

Shirataki Noodles

What is it?

- Name
- Where does it come from
- How is it made
- Shelf life
- Tofu Shirataki

The word Shirataki translates to white waterfalls in Japanese, due to its white, cascading appearance. They are harvested from the konjaku plants in tropical and subtropical Asia. It is mainly the root portion that is eaten. They are known by other names such as yam flower or elephant yam, although it has no relation with the yams we eat for Thanksgiving.

The Konjaku root is dug up, then ground into a fine grain or flour. From there water is added to turn it into a jelly like substance. From this stage the Shirataki can be cut and shaped into any style required. They traditionally come in noodles because it's an easy, accommodating application, but they also come in blocks, allowing you to shape and utilize the shirataki in whatever way makes sense for you.

Tofu Shirataki is also available, though its shelf life is a bit shorter than regular Shirataki.

-Why is Shirataki good for you?

- Glucomannan/soluble fiber/expands in stomach
- No calories/carbs/other stuff
- Replace high-carb foods
- Takes on flavor of other foods. Many applications

-Glucomannan is a major component in Shirataki Noodles. Glucomannan is a soluble fiber that has the ability to soak up large quantities of water. So when you eat the noodles, the glucomannan soaks up water, expands in your stomach and then makes you feel more full. This has the effect of encouraging you to eat less

without making you go hungry. The soluble fiber is also great for maintaining the health of your digestive tract.

-The noodles are empty. They have little or no carbs, calories and sodium- and they have no fat/cholesterol/sugar. So they're basically just filler. The idea is you use these noodles to replace your traditional high carb noodles, and you incorporate these noodles into your everyday meals so that you eat less.

Because Shirataki has no flavor, it will take on the flavor of what you prepare it with, whether it's a meat stew or your favorite stir-fry. This way you eat normally do, and by incorporating Shirataki noodles you're encouraging yourself to eat less food overall.

-Biggest complaints

-Smell

-texture

Alleviate smell by: Drain the liquid that comes in the packaging. Rinse the noodles, then parboil for a few minutes. The noodles are packed in a type of calcium/lime water, which is what causes the smell. This is slightly acidic, and assures that the noodles last in transport between the manufacturer and you. The noodles will last about a year if unopened, and it's due largely to the way it's packaged. Make sure that you do not use this water, toss it out. It was not meant to be consumed, and may give you a stomach ache if ingested.

Alter texture by: If the slippery texture of Shirataki noodles is too unpleasant for you, we recommend serving it with something that will disguise the texture such as rice or stir-fry. If this doesn't do the trick, then we recommend putting it in a frying pan on medium heat for a few minutes. Sometimes you'll need to spray the pan with Pam or something to keep the noodles from burning. If done properly this will make the noodles much more chewy with a more hearty texture, as opposed to the somewhat slippery consistency they normally come with.