

Noodles: The ultimate global comfort food

By April Fulton, National Geographic

Who really invented noodles? Italians, Arabs, and the Chinese all claim to be the first to divide dough into bits and boil the pieces in water. Noodles of many shapes and lengths have been a part of global cuisines for at least 2,000 years, when but scientists found a 4,000-year-old noodle in China a few years back, it pretty much gave China the win.

Still noodles take many forms and are made from a wide variety of grains like millet, wheat, and rice. They are thrown into soups, fried in woks, or coated with olive oil, tomato sauce, or cheese. They are tossed with beans or vegetables or leftover meats to make a quick meal. Noodles are a blank canvas for infinite flavor combinations.

Making and stretching them by hand is a thing of beauty to watch.

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