

Slurping all the way

The Hot, Spicy, And Soupy Journey Of Our Beloved Instant Noodles

Shambhavi Verma, Alumna &
Chित्रलेखा अचिन्ता बोरह
XII B, AIS Vasundhara 6

Slurp, slurp, slurp I go, and crazy, crazy, crazy the world went. Yes, that's my story, I am the one and only Mr Instant Noodles – an easily accessible type of food consisting of a dried block of noodles with flavouring powder that needs to be cooked to create the final dish. I know, I know, I don't really need to introduce myself. After all, everyone knows me, especially a broke and lazy student like you *side eye*, but don't worry, I am not judging. In fact, it is your squad that I love the most, because it is you who keeps me in business *wide smile*.

I am sure that when Momofuku Ando invented me in Japan in 1958 to help the people battling hunger as a result of the World War II, he didn't think I would end up becoming such a huge phenomenon in so many countries in the world, but you all know how

my life turned out. Made with flour, water, salt, kansui, and oil, he created me by the production method of flash frying the noodles after making, steaming, seasoning, and dehydrating them so they become 'instant' use when their packet is picked up. That was also done to increase my shelf life. I mean, who has the time to make the dough, cut the shape, boil the noodles, and then get to making the actual dish every time you crave Maggi? I know you shudder at even the thought of this, which is why I was brought into the picture and into extreme popularity. From Chikin Ramen, a small brand name I started out with, to bigger names like Maggi, Shin Ramyun, Ching's Se-

cret, Samyang, Nissin Noodles, Top Ramen, Wai Wai, Yippee and whatnot, every household seems to be somewhat incomplete without me.

What? What is that? Did I just

hear your *daadi* saying she doesn't believe me? Maybe this will change her mind. Do you know that instant noodles, aka Mr Amazing Me, is actually a popular food in many parts of the world, so much so that just Japan has three complete museums dedi-

icated to me? Not to mention the countless exhibitions and special shops in my name. I have travelled all over the map, and have adapted myself to the local taste-buds (just a part of my charm, no biggie!)

According to the World Instant Noodles Association, (yes, there is such a thing. I told you I was really important), 103,620 million servings of me were consumed worldwide in just 2018, and China, Indonesia, and India have the biggest global demand for me

with at least 40 billion, 12 billion, and 6 billion packets consumed yearly. *hair flip*

Advancements in me included bringing in cup noodles that only require hot water, to different and unique flavours like super spicy, hot chicken, kimchi, cheese, spicy black pepper, gluten-free rice, Italian delight, special masala, etc. And yes, I will not be that celeb who tries to avoid my controversies. I know the claims of me being unhealthy and 'junk' because they say I am low in protein, fibre, vitamins, and essential minerals, but, come on, let's be honest, every once in a while, such a tasty meal is okay. *Pet ko bhi toh khush karna hota hai kabhi kabhi!* Whether it is a late-night study session or a whole day bingeing one, whether it is a quick meal in the college canteen or one at the top of a mountain, inviting me is definitely a non-negotiable, even if I might not stand up to my claims of *do minute mein ready to eat* (ssh, let's not talk about that. Cut the camera.)



Hit the road

The Tiresome Reality Of A Family Road Trip

Baani Sahota, AIS Gur 46, Alumna

Road trips make us think of an empty highway lined with green trees and the wind blowing through our hair in slow motion as the period bell brings us to reality. However, a family road trip is the opposite of what the Instagram reels suggest. But worry not, we are here to break down the steps to plan a successful road trip!

Stage 1: Build an armour

This is a preliminary stage, where you must collect crucial resources. By resources, I mean, the studious cousins,

and the influential uncles. With their support, the margin of failure of this plan can be reduced.

Stage 2: Convincing the adults

This stage can either make or break the entire plan. Observe the mood of your family members like a hawk. Choose a prosperous day, read the room, and throw the subject of the trip. (*Do this at your own risk. We are not responsible for injuries caused.*)

Stage 3: Packing

The mere mention of packing divides us into two groups: Team "Do Jodi kapde" vs Team "Doraemon ki

pocket". If you are the former, you might be nonchalant. But the latter packs a survival kit in case everything goes wrong.

Stage 4: Squid Games Flashbacks

Excited for the trip, you slipped into bed for a good night's sleep, only to find yourself scrolling through Instagram reels till midnight. Then you get up late and end up fighting for the bathroom with your sibling.

Stage 5: Finally, we are in the car

You sit in the car with five other people, and you try to do the most strenuous job of all; create a perfect playlist that suits the mood of all, which is like spotting Halley's Comet.

No matter how chaotic a road trip is, it always becomes a fond memory in both, our hearts and phone galleries. (*Baani is currently pursuing BA Psychology (Hons) from JMC, DU.*)

