

Recipe Review: Instant Ramen “Yaki Soba”

BY RICHARD MAHLE

I NSTANT RAMEN IS in almost all of our pantries as broke college students, so I decided to find and tweak a recipe for Yakisoba to utilize any instant ramen. I found a recipe by Connie “kiyu” Guerrero and decided to put my twist on it. You will need these ingredients for the Yakisoba:

1 or 2 packages of Instant Ramen noodles (or any package ramen.)
1 packet of the seasoning that comes with the ramen
½ tablespoons of soy sauce (or to taste)
1 clove of garlic
1 small onion of any kind (½ large onion)
1 half cup of either Kale or spinach.
Any premade Yakisoba sauce or this Yakisoba sauce recipe.
½ lbs of any meat
¼ cup of water

I changed that recipe rather drastically because I personally prefer simple ingredients that tend to be less expensive. I also changed the serving size to 1-2 people.

Here are the ingredients for the Yakisoba sauce recipe:

6 tablespoons of Worcestershire sauce
4 teaspoons of oyster sauce or vegetarian Stir-Fry sauce
4 teaspoons of Ketchup
3 teaspoons of soy sauce
1 teaspoons of sugar
1 teaspoons of Ponzu sauce (If you do not have this add 1 more teaspoons of soy sauce)

To begin with I will share the instructions on how to make the sauce.

1. Gather all of the ingredients.
2. Whisk all of the ingredients together. (Be sure to taste the sauce and adjust it according to your preference.

For the Yakisoba these are the instructions.

1. Saute onions, garlic, and whichever meat you are using. (If you have ginger feel free to add however much you like to taste.)

2. Add the soy sauce and ramen spice packet and stir well. Add half of the Yakisoba sauce as well.
3. Add the ramen noodles and ¼ cup of water. Bring it to boil then mix in the greens and meat. Cover the pot and let it simmer until the noodles are cooked.
4. Add the rest of the sauce and toss the noodles, greens, and meat in it until it is covered.
5. Serve in a bowl or plate and enjoy.

When I first made this I was skeptical about how it was going to turn out. I was not completely comfortable with making the sauce from scratch and editing the recipe as much as I had, but it was really enjoyable and not expensive. If you have no ingredients it could become expensive on whatever vegetables or sauces you get.



Photo Credit: Richard Mahle

For the Love of Cod by Eric Dregni

BY ALEXANDRIA GOSEN

PROFESSOR ERIC DREGNI has recently released his latest book, “For the Love of Cod.” This book follows a father and son duo throughout Norway and their mission to learn whether or not Norway really is one of the happiest countries in the world.

This memoir opens with Dregni making the decision to encourage his son, Eilif, to learn about the families scandenavian background, and to offer Eilif the opportunity to

embrace that culture, just as his father had done for him years ago. Like all great stories, it starts with an obstacle to overcome: finances, and a good philosophical question: what is happiness? Dregni pulls us into his memory with fabulous imagery and witty analogies. His detail with the geography and the history of the area also adds a lot to the story. While

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they were there in the month of May, the sun would never set. Dregni recounts this as something that provided him with an abundance of energy. Furthermore, apparently the weather in Norway shifts so often, it almost makes Minnesota's weather look consistent. I also found myself learning about things I had never even heard of, such as tunnelfeber, a sort of claustrophobia caused by all of Norway's underground roadways.

He adds depth to this story by commenting on tourism culture as opposed to the actual culture of the residents. There is a humorous anecdote where he brings up inaccuracies of the viking-themed hotel he and his wife stayed in and her lack of

wanting to sleep under a cow hide. It is also interesting to reflect upon the varying sides to Norway, especially when contemplating the philosophical questions that helped propel this adventure into motion: how happy is Norway, really? And, what is happiness?

He brings Norway to life from the pages with his vivid recounts of people he encounters. One fantastic skill Dregni brings to the page is the ability to have no person he met seem irrelevant. Anyone he mentions has a distinct personality and offers important information, from Alessandro the waiter, Magne the tour guide, to their hosts Runa and Joffe. Though some of these characters had more moments in the book than others, all of them had something that made them stand out. Alessandro was a fun waiter, with an abundance of personality, despite only being featured briefly.

Joffe on the other hand was a more in-depth character. This character offered interesting perspectives on life in Norway; he was one of the few who did not simply fall into the “Norway is the happiest place” ideology. On his adventure, Dregni discovered much about Norway, their touchiness on the topic of immigration, their dealings with classism, and entitlement. Though Norway is beautiful, it is not perfect, and he makes sure his readers know that.

Is Norway the happiest place in the world? Well, you'll have to read it to find out, but “For the Love of Cod” reminds us of the importance of exploring heritage, and the joys of immersing oneself in a new culture. After living such a restricted lifestyle due to the pandemic, this book offers a fun escape to Norway. Congratulations on this latest success, Professor Dregni!



Photo Credit: Eric Dregni