

**Name:** Rice Noodle

**Soup Ingredient:** Rice, Flour and Water

**Origin of the Ingredient:** The rice noodles originate from China back during the Qin Dynasty. The Rice Noodles have been consumed from China for more than 2000 years ago. They have also a cornstarch that enhances the chewy texture and transparent appearance<sup>1</sup>.

**Production of the Ingredient:** The rice noodles are often prepared from water, salt, flour and other optional ingredients. The Rice Flour is then kneaded especially in the presence of water and salt to enable formation of dough that is then compounded, sheeted and steamed out and cut to enable formation of noodle strands.

**Medicinal and Nutritional Benefits:** They are often rich in Selenium and Manganese that are crucial in regulation of blood and sugar levels. These chemicals have anti inflammation elements to the body. They are also Gluten Free, which is essential for the prevention of celiac disease which also enhances the gluten sensitivity, which makes them an essential nutrient. They are also rich in Phosphorus which helps in the formation of teeth and bones.

**Soups that use this ingredient:**

The Carrot and Pea soup can be used with the rice and Noodles to form a delicious delicacy.

Secondly, the Tortilla soup can also be used as a perfect recipe for this delicacy. The Cabbage and Bacon Soup with Garlic Bread can also be used to provide an outstanding delicacy. Italian

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<sup>1</sup> Doeser, L. (2013). *Chinese: The essence of Asian cooking*. London: Hermes House.

chicken soup and also Asian Chicken Noodle Soup can also be used as other subsidiary soups for the rice and Noodles<sup>2</sup>.

**How the Ingredient is used in the soup:**

To garnish, add the soup and salt to flavor and then serve. Alternatively, the Rice Noodles can be cooked either separately or in the same soup. It is always advisable to put as much noodles in the bowl and then pour in the soup to avoid over boiling. The recipe is always great for one's consumption<sup>3</sup>.

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<sup>2</sup> Humphries, C. (2016). *Classic 1000 pasta and rice recipes*. London: Hermes House

<sup>3</sup> Rhee, C.-A. (2016). *damn delicious: 100 super easy, super-fast recipes*. Place of publication not identified: Oxmoor House.

## **Bibliography**

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