

Cooking with Julia: Ramen recipes

It's Truman Week! Ah, I remember moving into the residence halls for the first time just three short years ago. Not to sound like your grandma or anything, but you have some very exciting times ahead of you. Everyone gets nervous or stressed at some time or another, but I can tell you from experience that overall college is fabulous. You might meet people this week who become friends you will have for the rest of your life. Now isn't that exciting? Anyway, enough of me blabbing on and reminiscing about my college past.

My name is Julia and every week I write this cooking column in the Index. My recipes vary from international to local, appetizers to desserts, time consuming to quick-fix. I find my recipes online, in cookbooks, from family members or from creativity in my own kitchen. I often try to include recipes that can be made in a residence hall kitchen with limited cooking utensils and ingredients. Typically there is a theme for every week's column, varying from African cuisine to backyard barbecues.

Because it's Truman Week, the theme should undoubtedly be dorm food! Of course, the majority of your meals will be eaten in cafeterias, but when you are low on time, it is good to have food available in your room to snack on. In time you will discover your own food preferences, but for now I'll give you advice on what I used to keep in my room. I almost always had yogurt and baby carrots in the mini-fridge because they are quick, healthy and they last a long time. For movie nights with



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friends, microwave popcorn is absolutely essential. Oreo cookies or some kind of sweets are good for sitting around chatting with friends. I also found that apples and granola bars are great to have around as a quick breakfast or snack while walking to class.

One food that most students find indispensable is Ramen Noodles. They're fast, easy, tasty and, most importantly, cheap! I realize it sounds ridiculous to feature these silly little packages of salty noodles in a cooking column, but given time I can bet you will agree Ramen Noodles are a staple of college life. They are great for a time when you miss a meal, are sick, feel hungry or get back from a late night out with your friends. Although there are several different flavors of the noodles, the taste can get a little repetitive, so I have either found or whipped up a few easy and cheap recipes that will put a little twist in a food classic.

Egg and Veggie Ramen

Ingredients:

- 1 package any flavor Ramen Noodles
- 3/4 cup mixed vegetables (frozen or canned)
- 1 egg, beaten
- Grated cheddar cheese (optional)

Directions:

1. Boil water. If using frozen vegetables, place in boiling water two minutes before adding noodles. Cook noodles three minutes in boiling water.
2. Add flavoring packet.
3. Pour beaten egg into boiling water and allow egg to cook thoroughly.
4. Take off of heat and add cheese.



Ramen Cabbage Salad

Ingredients:

- 1 head green cabbage, shredded
- 1 bunch green onions, sliced
- 2 packages ramen noodles, crushed
- 1/3 cup slivered almonds
- 1/4 cup sunflower seeds
- 1/2 stick of butter

Dressing:

- 3/4 cup oil
- 3/4 cup sugar
- 2 tablespoons soy sauce
- 1/3 cup cider vinegar

Directions:

1. Sauté crushed Ramen Noodles, almonds and sunflower seeds in butter over medium heat for seven minutes.
2. Mix dressing ingredients in bowl and pour over shredded cabbage and sliced green onions.
3. Mix sautéed ingredients in with cabbage mixture and refrigerate or serve.

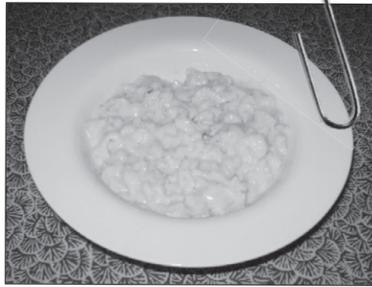
Creamy Ramen Noodles

Ingredients:

- 1 packet chicken-flavored Ramen Noodles
- 2 cups milk
- 3 tablespoons flour
- Pepper (to taste)
- 1/4 cup Parmesan or mozzarella cheese

Directions:

1. Boil the noodles for three minutes in two cups of water. Drain off water and set noodles aside.
2. In same pot, mix milk, flour, chicken seasoning packet and pepper and cook over medium-high heat, stirring constantly until sauce thickens.
3. Add cheese of your choice to thickening sauce.
4. When sauce has thickened, add the cooked noodles into the sauce and serve.



Ramen Haystacks

(found in "101 Ways to Make Ramen Noodles")

Ingredients:

- 1 package Ramen Noodles, crushed
- 2 cups butterscotch chips
- 1 tablespoon butter
- 1 tablespoon milk

Directions:

1. Heat butterscotch, milk and butter over low heat until chips are completely melted.
2. Crumble in uncooked Ramen. Mix.
3. Place spoon-sized balls on wax paper, refrigerate until butterscotch is cool. Serve.



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