

## #PalazzoGrassiatyours

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### Why Do We Eat?

#### 1. How many miles of noodles have you eaten in your life?

Let's go on a journey with udon (the recipe you make with your feet)

Have you ever thought about how many miles of noodles you've eaten in your life so far? 1 mile? 100? To the moon?

I once saw a book of photos showing the amount of food eaten by families living in various cities: no matter what the country, the amount is huge, and it's almost dizzying to picture the oceans of orange juice we drink, the avalanche of yogurt our bodies consume, and the forests of broccoli that disappear into our bellies.

Especially in the case of noodles, which tend to consist of a single strand, to create a road... leading to Rome? Or towards Karachi? Are these noodles, like skeins of wool, waiting to be untangled into a single thread so that we can map out all the roads in the world?

At any rate, it would be amusing, and even expedient (!) to adopt noodle length, rather than weight, as its unit of measurement. "Hm, I've got the munchies. I could go for 2 yards of spaghetti!" "Have some more: these noodles are ultra-thin; 12 yards is nothing!" "To stay healthy, do not consume more than 36 yards of ramen per week..." It would then be easier to imagine the hidden paths inside our imaginary bodies, inviting us to travel to unknown lands.

Let's go on an adventure with our noodles!

Here is a recipe for udon, one of the most popular noodles in Japan, prepared with wheat flour.

## **Udon recipe**

2 ½ cups wheat flour

Flour to dust: according to preference

½ to ⅔ cups water

2 ¼ teaspoons salt

1. Dissolve the salt in water.
2. Pour the flour and half the water into a large bowl and mix. Add the rest of the water and mix again.
3. Put the dough into a plastic bag and knead it with your feet (a bit of exercise doesn't hurt when you're on lockdown).
4. Leave to rest for an hour.
5. Fold the dough several times and leave to rest for 15 minutes.
6. Dust a bit of flour on the work-top and spread the dough with a rolling-pin until it is about 1/8<sup>th</sup> of an inch thick.
7. Fold the dough and cut into thin strips about 1/8<sup>th</sup> of an inch wide.
8. Cook the noodles in boiling water for ten minutes.
9. Rinse the noodles under running water. Serve immediately (you can also serve them reheated, but they must be left to cool first in order to become nice and firm).

Of course, you can eat any length you wish (2, 5, 8 yards), but in general 3-4 yards are enough for one adult.

**How many miles of noodles have you eaten in your life?**

**Tell us on Instagram with the hashtag #PalazzoGrassiatyours**