

# INSTANT NOODLES

FROM  
1945

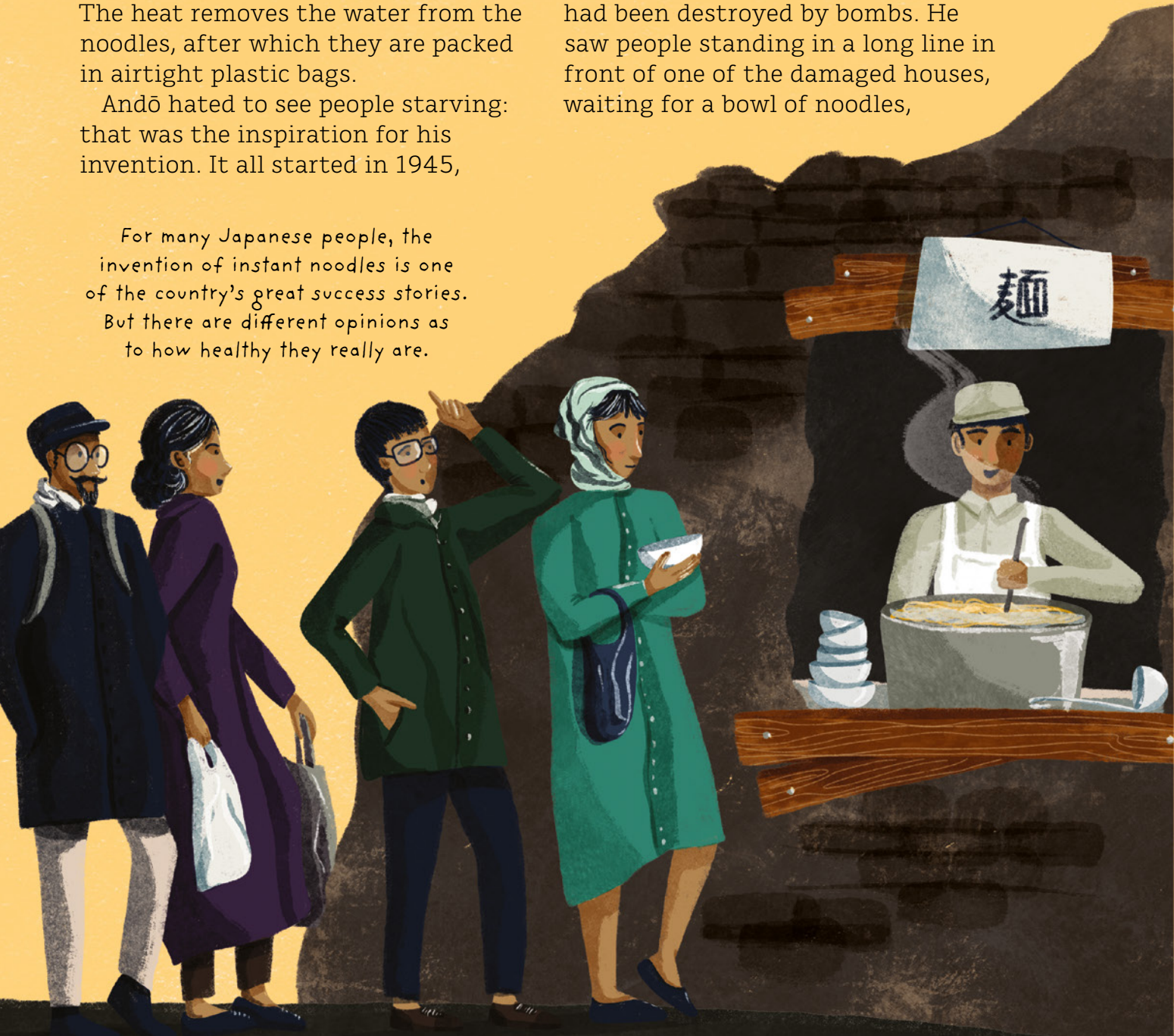
Momofuku Andō changed the way we eat when he invented instant noodles. Not only do they keep for ever and a day, but they can be prepared in less than three minutes.

Instant noodles are most often made from wheat flour, salt, water, and spices. They're produced by being precooked and then dipped in hot oil. The heat removes the water from the noodles, after which they are packed in airtight plastic bags.

Andō hated to see people starving: that was the inspiration for his invention. It all started in 1945,

For many Japanese people, the invention of instant noodles is one of the country's great success stories. But there are different opinions as to how healthy they really are.

when the Second World War came to an end. Japan surrendered on August 15, an especially memorable day for Andō. He lived in Osaka, where many homes had been destroyed by bombs. He saw people standing in a long line in front of one of the damaged houses, waiting for a bowl of noodles,



Andō even developed instant noodles for space travel, working together with the Japanese space agency JAXA ...



which were being cooked in large pots. Then it suddenly occurred to him: it must be possible to prepare noodles much more quickly.

There followed years of experimenting and testing. Andō founded his own company in 1948, and a good 10 years later, he at last found the magic formula. The first chicken-flavored instant noodles were made and sold.

Today, billions of what are now known as pot noodles are made and sold every year. There is a wide range of flavors, including duck, beef, and shrimp. It was Andō's dream to end hunger all over the world. He once said: "Peace will come to the world when people have enough to eat."

... The Japanese astronaut Soichi Noguchi tried them out when he took part in a mission aboard the U.S. space shuttle Discovery in 2005. His verdict? Delicious.

The first flavor for instant noodles was Chikin Ramen (chicken).

