

Why Graber Noodles?

Is there really a difference in Graber noodles vs. other brands? The answer is definitely YES.

It starts with the recipe for making the noodles. The process begins with over 5 times the egg yolk that most noodles are manufactured with. The yolk is then blended with special noodle flour that compliments the soft flexible texture of the product.

This process allows the finished product to cook soft in approximately ½ the time it takes to cook regular noodles.

Also you will find considerably less of your flavoring base left over in the broth when you cook Graber noodles. The reason for this is that Graber noodles have a unique ability to absorb much or all of the seasoning, leaving very little in the water. A homemade noodle has a higher absorption ratio, corresponding to the amount of egg yolk in the recipe, and Graber's has the highest possible 45-48 %

Also egg yolks add a very complimentary flavor of their own unlike plain flour and water. This changes the entire flavor and texture of the noodle.

Another unique difference in Graber noodles is that they are processed by using only yolk, not the whole egg. The reason for this is because of the high water content in the white. The white of an egg when dried becomes tougher than the yolk. By not having white in them Graber noodles are able to be cooked softer quicker.

You will also notice an amazing difference when slow cooking or holding Graber noodles in a crock pot or steam table. They won't get mushy!!

Graber noodles also have a much more appealing, deep, rich, yellow color that lends authentic credibility to the finished product. This comes strictly from the yolk not artificial enhancements. Also be sure to take note of the egg yolk & Vitamin D facts on the second page.

So to settle the debate, yes there is quite a difference in Graber noodles. If I haven't convinced you by now, take a bag home and prove it to yourself!!

Steve Graber

Egg yolks & Vitamin D

Egg yolks are one of only a few readily edible foods that have a good supply of vitamin D naturally occurring. With this in mind it is good to note that “Graber’s” noodles have the highest level of egg yolk (45 %), of any retail available homemade noodle. This would make “Graber’s” noodles the best “pasta” source of “Natural” vitamin D on the market.

Below are some facts concerning Vitamin D.

What is vitamin D?

Vitamin D is a fat soluble vitamin that is found in food and can also be made in your body after exposure to ultraviolet (UV) rays from the sun. Sunshine is a significant source of vitamin D because UV rays from sunlight trigger vitamin D synthesis in the skin.

Vitamin D exists in several forms, each with a different level of activity. Calciferol is the most active form of vitamin D. Other forms are relatively inactive in the body. The liver and kidney help convert vitamin D to its active hormone form . Once vitamin D is produced in the skin or consumed in food, it requires chemical conversion in the liver and kidney to form 1,25 dihydroxyvitamin D, the physiologically active form of vitamin D. Active vitamin D functions as a hormone because it sends a message to the intestines to increase the absorption of calcium and phosphorus .

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. By promoting calcium absorption, vitamin D helps to form and maintain strong bones. Vitamin D also works in concert with a number of other vitamins, minerals, and hormones to promote bone mineralization. Without vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults, two forms of skeletal diseases that weaken bones.

Research also suggests that vitamin D may help maintain a healthy immune system and help regulate cell growth and differentiation, the process that determines what a cell is to become.

Information source:

<http://ods.od.nih.gov/factsheets/vitamind.asp#h1>