

## Chapter 2

# Types of Noodles: A Brief Description

As mentioned earlier that noodles are becoming an important component of human diet. However, they are served in different forms and shapes depending upon the preferences of the communities. Moreover, there are several variations with special reference to the ingredients, processing techniques, and end use quality. The noodles are of many types and sometime pasta and other products are also placed in the same category of cereal products. Although, some discussion has been made in the introduction section to highlight the differences between noodles and pasta but differences among different noodles need further elaborations. For the purpose, a brief and concise discussion regarding noodle classification based on various characteristics has been made in this heading.

Since ancient times, there many types of noodles available in the market and different regions thus making the classification more complicated. Generally, noodles are classified into various types and there exists wide range of differences among different communities living in different countries. In general, we can classify them based on origin, that is, Chinese, Japanese, Korean, Italian, and Thai bamee noodles. They can be categorized into white and yellow noodles based on their color. Similarly, they can also be classified based on flour type, for example, wheat and rice noodles. The instant noodles have become an important component of global diet. The variations in processing techniques also results in subclassification of noodles into four types, that is, fresh, dried, boiled, and steamed noodles. Commonly utilized noodles in Malaysia include yellow alkaline noodles sold (boiled/semiboiled) in different forms, that is, Cantonese and Hokkein noodles. Apart from these noodles, other types of noodles that are commonly consumed by Malaysian and other peoples in South East Asia are starch vermicelli, kuay teow, rice noodles, and Korean style noodles. The noodles like lo shee fund, chee cheon fun, kuay teow are also important (Fu 2008; Okusu et al. 2010; Heo et al. 2012; Gulia et al. 2014). Similar to the classification, nomenclature differs accordingly. In China, wheat is usually called as mein and rice as fun thus noodles with wheat as main ingredient are called as mein and rice noodles are called as fun. Noodles prepared with starch extracted from different sources are labeled as vermicelli (Galvez and Ressurreccion 1992).

Among, yellow alkaline noodles are prepared from wheat flour along with water and alkaline salt as their basic ingredients. However, there are some differences with special reference to the Chinese noodles as they are boiled partially. In this regard, noodles prepared with the addition of egg (wantan noodles) are also popular which are parboiled using steam and dried. The noodles are divided into two major categories, that is, white or Japanese noodle, and yellow or Chinese noodles. Japanese noodles are made from flour of weak strength that may contain around 9.0–11.0% of proteins contents. They also include the salts and water. They are white colored thicker noodles as compared to yellow colored thin Chinese noodles. These both are sold dried or boiled form, however, yellow alkaline noodles are usually sold in wet form containing moisture contents in the range of 50–60% (final product). Chinese noodles are made from wheat flour that should contain protein contents in the range of 10–13% but preferable protein contents are in the range 11–12% (Zhao and Seib 2005). These noodles also include alkaline lye that is also called as kansui (mixture of sodium/potassium carbonate and bicarbonate), common salt, and water. Cantonese, Hokkein, and wantan noodles are some forms of yellow alkaline noodles available in the market. Cantonese styled noodles are one category which act as a basic ingredient for the preparation of others noodles. These noodles are sold uncooked or raw and if they are dried, they are known as dried noodles. Hokkein styled noodles are raw Chinese noodles which have been boiled for few minutes (parboiled) until there is only fine core of dough in the center surrounded by cooked or gelatinized dough. They are also known as partially boiled noodles or wet noodles. Wantan style noodles are Chinese noodles in which eggs are incorporated as one of the major ingredient. They are also sold with brand name of egg noodles and sold in wet forms. Finally, instant noodles are raw noodles which are steamed for few minutes and then dried in the sun or heating cabinet (Hou 2010).

Yellow Alkaline Noodles

Processing Technology and Quality Improvement

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2015, VII, 41 p., Softcover

ISBN: 978-3-319-12864-1