ingredient Substitutions	88
D. Ingredient conversion table	89
E. Equivalent measures (U.S. and Metric)	90

1. Veggie Ramen

Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- 1 cup mixed veggies (fresh, frozen or canned)

Procedure:

1. Cook noodles according to package directions with the veggies and drain.
2. Add seasoning packet.



2. Noodle Toast

Serves: 4-5

Ingredients:

- 1 packet maggi noodles(masala flavour)
- 4-5 slices of bread
- $\frac{1}{2}$ cup carrot, grated
- $\frac{1}{2}$ cup onion, sliced
- 1-2 tbsp. cabbage shredded
- $\frac{1}{4}$ cup babycorn, chopped
- 2-3 fresh red/green chillies thinly sliced
- 1 tsp. oil
- 2 cups grated cheese
- 2 tbsp. ketchup
- Salt and pepper to taste

Procedure:

1. Boil water in pan and add the noodles with all the vegetables.
2. When almost cooked add the masala and cook for a few minutes.
3. Take a slice of bread and a small amount of this noodle mixture on it.
4. Sprinkle a layer of cheese. Then place a few chilli pieces on it. Top with a final layer of cheese.
5. Bake in an oven at 350°F (175°C) till the cheese becomes golden brown.
6. Serve hot and let your heart sink into a mouthwatering and filling noodle cheese snack.

3. Noodle Vegetable Souffle

Serves: 10–12

Ingredients:

- 170g egg noodles
- 5 large eggs, separated
- 450g creamed cottage cheese¹
- $\frac{1}{2}$ cup Parmesan cheese, grated
- 1 cup sour cream
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{8}$ tsp. cream of tartar
- About 2 tsp. salt(or to taste)
- Pepper to taste
- 6 tbsp. butter
- $\frac{1}{3}$ cup onion, finely chopped
- $\frac{1}{3}$ cup carrots, grated (optional)
- 1 pkg.(about 200g) frozen broccoli, spinach, mixed vegetables or peas and carrots

Procedure:

1. Preheat oven to 350°F (175°C).

¹Cottage Cheese is freshly prepared *Paneer*

2. Cook the frozen vegetables al dente² and drain out the remaining water.
3. Cook noodles in rapidly boiling, salted water for 5 minutes. Pour into a colander, rinse with cold water and drain.
4. Beat egg yolks; add cheese, sour cream and baking powder. Mix well. Add salt and pepper. Blend well.
5. Saute onion (and carrots, if used) in butter for several minutes until onion is soft but not browned. If using broccoli or spinach, chop well after cooking and draining.
6. Combine noodles, cheese mixture and vegetables. Fold all gently together. Beat egg whites with a pinch of salt and cream of tartar until stiff but not dry. Fold carefully into the noodle mixture. Taste for additional seasonings. May need more salt and pepper.
7. Pour into a well buttered 2 liter shallow baking dish. Bake on middle rack in preheated oven for 45 to 55 minutes or until puffed and golden brown. Cut into squares to serve.



²The Italian translation is “to the teeth” i.e. Cooked only until soft enough to eat, but not overdone

4. Szechuan Sauce With Noodles and Vegetables

Serves: 2-3

Ingredients:

- 1 red pepper, cut into small pieces
- 1 yellow pepper, cut into small pieces
- 1 large carrot, chopped
- 1 onion cut into strips
- 1 finely chopped mushroom
- 2 small cavers of broccoli
- 1 packet Szechuan sauce mix
- 1 packet of noodles
- 2 tbsp. sunflower oil

Procedure:

1. Put your noodles in a boiling pan of water and cook them until soft (about 5 minutes).
2. Chop all vegetables up and saute with the oil until the vegetables are becoming crispy, then add the mushrooms.
3. When the noodles have cooked, drain them using a colander³. Add the noodles and the Szechuan sauce. Stir constantly until all is covered in the mix.

³A strainer.

5. Creamy Noodles and Vegetables

Serves: 4–6

Ingredients:

- 140g curly noodles
- 280g mixed vegetables
- 110g soft cream cheese
- $\frac{1}{4}$ cup milk
- Salt & pepper to taste

Procedure:

1. Boil noodles.
2. Add vegetables and bring to a boil, reduce heat. Cook until noodles are tender. Drain.
3. Add cream cheese and milk.
4. Cook and stir until cream cheese and mixture is heated.

6. Noodles and Vegetables

Serves: 6–8

Ingredients:

- 4 packages Ramen noodles(Masala Flavour)
- 450g frozen vegetables
- 2 tbsp. soy sauce
- 1 tsp. ground ginger or ginger paste
- $\frac{3}{4}$ tsp Finely cut Garlic

Procedure:

1. Put non-stick skillet on high.
2. Put in frozen vegetables (no fat).
3. Cover and let fry for about 3 minutes.
4. Add garlic, pepper, soy sauce and ginger.
5. Add one flavor packet.
6. Cook until vegetables are tender crisp.
7. Meantime, bring to a boil 3 cups water and 2 flavor packets.
8. Add the 4 packets of noodles and cook about 3 minutes.
9. Toss together and serve.

7. Stir Fry Vegetables With Ramen Noodles

Serves: 4-6

Ingredients:

- 3 packages Ramen noodles
- 1 whole carrot, diced into small cubes
- 1 box broccoli
- 1 small onion, finely chopped
- $\frac{1}{2}$ cup green pepper
- 1 can of bamboo shoots
- 1 can of bean sprouts
- $\frac{1}{2}$ cup soy sauce(or to your taste)
- $\frac{1}{2}$ tsp. red pepper
- 2 tbsp. Vegetable Oil

Procedure:

1. Boil your water, turn off.
2. Place noodles in the water. Let the noodles set for 5 minutes.
3. Heat Vegetable Oil in a saucepan and saute the Onion till golden brown.
4. Stir fry all vegetables and mix with noodles.

8. Shaahi Stir Fry Vegetables with Noodles

Serves: 4–6

Ingredients:

- 1–2 packs Maggie Noodles depending how many of you will be eating.
- 1 medium sized Onion chopped in chunks
- 1–2 Green chilli finely chopped
- $\frac{1}{2}$ tsp Soya Sauce
- $\frac{1}{2}$ tsp Chilli Sauce
- A pinch of Chilli flakes
- A pinch of Oregano/Basil seasoning
- 4–5 Garlic cloves finely chopped
- $\frac{1}{4}$ cup Cabbage - finely chopped(Optional)
- $\frac{1}{4}$ cup Carrots - finely chopped(Optional)
- $\frac{1}{4}$ cup Capsicum - finely chopped(Optional)
- $\frac{1}{4}$ cup Baby corn - finely copped(Optional)
- $\frac{1}{4}$ cup Mushrooms - finely chopped(Optional)
- 10 Cashews
- $\frac{1}{4}$ cup Spring onions finely chopped
- Salt to taste
- Sugar sprinkle
- Water as per the number of Maggie packets you are using.
- Cooking oil

- Maggie seasoning preferably one, even though you are using more than one packet.

You'll also need the following utensils:

- Wok
- Deep dish wok
- Wooden ladle
- Strainer

Procedure:

1. In a dish, boil water. Once the water starts to boil, add the Maggie noodles. Break them up into pieces before adding. Stir well with a wooden ladle.
2. While this gets done, in a wok heat the oil. Add the chilli flakes, chopped garlic, oregano or basil seasoning and mix well.
3. Then add the chopped capsicum, carrots, cabbage, baby corns, mushroom and spring onions and mix well. Cover the wok with a lid and allow the entire mixture to cook in the steam.
4. Remove the lid after about 5 minutes and then add the Soya Sauce, Chilli Sauce, a pinch of salt, sprinkle some sugar and add one Maggie taste maker. Mix well.
5. Once done, set aside and switch off the gas. While preparing this mixture, keep a tab on the Maggie noodles. Don't over boil it, else the noodles will become soggy.
6. Strain the boiled Maggie in a strainer, remove all the water. Add a teaspoon of oil to the boiled Maggie noodles and toss it in the wok containing the mixture.
7. Switch on the gas and mix the plain Maggie noodles with this mixture. Taste if the salt is all right, add more if needed, else it's ready.

8. If you want to make this dish a little more exotic, saute some cashews in butter or oil with a dash of salt and pepper. Toss this in the Maggie with the mixture at the end. Serve hot.



9. Vegetable Bean Noodle Bake

Serves: 6–8

Ingredients:

- 170g noodles, cooked and drained
- 1 onion
- 2 carrots
- 2 ears fresh corn
- 4 tbsp. olive oil
- 3 cup broth
- 2 tsp. sweet basil
- 2 cup cooked soy beans
- $\frac{1}{2}$ rib celery⁴
- 4 tomatoes
- 5 tbsp. flour
- 1 tsp. salt
- $\frac{1}{2}$ tsp. sage
- $\frac{1}{3}$ cup minced parsley⁵

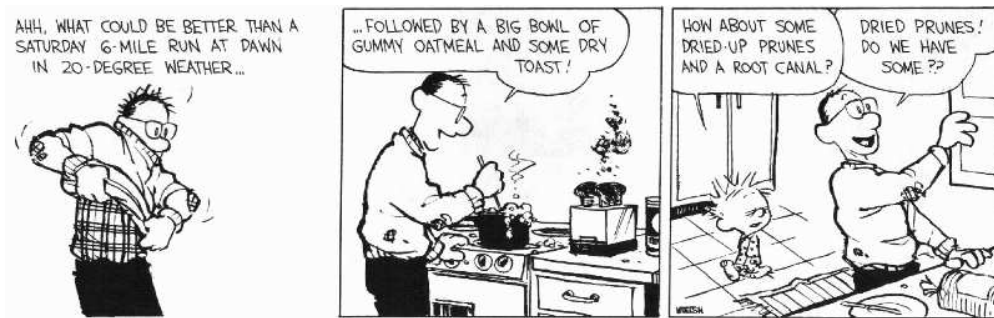
Procedure:

1. Prepare all vegetables. Dice celery and onion; grate carrots and potato. Remove corn from cob, chop 1 tomato and slice remaining 3.

⁴Celery is also called Shalari, Ajmud, Randhuni Botanical name *Apium graveolens*.

⁵Parsley can be substituted by coriander (dhania).

2. Saute onion and celery in oil.
3. Stir in flour and broth, stirring constantly.
4. Add carrots, potato, corn, chopped tomato, and seasonings.
5. Bring to a boil to thicken, stirring constantly.
6. Remove from heat.
7. In greased 9 x 13 inch baking dish, alternate layers of beans and noodles, pouring some of the vegetable gravy over each layer.
8. Arrange tomato sliced on top and sprinkle with parsley.
9. Bake 40 minutes at 350 degrees.



10. Antipasto Ramen Salad

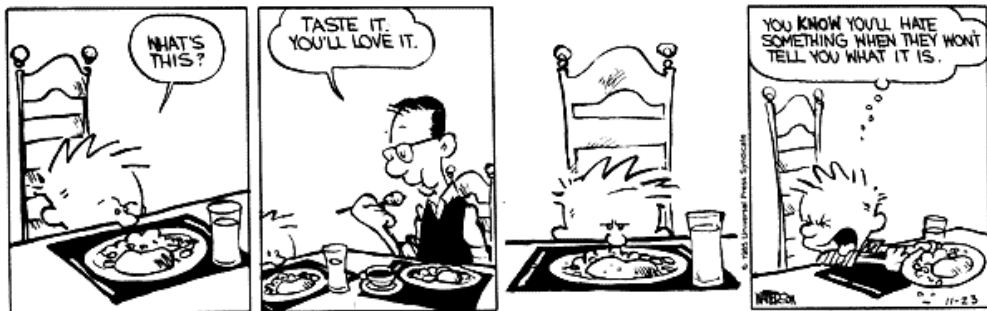
Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- $\frac{1}{4}$ cup pepperoni, sliced
- $\frac{1}{4}$ cup black olives
- $\frac{1}{8}$ cup bermuda onion, sliced
- Italian dressing

Procedure:

1. Cook noodles according to package directions and drain.
2. Add pepperoni, olives and onions.
3. Sprinkle on dressing and toss.



11. Pasta Ramen Salad

Serves: 2-3

Ingredients:

- 1 package any flavor ramen noodles
- $\frac{1}{2}$ cup mayonnaise
- 1 tablespoon mustard
- $\frac{1}{2}$ tablespoon honey
- 1 celery⁶ stalk, chopped
- $\frac{1}{4}$ cup cheddar cheese, cubed
- 2 hard boiled eggs, chopped

Procedure:

1. Cook noodles according to package directions and drain.
2. Mix mayonnaise, mustard and honey with $\frac{1}{2}$ seasoning packet.
3. Add noodles, celery, cheese and eggs.
4. Mix and enjoy.

⁶Celery is also called Shalari, Ajmud, Randhuni Botanical name *Apium graveolens*.

12. Ramen Noodle Alfredo

Serves: 2-3

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup light cream
- 1 cup parmesan cheese, grated
- 1 tablespoon parsley⁷ flakes
- $\frac{1}{4}$ teaspoon salt
- dash of pepper

Procedure:

1. Cook noodles according to package directions and drain.
2. Heat butter and cream in a small sauce pan over low heat until butter is melted. This is the sauce.
3. Stir in the rest of the ingredients.
4. Keep warm over low heat until desired thickness is reached.
5. Serve sauce over noodles.

⁷Parsley can be substituted by coriander (dhania).

13. Parmesan Ramen

Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- $\frac{1}{4}$ cup parmesan cheese

Procedure:

1. Cook noodles according to package directions and drain.
2. Sprinkle with parmesan cheese.

14. Creamy Veggies and Ramen

Serves: 2-3

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- 1 can cream of celery⁸ soup
- $\frac{1}{2}$ cup milk
- 1 cup broccoli, cut up
- $\frac{1}{2}$ cup cauliflower, cut up
- $\frac{1}{2}$ cup carrots, sliced
- (Or you can use 2 cups frozen mixed or canned veggies)

Procedure:

1. Heat cream of celery soup and milk to boiling.
2. Stir in veggies.
3. Heat to boiling; reduce heat and simmer 15 minutes.
4. Cook noodles according to package directions and drain.
5. Mix noodles with seasoning packet.
6. Top noodles with soup mixture.

⁸Celery is also called Shalari, Ajmud, Randhuni Botanical name *Apium graveolens*.

15. Chinese Style Ramen with Veggies

Serves: 1–2

Ingredients:

- 1 package oriental ramen noodles
- 2 cups water
- 1 tablespoon soy sauce
- 1 cup mixed veggies (fresh, frozen or canned)

Procedure:

1. Cook noodles according to package directions and drain.
2. Add seasoning package.
3. Cook veggies and add to noodles.
4. Add soy sauce to taste⁹.

⁹Meghana Marathe says “I usually prefer cooking the soy sauce a little at least so that in case it has any alcohol (some brands do), it evaporates. . . (many times it is not specified on the ingredient list because they don’t add any external alcohol. . . the fermentation of soy leads to it containing about 2% alcohol.”

16. Spaghetti Marinara Ramen

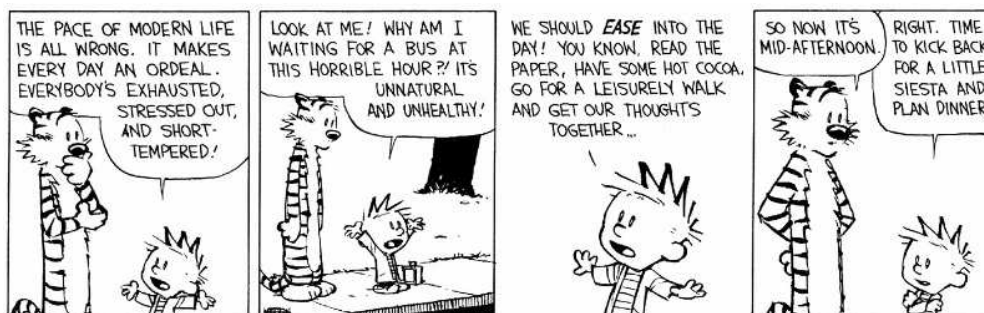
Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- $\frac{1}{2}$ cup spaghetti sauce¹⁰

Procedure:

1. Cook noodles according to package directions and drain.
2. Heat sauce and pour over noodles.



¹⁰See Appendix B.

17. Spring Ramen Salad

Serves: 1-2

Ingredients:

- 1 package oriental ramen noodles
- $1\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{6}$ cup salad oil
- 1 teaspoon sugar
- $\frac{1}{2}$ cup red and/or green seedless grapes, cut in half
- $\frac{1}{2}$ cup red and/or green apple, diced
- $\frac{1}{4}$ cup pineapple, diced
- $1\frac{1}{2}$ tablespoons chives or green onion, diced
- $\frac{1}{8}$ cup walnut pieces
- $\frac{1}{2}$ teaspoon chives

Procedure:

1. Cook noodles according to package directions and drain.
2. Rinse with cold water.
3. Add sesame oil, and refrigerate.
4. Before dressing combine lemon juice, salad oil, seasoning packet and sugar.
5. Combine noodles, grapes and chives.
6. Mix with dressing and walnuts.

18. Summer Ramen Salad

Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- 1 tbsp. melted Butter
- $\frac{1}{4}$ cup alfalfa sprouts
- $\frac{1}{4}$ cup peas
- $\frac{1}{4}$ cup boiled sweet corn kernels
- French salad dressing

Procedure:

1. Cook noodles according to package directions and drain.
2. Top with alfalfa sprouts, peas and sweet corn.
3. Mix with butter and desired amount of dressing.



19. Egg Ramen Salad

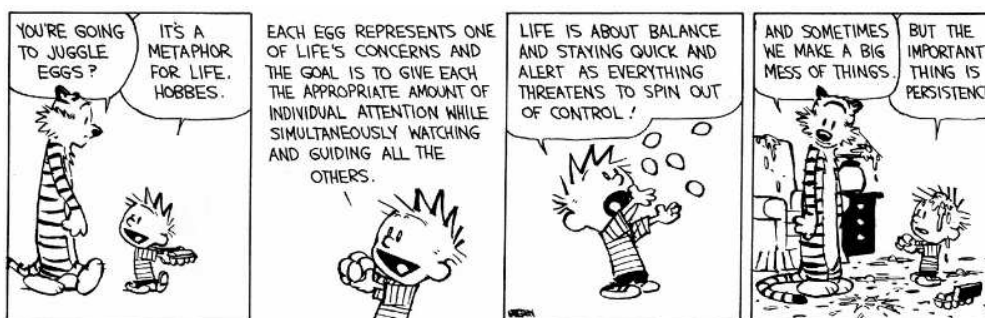
Serves: 2-3

Ingredients:

- 1 package oriental ramen noodles
- 2 boiled eggs
- 1 small tomato, chopped
- $\frac{1}{2}$ cup onion chopped
- 1 cup cheddar cheese, shredded
- Thousand Island dressing to taste

Procedure:

1. Cook noodles according to package directions and drain.
2. Stir in $\frac{1}{2}$ seasoning packet.
3. Mix all ingredients together.
4. Add dressing.



20. Tomato Ramen Soup

Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- 2 cups water
- 1 can tomato soup

Procedure:

1. Cook noodles according to package directions. Do not drain.
2. Add tomato soup concentrate.
3. Simmer five minutes.

21. Zucchini Ramen Salad

Serves: 1-2

Ingredients:

- 1 package any flavor ramen noodles
- $\frac{1}{2}$ cup zucchini, chopped
- $\frac{1}{2}$ cup carrots, chopped
- $\frac{1}{8}$ cup olives, sliced
- 2 tablespoons vinegar
- 1 teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{4}$ teaspoon basil
- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon garlic powder

Procedure:

1. Cook noodles according to package directions and drain.
2. Mix vegetables with noodles.
3. Mix mustard, spices and vinegar together.
4. Add to noodles mixture and toss.

22. 3 Bean Ramen Salad

Serves: 2-3

Ingredients:

- 1 package any flavor ramen noodles
- $\frac{1}{2}$ cup green beans
- $\frac{1}{2}$ cup kidney beans
- $\frac{1}{2}$ cup lima beans
- $\frac{1}{4}$ cup Italian dressing

Procedure:

1. Cook noodles according to package directions and drain.
2. Boil beans till they are soft. Boil them separately since each one will soften at a different point in time.
3. Add beans and sprinkle on dressing.

23. Garden Fresh Vegetables and Noodles

Serves: 6

Ingredients:

- 2 tbsp. butter
- 225g fine egg noodles
- $3\frac{1}{4}$ cup broth
- $\frac{1}{4}$ tsp. garlic powder
- Salt and pepper (to taste)
- 2 medium zucchini, thinly sliced
- 2 medium tomatoes (cut into wedges)
- 1 cup sliced mushrooms
- $1\frac{1}{3}$ cup (about 170g) shredded Mozzarella cheese

Procedure:

1. In large skillet, melt butter and lightly brown uncooked noodles, stirring frequently (browning will be uneven).
2. Add broth, garlic powder, salt and pepper.
3. Bring to a boil, then add vegetables.
4. Simmer covered for 10 minutes or until noodles and vegetables are tender.
5. Toss cheese with noodles.
6. Garnish with tomato sauce and parsley, if desired.

24. Vegetable Noodle Casserole

Serves: 4–6

Ingredients:

- 110g egg noodles, uncooked
- 1 small onion, chopped
- 1 cup coarsely chopped fresh broccoli
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ tsp. pepper
- 3 tbsp. fine, dry bread crumbs
- 1 stalk celery¹¹, sliced
- 1 small green pepper, chopped
- 2 tbsp. vegetable oil
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ cup (170g) shredded Monterey Jack cheese
- 1 tbsp. butter

Procedure:

1. Preheat the oven to 350°F (175°C).
2. Cook noodles according to package directions; drain. Set aside.
3. Saute celery and next 3 ingredients in oil until tender.

¹¹Celery is also called Shalari, Ajmud, Randhuni Botanical name *Apium graveolens*.

4. Stir in milk and next 3 ingredients.
5. Spoon into a lightly greased $1\frac{1}{2}$ quart ($1\frac{2}{5}$ liter) baking dish.
6. Cover and bake at 350°F (175°C) for 15 minutes.
7. Sprinkle with bread crumbs and drizzle with butter.
8. Bake uncovered 10 minutes.



25. Noodle Kugel With Vegetables

Serves: 8

Ingredients:

- 450g wide egg noodles
- 1 tbsp. vegetable oil
- 2 large onions, minced
- 1 cup sliced fresh mushrooms
- 1 tsp. dried thyme leaves¹²
- 1 tsp. paprika
- 4 large eggs, beaten
- $\frac{1}{4}$ cup chopped cilantro¹³ or parsley¹⁴
- 2 large carrots, grated
- 2 small zucchini, grated

Procedure:

1. Preheat the oven to 350°F (175°C).
2. Prepare noodles according to package directions. Drain.
3. Heat oil in a skillet. Saute onions and mushrooms in the skillet with thyme and paprika until onions are tender.

¹²Thyme is called *Banajwain* in Hindi. If it is unavailable, you can substitute it for *Ajwain* leaves.

¹³In North American countries the name Cilantro is given to the leaves of the Corriander plant.

¹⁴Parsley can be substituted by coriander (dhania).

4. Combine mushroom mixture, noodles, and remaining ingredients. Pour into a lightly oiled baking dish.
5. Bake in a 350°F (175°C) oven for 45 to 50 minutes or until mixture is set (when a knife inserted in the center comes out clean).

26. Pineapple Noodle Kugel

Serves: 8–10 side-dish servings

Phyllis Roberts of Monsey, New York, writes: “I serve this noodle kugel as part of the meal that marks the conclusion of Yom Kippur. It is traditional to serve a dairy repast, which in my family consists of bagels, smoked salmon, salads, and this sweet kugel. This particular recipe is a slight variation on the kugel made by my Aunt Raye, who is one of the best cooks on the planet.”

Ingredients:

For noodles:

- 450g dried wide egg noodles
- 1 stick ($\frac{1}{2}$ cup or 110g) unsalted butter, cut into pieces
- 1 cup whole milk
- 5 large eggs, lightly beaten
- $\frac{1}{2}$ cup sugar
- 2 teaspoons vanilla
- $\frac{1}{2}$ teaspoon salt
- 1 (450g) container sour cream
- 1 (450g) container small curd cottage cheese (4% fat)
- 1 (560g) can crushed pineapple, drained

For topping:

- 2 cups cornflakes, coarsely crushed
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 2 tablespoons unsalted butter, cut into bits

Procedure:

Prepare Kugel:

1. Put oven rack in middle position and preheat to 350°F (175°C).
2. Butter a 13” by 9” by 2” glass or ceramic baking dish.
3. Cook noodles in a 6 – 8 ltr. pot of boiling salted water until al dente¹⁵.
4. Drain well in a colander¹⁶, then return to warm pot and add butter, tossing until noodles are coated.
5. Whisk together milk, eggs, sugar, vanilla, and salt until combined, then whisk in sour cream.
6. Stir in cottage cheese and pineapple and add to noodles, stirring to coat well, then spoon into baking dish.

Make topping and bake kugel:

1. Stir together cornflakes, sugar, and cinnamon and sprinkle evenly over noodles.
2. Dot with butter and bake until kugel is set and edges are golden brown, about 1 hour.
3. Let stand 5 minutes before serving.

¹⁵The Italian translation is “to the teeth” i.e. Cooked only until soft enough to eat, but not overdone

¹⁶strainer

27. Apple Noodle Kugel

Serves: 8

Carole Chernick, Lisa Chernick's mom says "My reason for disliking this dish as a child was more about what it lacked than what it delivered it wasn't savory enough to be lasagna or sweet enough for dessert, so why bother eating it? I do, however, remember the first few times I watched my mother prepare kugel the thrill of all those noodles, and the seductive smell of cinnamon and butter as it baked, which only set the stage for my letdown when I tasted this bland noodle square on my plate."

Ingredients:

- 225g wide egg noodles
- 450g creamed or whipped cottage cheese
- 1 cup(240ml) sour cream
- 110g(1 stick or $\frac{1}{2}$ cup) unsalted butter, melted
- $\frac{1}{2}$ cup(110g) sugar
- 2 eggs, beaten
- $\frac{3}{4}$ cup golden raisins
- 2 medium Granny Smith apples, peeled and sliced thin
- pinch of salt
- pinch of cinnamon
- 1 tsp. vanilla extract
- Butter for greasing baking pan
- Sour Cream and fresh berries as an accompaniment, if desired

Procedure:

1. Preheat the oven to 350°F (175°C).
2. Boil the noodles until al dente¹⁷, and drain.
3. In a large mixing bowl, combine drained noodles and remaining ingredients (through and including vanilla extract) and toss well.
4. Transfer the mixture to a buttered 13" x 9" x 2" baking dish, and bake 40 minutes, uncovered.
5. Cover with foil and bake an additional 20 minutes, or until cooked through.
6. Remove from oven and let cool before cutting into squares.
7. Serve warm or at room temperature with sour cream and/or fresh berries on the side, if desired.



¹⁷The Italian translation is “to the teeth” i.e. Cooked only until soft enough to eat, but not overdone

28. Noodle Pudding

Serves: 6 side-dish servings

Mildred Grosberg Bellin's recipe for kugel has nothing modern about it, calling for noodles (not *pasta*) and plenty of cottage cheese, butter, and sour cream. It was a treat in the test kitchens every time we tried it, and there's no need to wait until Rosh Hashanah to enjoy it. We particularly like it as a side dish to another humble favorite: pot roast.

Ingredients:

- 2 cups dried medium egg noodles
- 3 tablespoons unsalted butter, softened
- 2 large eggs
- 1 cup cottage cheese (not low-fat)
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- Accompaniment – sour cream, if desired

Procedure:

1. Preheat oven to 350°F (175°C).
2. Cook noodles in a large saucepan of boiling salted water¹⁸ until tender, then drain well in a colander and toss with butter in a bowl.

¹⁸When salting water for cooking, use 1 tablespoon salt for every 4 quarts ($3\frac{3}{4}$ liter) water.

3. While noodles are cooking, whisk together eggs, cottage cheese, sour cream, salt, and white pepper in a large bowl.
4. Stir in noodles.
5. Transfer to a buttered deep 1 quart(1 liter) baking dish and bake in middle of oven until firm, 45 minutes to 1 hour.
6. Serve warm or at room temperature with accompaniment, if desired.

29. Crunchy Noodle Salad

Serves: 6

Ingredients:

- Kosher salt¹⁹
- 225g thin spaghetti
- 450g sugar snap peas
- 1 cup(240ml) vegetable oil
- $\frac{1}{4}$ cup rice wine vinegar
- $\frac{1}{3}$ cup soy sauce
- 3 tablespoons dark sesame oil
- 1 tablespoon honey
- 2 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- 3 tablespoons toasted white sesame seeds, divided
- $\frac{1}{2}$ cup smooth peanut butter
- 2 red bell peppers, cored and seeded, and thinly sliced
- 4 scallions²⁰ (with and green parts), sliced diagonally
- 3 tablespoons chopped fresh parsley leaves

Procedure:

¹⁹Kosher Salt is salt which contains no additives(such as iodine), and is generally more granular(has a larger grain size) than table salt.

²⁰A scallion is also commonly known as spring onion, green onion or salad onion.

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook according to package directions. Drain and set aside.
2. Meanwhile, bring another large pot of salted water to a boil, add the sugar snap peas, return to a boil, and cook for 3 to 5 minutes, until crisp tender.
3. Lift the sugar snap peas from the water with a slotted spoon and immerse them in a bowl of ice water. Drain.
4. For the dressing, whisk together the vegetable oil, rice wine vinegar, soy sauce, sesame oil, honey, garlic, ginger, 2 tablespoons sesame seeds and peanut butter in a medium bowl.
5. Combine the spaghetti, sugar snap peas, peppers and scallions in a large bowl.
6. Pour the dressing over the spaghetti mixture.
7. Add the remaining 1 tablespoon of sesame seeds and the parsley and toss together.

30. Nana's Noodle Pudding

Serves: 24 (2-inch by 2-inch) squares

Ingredients:

- 1 pound broad egg noodles
- 3 tablespoons butter, melted
- 6 eggs, beaten
- $\frac{3}{4}$ cup sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup applesauce
- 4 apples, cored, peeled, and thinly sliced
- $\frac{3}{4}$ cup raisins

Procedure:

1. Preheat oven to 350°F (175°C).
2. Cook noodles according to package directions.
3. Return noodles to pot and coat with melted butter.
4. In a bowl, combine eggs, sugar, salt, cinnamon, vanilla and applesauce.
5. Mix into noodles. Fold in apples and raisins.
6. Pour noodle mixture into a 9" by 13" buttered baking dish.
7. Cover with aluminum foil and bake for 30 to 35 minutes or until set. During the last 10 minutes of cooking, remove foil cover to let brown. Serve at room temperature.

31. Night Crawler Noodles

Serves: 4

Ingredients:

- 1 pound rice noodles
- 1 cup frozen green peas
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons sesame oil
- $\frac{1}{2}$ teaspoon chili paste, or to taste
- 1 tablespoon peanut butter
- 1 cup diced roasted red peppers (from water-packed jar)
- 2 tablespoons chopped fresh Cilantro²¹ leaves

Procedure:

1. Cook rice noodles according to package directions, adding peas for the last 30 seconds of cooking.
2. In a large bowl, whisk together the soy sauce, sesame oil, chili paste (if using) and peanut butter.
3. Add the diced roasted peppers to the bowl and stir to combine.
4. Drain rice noodles and transfer to the bowl. Toss to combine.
5. Sprinkle chopped cilantro on top and serve warm.

²¹In North American countries the name Cilantro is given to the leaves of the Corriander plant.

32. Crisp Soba Noodles

Serves: 4–6

Ingredients:

- 1 package soba²² noodles (400 grams) or thin spaghetti
- 3 tablespoons toasted sesame oil, plus more for frying
- 3 tablespoons sesame seeds
- $\frac{1}{2}$ bunch scallions²³, sliced thin
- $\frac{1}{2}$ bunch Cilantro²⁴, chopped
- 1 1-inch piece ginger, peeled and finely chopped

Procedure:

1. In a large pot of boiling salted water, cook the soba noodles until done, about 3 to 5 minutes.
2. Drain the noodles but do not rinse them.
3. Drizzle the sesame oil over them and toss them well.
4. Add the sesame seeds, scallions, cilantro, and ginger. Mix well to combine the ingredients.
5. Heat a non stick or cast iron pan over medium heat.
6. Add a bit of sesame oil to the skillet.

²²Soba is a type of thin Japanese noodle made from buckwheat flour, whereas udon are noodles which are thick and are made from wheat.

²³A scallion is also commonly known as spring onion, green onion or salad onion.

²⁴In North American countries the name Cilantro is given to the leaves of the Corriander plant.

7. Layer the noodle mixture evenly over the bottom of the pan.
8. Cook the noodles, stirring often, until they are brown and crispy, about 15 minutes.
9. Serve as a side dish or use them as a garnish for soups or salads.

33. Noodle Pudding with Farmer Cheese and Lingonberries

Serves: 6–8

Ingredients:

- 225g medium-wide egg noodles
- 3 large eggs
- 225g farmer cheese, pot cheese, or cottage cheese, crumbled
- $\frac{1}{4}$ cup brown sugar
- 1 cup sour cream
- $\frac{1}{2}$ cup whole, 2 percent fat, or 1 percent fat milk
- Pinch salt
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 1 pinch cinnamon
- 1 pinch nutmeg
- $\frac{1}{4}$ cup apple juice concentrate, thawed
- 4 tablespoons ($\frac{1}{2}$ stick or 55g) unsalted butter, cold and cut into pieces
- $\frac{3}{4}$ cup lingonberry preserves, or cranberry sauce
- $1\frac{1}{2}$ teaspoons sugar mixed with 1 pinch cinnamon
- Sour cream, for serving (optional)

Procedure:

1. Bring a large pot of water to a boil, add the noodles, and boil until cooked through but not mushy. Drain well and set aside.
2. Preheat the oven to 350 degrees and butter an 8 by 8-inch baking dish.
3. In a large bowl, whisk the eggs until frothy. Whisk in the cheese, brown sugar, sour cream, milk, salt, vanilla, cinnamon, nutmeg and apple juice concentrate.
4. Add the drained noodles, butter pieces and lingonberry preserves and mix.
5. Pour into the prepared pan, sprinkle with cinnamon sugar, and bake until the pudding is set and butter is bubbling around the edges, 30 to 40 minutes.
6. Let cool 10 minutes before serving.
7. Serve warm or at room temperature, cut into squares and top with a dollop of sour cream, if desired.

34. Aromatic Noodles With Lime Peanut Sauce

Serves: 6

Ingredients:

- 340g Asian style Noodles
- $\frac{3}{4}$ pound spinach linguine or whole-wheat spaghetti
- 2 cups (about 255g) broccoli florets
- 2 cups (about 170g) snow peas, trimmed
- 2 cups (about 170g) sugar snap peas, trimmed
- $\frac{1}{2}$ cup natural creamy peanut butter
- $\frac{1}{4}$ cup low-sodium soy sauce
- $\frac{1}{4}$ cup water
- 2 tablespoons rice vinegar
- 2 tablespoons fresh lime juice
- 1 scallion²⁵, cut into pieces
- $\frac{3}{4}$ inch fresh ginger, finely grated
- 2 tablespoons brown sugar
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{2}$ cup shelled unsalted peanuts

Procedure:

²⁵A scallion is also commonly known as spring onion, green onion or salad onion.

1. Cook the pasta in a large pot of water according to the directions on the package. Drain and rinse with cold water.
2. While the pasta is cooking put the broccoli in a steamer basket over a large pot of boiling water and steam it for 3 minutes.
3. Add the snow peas and sugar snap peas and steam for 2 minutes more.
4. Toast the peanuts in a dry pan over a medium heat until they become fragrant, about 3 minutes. Set them aside to cool.
5. Make the sauce by pureeing the peanut butter, soy sauce, water, vinegar, lime juice, scallion, ginger, sugar and red pepper flakes in a food processor or blender until smooth.
6. Right before serving, toss the pasta with $\frac{3}{4}$ cup of the peanut sauce.
7. Divide into 6 serving bowls and top each serving with the vegetables.
8. Drizzle the remaining sauce over the vegetables. Coarsely chop the peanuts, sprinkle them on top and serve.

35. Crunchy Noodle Salad with Cabbage and Peanut Sauce

Serves: 6–8

Ingredients:

- 340g Asian style Noodles
- 1 head romaine lettuce, thinly shredded
- 1 head white cabbage, thinly shredded
- 2 carrots, thinly shredded
- 1 package of wonton skins, sliced thin and fried, reserve some for garnish
- 2 green onions, thinly sliced
- $\frac{1}{2}$ cup smooth natural peanut butter
- $\frac{1}{4}$ cup rice wine vinegar
- 1 tablespoon water
- Pinch red pepper flakes
- 2 teaspoons toasted sesame oil
- 2 teaspoons soy sauce
- 1 teaspoon sugar
- $\frac{1}{4}$ cup chopped Cilantro²⁶ leaves

Procedure:

²⁶In North American countries the name Cilantro is given to the leaves of the Corriander plant.

1. Combine lettuce, cabbage, carrots, crunchy noodles and green onions in a large bowl.
2. Whisk together peanut butter, vinegar, water, pepper flakes, sesame oil, soy sauce, and sugar in a bowl.
3. If the dressing is still too thick you may add more water.
4. Toss the cabbage mixture with the peanut sauce and place on a large platter. Top with extra crunchy noodles and chopped cilantro.

36. Crispy Noodle Salad with Sweet and Sour Dressing

Serves: 4

Ingredients:

- 2 cups fried noodles
- 6 cups mixed baby greens
- 1 cup fresh bean sprouts
- 1 cup shredded carrot, available in produce department
- 3 radishes, sliced
- 2 scallions²⁷, chopped
- $\frac{1}{2}$ red bell pepper, cut into thin strips
- 2 tablespoons sweet plum sauce or duck sauce
- 2 tablespoons rice wine vinegar, cider or white vinegar may be substituted
- $\frac{1}{3}$ cup light oil, peanut, canola or vegetable oil
- Salt and pepper

Procedure:

1. In a bowl, combine greens, bean sprouts, carrot, radishes, scallions, red bell pepper and half of the fried noodles.
2. Whisk together plum or duck sauce and vinegar in a smaller bowl.
3. Stream in oil and continue whisking to combine.
4. Dress salad and toss with salt and pepper, to your taste.
5. Serve salad with remaining crispy noodles, as garnish.

²⁷A scallion is also commonly known as spring onion, green onion or salad onion.

37. Szechuan Noodles with Peanut Sauce

Serves: 6

Ingredients:

- 340g Asian style Noodles
- $\frac{1}{2}$ cup (or more) vegetable broth
- 1 cup smooth peanut butter
- $\frac{1}{4}$ cup soy sauce
- 2 tablespoons balsamic vinegar
- $\frac{1}{2}$ tablespoons chili-garlic sauce
- 5 garlic cloves, minced
- $\frac{1}{4}$ cup chopped peanuts
- 2 tablespoon canola oil
- 4 large bok choy²⁸ leaves
- 1 red bell pepper, halved lengthwise, and thinly sliced
- 1 large carrot, peeled
- 1 bunch green onions
- 2 tablespoons toasted sesame seeds

Procedure:

1. Mix $\frac{1}{2}$ cup vegetable broth, peanut butter, soy sauce, balsamic vinegar, chili-garlic sauce and minced garlic in medium bowl to blend well (sauce will be thick).

²⁸Chinese cabbage

2. Cook noodles in large pot of boiling salted water until just tender but still firm to the bite, about 6 minutes. Drain.
3. Rinse noodles under cold water and cool. Cut noodles into 4 to 5 - inch lengths. Transfer noodles to very large bowl.
4. Toss with oil to coat.
5. Chiffonade²⁹ bok choy, julienne³⁰ carrots and slice onions into matchstick-size strips.
6. (Sauce, noodles and vegetables can be prepared 4 hours ahead. Cover separately; chill. Bring sauce to room temperature before continuing, thinning with additional broth if necessary.)
7. Add vegetable strips to noodles. Toss with enough peanut sauce to coat. Sprinkle with peanuts and sesame seeds.

²⁹Chiffonade is a cooking technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons.

³⁰Julienning is a method of food preparation in which the food item is cut into long thin strips.

38. Sesame Peanut Noodle Salad

Serves: 6–8

Ingredients:

- 1 pound spaghetti
- 4 tablespoons peanut oil, divided
- 4 tablespoons creamy peanut butter
- 4 tablespoons soy sauce
- 2 teaspoons toasted sesame oil
- 2 tablespoons light brown sugar
- 2 teaspoons freshly minced ginger
- 1 to 2 pinches crushed red pepper flakes
- 1 cup julienned³¹ cucumbers(optional)
- $\frac{1}{4}$ cup green onion tops, sliced diagonally
- $\frac{1}{4}$ cup chopped unsalted peanuts
- 1 tablespoon sesame seeds

Procedure:

1. Fill a medium soup pot or Dutch oven with water and bring to a boil over high heat.

³¹Julienning is a method of food preparation in which the food item is cut into long thin strips.

2. Boil the pasta according to package directions, omitting salt, about 9 minutes or until al dente³².
3. Drain the spaghetti in a colander, then transfer noodles to a large mixing bowl and, using tongs, toss with 2 tablespoons of the peanut oil to keep the pasta from sticking. Set aside.
4. In a medium mixing bowl, whisk together the remaining peanut oil, peanut butter, soy sauce, sesame oil, brown sugar, ginger, and crushed red pepper flakes. Whisk until smooth.
5. Pour $\frac{1}{2}$ of the peanut mixture onto the spaghetti and, using tongs, toss to coat the pasta. Cover the spaghetti with plastic wrap and refrigerate until chilled, about 2 hours.
6. When ready to serve, pour the remaining peanut mixture onto the spaghetti and toss to coat.
7. Sprinkle with julienned cucumbers, if using, sliced green onions, chopped peanuts and sesame seeds.
8. Serve immediately.

³²The Italian translation is “to the teeth” i.e. Cooked only until soft enough to eat, but not overdone

39. Peanut Sesame Noodles

Serves: 4

Ingredients:

- $\frac{1}{2}$ pound thin spaghetti or vermicelli
- 4 tablespoons Asian (toasted) sesame oil
- 1 bunch of scallions³³ (about 6) chopped fine
- 2 garlic cloves, minced
- $\frac{1}{4}$ teaspoon dried hot red pepper flakes, or to taste
- 1 tablespoon rice-wine vinegar
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- $\frac{1}{2}$ cup finely chopped salted dry-roasted peanuts
- $\frac{1}{3}$ cup finely chopped fresh coriander plus, if desired, a coriander sprig for garnish

Procedure:

1. In a kettle of boiling salted water cook the spaghetti until it is al dente³⁴, drain it in a colander, and rinse it briefly under cold water.
2. Drain the spaghetti well and in a bowl toss it with 2 tablespoons of the oil.

³³A scallion is also commonly known as spring onion, green onion or salad onion.

³⁴The Italian translation is “to the teeth” i.e. Cooked only until soft enough to eat, but not overdone

3. In a large skillet cook the scallions, the garlic, and the red pepper flakes in the remaining 2 tablespoons oil over moderate heat, stirring, until the scallions are just softened.
4. Add the spaghetti, the vinegar, the sugar, and the soy sauce, and heat the mixture, tossing it to combine it well, until the spaghetti is heated through.
5. Stir in the peanuts and refrigerate until chilled.
6. Add chopped coriander, and salt to taste, transfer the mixture to a serving bowl.
7. Garnish it with the coriander sprig and serve.

40. Easy Ramen Salad

Serves: 2-3

Ingredients:

- 1 package of ramen noodles
- 2 cups of water
- $\frac{1}{2}$ cup of green peas
- $\frac{1}{2}$ cup of sweet corn
- $\frac{1}{2}$ cup of beetroot
- Salad dressing(mayonnaise or 1000 islands, or whatever you prefer)
- Some salad

Procedure:

1. Put 2 cups of water in a cooking pot and bring to a boil.
2. Once the water is boiling add your ramen noodles.
3. Wait 2-3 minutes until the noodles are tender and separated.
4. Take off the water with the strainer.
5. Add the peas and sweet corn.
6. Add the mayonnaise. Mix it.
7. Add beetroot.
8. With some salad, make sure your delicious meal also looks good.

41. Ramen Snack Mix

Serves: 1-2

Ingredients:

- 1 package of ramen noodles (crushed)
- $\frac{1}{2}$ cup dried (or fresh) cranberries
- $\frac{1}{4}$ cup sliced almonds
- $\frac{1}{4}$ cup dried apricot
- $\frac{1}{3}$ cup of vegetable oil (cooking)

Procedure:

1. While the noodles are still in the package, break them in small pieces.
2. Put the vegetable oil in the cooking pan.
3. Turn on the stove and wait for the oil to heat up.
4. Put your noodles in the cooking pan.
5. Since ramen are dehydrated, you have to be careful not to burn them. Always gently shake the cooking pan.
6. Your noodles are ready once they have a nice brownish color.
7. Turn off the stove and put your noodles in a bowl.
8. Add the sliced almonds, dried cranberries and dried apricots.

42. Hitchhiker's Noodles

Serves: 2

Ingredients:

- 1 packet(80g) Top Ramen Masala flavour noodles
- 1½ Tbsp Butter(salted/unsalted)
- 1 onion, finely chopped
- 1 medium green capsicum, finely chopped
- 2 tomatoes, coarsely chopped
- 1 Tbsp Ginger paste
- 1 large Garlic clove, finely chopped
- 2 Pinch Asafoetida(Hing) powder
- 1 egg
- 1 Tbsp Pudina(Mint) paste
- 50g Cauliflower
- 40g Peas
- 50g French Beans
- Salt
- 1 tsp Soya Sauce(or to taste)
- 1½ tbsp Tomato ketchup(or to taste)
- Fistful Coriander leaves for garnish

Procedure:

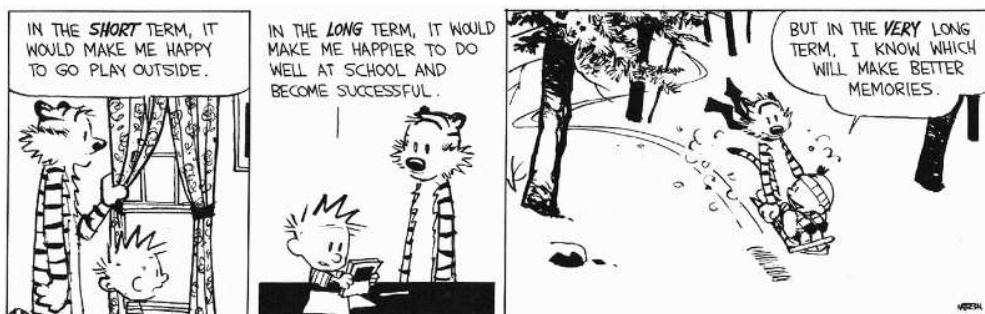
1. Cook the Noodles as indicated on the packet. Add the flavouring when half the water has evaporated and mix well. Let some water remain after cooking so that the noodles can soak up the flavoured water. This will enhance the noodles' flavour.
2. Remove from the heat and let them stand.
3. Break the egg, and beat it for a few seconds till the white and yellow are mixed up well. Set aside.
4. In a separate pan, add all the chopped up vegetables and put water so that all the vegetables are completely immersed in water. Add a teaspoon of salt(for faster cooking), and set aside to boil on a medium flame.
5. In a separate pan, put the Butter, and when it is frothing hot, add the Hing and saute the onions till they are golden in colour.
6. Add the Ginger paste and garlic and mix it up well.
7. Add the finely chopped capsicum pieces till they are coated with butter.
8. Add the tomato pieces, and salt to taste and cover with a lid. Cook on a low flame till the water in the tomatoes starts leaving it.
9. Remove lid, and stir while cooking till most of the water from the tomatoes has evaporated.
10. Now add the egg to the pan with the tomatoes. Keep stirring till the eggs are cooked. You may increase the flame to medium so that the egg gets cooked well, and the proteins coagulate. You will find that the egg will form a gravy with the moisture in the tomatoes. If we had used more eggs, we would have gotten scrambled eggs or bhurjee.
11. Add the mint paste, and mix well. Turn off the flame, and set aside.
12. Check if the vegetables have been boiled al dente³⁵. Once done, drain out all the water(and along with it, lots of the nutrients of the vegetables) and add it to the noodles.
13. Now add the gravy we made to the noodles, and mix them all up well. Check the mixture. Add more salt if required.

³⁵The Italian translation is "to the teeth" i.e. Cooked only until soft enough to eat, but not overdone

14. Add soya sauce, and tomato ketchup and mix it up well.
15. Garnish with coriander leaves and serve in style ;-)

Variations:

1. You may also add ajwain along with the Hing in the vaghaar(tadkaa) for a more aromatic flavour.
2. You may add more vegetables like carrots, cabbage. However, avoid using vegetables like cucumber, zucchini, sweet gourd(galka) since they give off lots of water, which will be lost when you drain off the water.
3. Typically, each vegetable needs different amounts of time to cook properly. Peas cook fastest, followed by cauliflower, followed by french beans. So, expect your peas to be slightly over-cooked, your cauliflower to be cooked just right, and the french beans to be slightly under-cooked. It is the way it should be since this is a poor man's recipe. If you have the time, go ahead and cook them all separately.
4. Meghana Marathe points out that you can still achieve the “perfectly cooked” vegetables effect by first adding french beans followed by cauliflower followed by beans with an interval of about 2–3 mins between each addition. (and still have it as easy to make! Kudos Meghana!)



43. Greek Ramen Salad

Serves: 4

Ingredients:

- 2 packages of ramen noodles
- 1 cup of feta cheese
- 1 cup of red peppers
- $\frac{1}{2}$ cup of onions
- $\frac{1}{2}$ cup of black olives
- $\frac{1}{2}$ cup of green olives
- $\frac{1}{2}$ cup of tomatoes
- $\frac{1}{2}$ cup of canola oil
- $\frac{1}{2}$ cup of onions
- $\frac{1}{4}$ cup of citrus juice
- Salt and pepper
- 2 cups of water

Procedure:

1. Put 2 cups of water in a cooking pot and bring to a boil.
2. Once the water is boiling add your ramen noodles.
3. Wait 2-3 minutes until the noodles are tender and separated.
4. Take off the water with the strainer.

5. Mix the canola oil and the citrus juice in a bowl.
6. Add some salt and pepper.
7. Cut all the vegetables into small pieces.
8. Cut the feta cheese into small cubes.
9. Add the vegetables and feta cheese on top of your noodles.
10. Pour the dressing on your greek salad.

44. Chocolate ramen cakes

Serves: 3 cakes

Ingredients:

- 1 package of ramen noodles (crushed)
- 3 small dessert cupcakes
- 1 cup of cherries
- 1 cup of chocolate dessert fondue³⁶
- $\frac{1}{3}$ cup of vegetable oil (cooking)

Procedure:

1. While the noodles are still in the package, break them in small pieces.
2. Put the vegetable oil in the cooking pan.
3. Turn on the stove and wait for the oil to heat up.
4. Put your noodles in the cooking pan.
5. Since ramen are dehydrated, you have to be careful not to burn them. Always gently shake the cooking pan.
6. Your noodles are ready once they have a nice brownish color.
7. Turn off the stove and put your noodles in a bowl.
8. Put the 3 cakes in a plate.
9. Add the cherries and the fried ramen on top of the cakes.
10. Pour the chocolate fondue on top of everything.

³⁶See Appendix A.

45. Imperial Veggie Ramen

Serves: 2–3

Ingredients:

- 1 Package Ramen Noodles
- $\frac{1}{2}$ cup of scallions³⁷ (sliced)
- $\frac{1}{2}$ cup of bamboo shoots
- $\frac{1}{2}$ cup of green peppers (sliced)
- 1 egg
- Dried Kelp³⁸
- 6 cups of water
- $\frac{1}{2}$ cup of Shiitake³⁹ mushrooms

Procedure:

For The soup broth (Dashi/soup stock):

1. Soak the mushrooms in water for 30 minutes.
2. Put the mushrooms and water in a cooking pot.
3. Heat it (Medium heat).
4. Turn off the heat when the water comes to a boil.
5. Let it stand for 30 minutes.

³⁷A scallion is also commonly known as spring onion, green onion or salad onion.

³⁸Kelp are large seaweeds (algae).

³⁹Chinese black mushroom and black forest mushroom.

6. Remove the mushrooms with a strainer. The mushrooms can now be sliced and used in the dish.

For the Noodles:

1. Put 2 cups of water in a cooking pot and bring to a boil.
2. Once the water is boiling add your ramen noodles.
3. Wait 2-3 minutes until the noodles are tender and separated.
4. Take off the water with the strainer.

Putting it all together:

1. Put the egg in a cooking pot, covering it with 1-2 inches of water.
2. Bring to a boil. As soon as the water boils, turn off the heat.
3. Let it sit for 10 minutes, then peel it.
4. Cut the egg in half lengthwise.
5. Add the ramen noodles in your soup broth.
6. Add the green peppers, the shiitake mushrooms, the bamboo shoots, the scallions, the dried kelp and the egg.

46. Vegetable Hakka Noodles

Serves: 4

Ingredients:

- 1 packet Hakka Veg Noodles
- 1 tsp. chopped ginger
- 1 tsp. chopped garlic
- $\frac{1}{2}$ cup thinly sliced onions
- $\frac{1}{2}$ cup chopped spring onion leaves
- $\frac{1}{2}$ cup thinly sliced carrots
- 1 cup thinly sliced green bell peppers
- $\frac{1}{2}$ cup thinly sliced cabbage
- 1 teaspoon black pepper powder
- 2 tbsp. Green Chilli Sauce
- 4 tbsp Olive Oil(or any Vegetable Oil)
- Salt to taste

Procedure:

1. Cook the noodles according the instructions in the package.
2. Once done add 1 tablespoon of oil and keep aside. The oil prevents the noodles from sticking to each other.
3. Heat oil in a frying pan and add ginger, garlic, sliced onions, carrots, green bell peppers, cabbage and saute on high(stirring all the time) until it has a cooked and crisp texture.
4. Add pepper powder, green chilli sauce, salt and cooked noodles, stir well until all the vegetables get blended well with the noodles.

47. Noodle 42

Serves: Everyone

Ingredients:

- 1 package any flavour noodles
- $\frac{1}{2}$ tsp Compromise
- 1 tsp Love
- 2 tsp Affection
- 4 Hugs
- 8 Kisses(or to taste)
- 16 Smiles

Procedure:

1. Take the noodles and boil the according to the instructions on the packet.
2. Call your loved one into the kitchen.
3. Add compromise to the relationship.
4. Add Love and Affection, and sprinkle with Hugs and Kisses.
5. Stir till the Smiles appear. Add some of your own.
6. Serve on dinner table or in bed.

A. Chocolate Fondue

Serves: 2 cups

Ingredients:

- $\frac{3}{4}$ cup heavy whipping cream. Reserve $\frac{1}{4}$ cup to thin if fondue begins to thicken
- 400g bittersweet chocolate bars, chopped
- 2 tablespoons Frangelico or Amaretto liqueur, optional
- $\frac{1}{4}$ cup finely chopped hazelnuts or almonds, optional

Procedure:

1. Heat $\frac{1}{2}$ cup cream in a heavy non-reactive saucepot over moderate heat until cream comes to a low boil.
2. Remove the pan from the heat and add chocolate.
3. Let the chocolate stand in hot cream 3 to 5 minutes to soften, then whisk chocolate together with the cream.
4. Stir in liqueur and/or chopped nuts and transfer the fondue to a fondue pot or set the mixing bowl on a rack above a small lit candle.
5. If fondue becomes too thick, stir in reserved cream, 1 tablespoon at a time, to desired consistency.

B. Spaghetti Sauce

Serves: 5

Ingredients:

- 800g crushed tomatoes
- 170g tomato puree
- 2 cloves garlic, diced
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 cup broccoli, chopped into florets
- 2 tbsp. olive oil or vegetable oil
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. cumin
- 1 tsp. thyme⁴⁰
- 225g spicy Italian sausage(optional)

Procedure:

1. Heat oil over medium-high heat in a pan.
2. Add garlic and onion and cook until the onion is translucent (more clear than white).

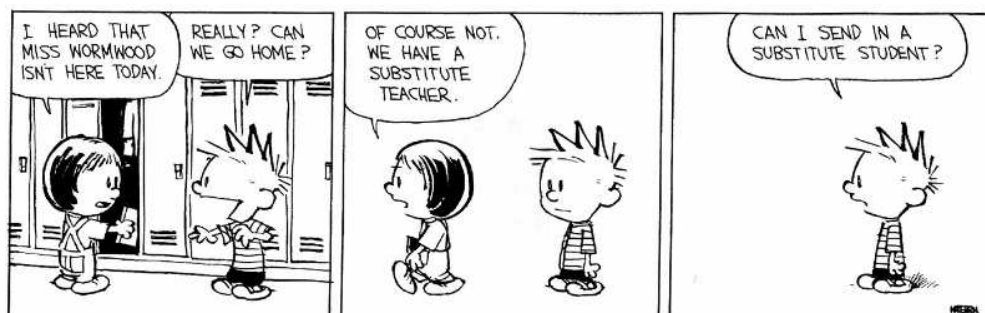
⁴⁰Thyme is called *Banajwain* in Hindi. If it is unavailable, you can substitute it for *Ajwain* leaves.

3. Add peppers and broccoli and saute for a few minutes.
4. Add crushed tomatoes, tomato paste, and spices.
5. When mixture is bubbling, reduce heat to simmer and cover. Simmer for at least 60 minutes, stirring occasionally. The longer it simmers, the better it tastes.

C. Ingredient Substitutions

There are a few ingredients that may not be readily available at a store near you. That is no reason to not make a dish that uses those unavailable ingredients. Which is precisely why we have this section here!

- **Cheese:** You will probably not find all the different types of cheese at a single store. You can scout around various stores trying to find the correct type of cheese, or you could substitute another cheese which has a taste and texture that is close to the one mentioned.
- **Fats:** You can safely substitute Ghee or Butter for any other type of fat including certain Vegetable Oils, Shortening and Margarine, unless otherwise mentioned. Butter is generally very safely substituted for Margarine. You can also use Butter to saute onions or stir fry vegetables since it will add a very distinctive and like-able taste to the final product.



D. Ingredient conversion table

The U.S system is a volume based system, and measurements happen in terms of cups, teaspoons and tablespoons which are volume measures. It is difficult to get the same amount of material using a volume measure if you want to repeat a recipe. For example, if you use 1 cup of flour, the next question to be asked is whether it is sifted or un-sifted. Even with beans, rice, etc. . . the size of the grain would affect the amount of material you are able to scoop up in a cup.

That is why I prefer using the Metric system, which is weight based as opposed to volume based. No matter what the density of the material or the size of the grain available in your locality, you will always be able to *weigh* out a precise amount of the material to be used.

I however list out this table which lists some of the more common conversions I've had to perform while cooking and baking.

Ingredient	U.S.	Metric
All-Purpose Flour and Confectioners' Sugar	1 cup	110g
Brown Sugar	1 cup	200g
Granulated White Sugar	1 cup	225g
Butter	1 cup	225g
Butter	1 stick	110g
Cake Flour	1 cup	95g
Ground Almonds	1 cup	170g
Granulated White Sugar	1 cup	110g
Cocoa Powder	1 cup	125g
Granulated White Sugar	1 cup	110g
Slivered Almonds	1 cup	80g
Hazelnuts	1 cup	100g

Table D.1: U.S. and Metric conversion for special ingredients

E. Equivalent measures (U.S. and Metric)

U.S.	Metric
1 tsp	5 ml
1 tbsp	15 ml
1 cup	240 ml
1 pint	480 ml
1 quart	960 ml
1 oz.(ounce)	28.34g
1 fl.oz.(fluid ounce)	29.57 ml
1 lb.(pound)	453g

Table E.2: U.S. and Metric equivalent volumes and weights



... and that's why we should use the Metric system.



Enjoy!