

Instant Noodles and Method for Producing the Same

ABSTRACT

The present invention provides a method for producing instant noodles which have an excellent reconstitution property and excellent taste and texture and can be reconstituted by pouring boiling water even if the noodles are thicker than before. In the method for producing the instant noodles, a noodle belt is extremely strongly rolled out once or more at a rolling rate of 60% or higher in a noodle belt rolling step, raw noodle strings are obtained from the noodle belt, superheated steam is sprayed to the obtained raw noodle strings, moisture is supplied or not supplied to the noodle strings, the noodle strings are steamed by saturated steam or superheated steam or are boiled to realize gelatinization, and the noodle strings are dried after the gelatinization.