# Instant Noodles: It All Begins With The Pursuit Of Peace

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Nowadays, instant noodles seems to be a daily necessity in everyone’s life. In fact, it was an unprecedented technological development dated back to the post-WWII period in Japan. On the 3rd day of our trip to Osaka, we had a flick through the glorious page of its history.

While Japan was still suffering from food shortage, Momofuku Ando, the inventor of instant noodles, believed that peace will come to the world when the people have enough food to eat. Nourishing the dream of inventing noodles that bring peace, he developed a full-scale production of noodles. After a years of hard work, he finally put his first packet of instant noodles on the market at the age of 48. The release of the product was a significant technological breakthrough in food production. It also represented a complete break with the tradition of cooking fresh ingredients globally.

Right after the success of instant noodles, Ando made waves once again in the food industry by introducing Cup Noodles, which carries the element of convenience, cheapness and delicacy at the same time. The invention of Cup Noodles marked the beginning of instant food culture, making Ando one of the most prestigious Japanese civilians of all times. To appreciate the efforts he contributed, the Momofuku Ando Instant Ramen Museum was built and aimed to promote this amazing technology to the worldwide.

However, what inspired Ando to invent Cup Noodles? On a trip to America, Ando observed that Americans breaking up the instant noodles, putting them in a cup instead of a bowl and pouring hot water into it. Ando realized breaking with the old conceptions of eating noodles in a bowl with chopsticks was the key to turn instant noodles into global food. Soon he had a notion that a Styrofoam cup was ideal for holding noodles and keeping them warm. Cup Noodles brought instant noodles ‘made in Japan’ into a big hit all around the world.

Momofuku Ando’s success had also taught us lessons of creativity and innovation. To achieve inventions and discoveries, we have to break with the status quo, perceive things from different angles and should never give up. Besides, the father of instant noodles dedicated his entire life in creating food to serve the society. The invention of Cup Noodles even took fast food culture to new heights, especially in a hustle and bustle city like Hong Kong.

We have great appreciation towards Ando, who invented the convenient instant noodles, for his ritual-breaking spirits and technological advance brought about. Meanwhile, there is a need for us to reconsider whether the fast-paced life we are living is ideal. Would a slower and leisure life be more ideal and desirable for us, Hong Kong people?

