THE STORY BEHIND YOUR BOWL OF RAMEN NOODLES – AJ+

Answers

1. This signature Japanese dish is now an international favorite.

2. Ramen as we know it comes from Japan but its popularity in the country is actually pretty new.

3. Then Japan entered World War II which led to major food shortages across the country and ramen’s popularity pretty much disappeared.

4. When the war ended the US occupied Japan and imported a whole lot of wheat to the country, leading to more noodle consumption.

5. And one reason why there was so much wheat imported was because there was a fear that food shortages could lead to communist uprising.

6. After those really hard times, from the 1950s to 1970s Japan went through an economic boom.

7. And busy lifestyles led to the creation instant ramen in the 1950s.

8. Then in the 1970s the super convenient just add water quintessential dorm food cup of noodles was made and it took off like wildfire in Japan and internationally.

9. But it wasn’t until the 1980s that ramen actually became an iconic part of Japanese culture.

10. Today the love for ramen is real in Japan and what was once a working men’s food is now a widely love and devoured dish around the world.