

RESTAURANT REVIEW

By Jessica Laifer

RAMEN: NOT JUST FOR BROKE STUDENTS ANYMORE, BUT, OF COURSE, WE'RE STILL WELCOME

Since Momofuku opened shop in 2004, New York City has been experiencing what some may call a "ramen renaissance". Ramen bars have popped up all over the city, serving handmade noodles in a rich, satisfying broth, putting their white styrofoam cup counterparts to shame. And New Yorkers can't get enough of it, as evidenced by the ever-present crowd in front of Ippudo or Totto Ramen, pouring out the door on any given night of the week. We're not sure what ramen places have against reservations, but we're certainly willing to wait. Matzo ball soup - you have some competition.

A recent, notable addition to New York's expanding ramen scene has graced our fair neighborhood, and is mere steps away from campus. Nestled beneath the above-ground 1 train station at 125th St, just a few feet from the entrance, lies the unassuming Jin Ramen. Though it doesn't look like much from the outside, Jin serves some of the best ramen in the city - comparable to the other big names previously mentioned, but with a relatively minimal wait time (at least until they start making ramen burgers, or Cronuts™). The broth is extremely flavorful, and the noodles, oh the noodles. They are of the perfect texture, thin and springy, yet firm; a far cry from your just-add-water variety. The Tonkotsu (\$12) and Miso Ramen (\$13) are among the more popular choices, but all of them are good. The appetizers, particularly the Kara-Age (\$6), are a worthy addition

to your meal, although we found the Steamed Pork Buns (\$7 for two buns) to be more appealing on the eyes than the tongue. Service is friendly, but understandably lacking during busier times.

While ramen isn't exactly a superfood, Jin Ramen offers options to make your bowl o' noodles slightly healthier, setting them apart from most of the other ramen joints. The soups listed on the menu are made with either pork or a chicken/vegetable broth, but can easily be substituted with a seafood or vegetarian broth at no extra charge, finally making ramen friendly to pescatarians and vegetarians. There's even a spot at the table for the gluten intolerant, as the tasty and surprisingly filling Tofu Salad comes in an entree-sized portion (\$8). Being that it is served in the same oversized bowl as the ramen, and with all of the same toppings available to add on, you can create a hearty meal that won't have you feeling left out among the noodle dishes.

Jin Ramen is owned by the same people as the previously-reviewed Flat Top, and we can't wait to see what else they bring to the neighborhood. In addition to the location and price point, it also appeals to students with fantastic happy hour deals Monday through Thursday, so you can trade your green juices in for \$10 pitchers of Sapporo, if only for the evening.

With the cold weather fast approaching, Jin Ramen is certainly a welcome addition.

Jin Ramen

Address: 3183 Broadway (between Tiemann Place and 125th St).

Phone: (646) 559-2862

Website: jinramen.com

Notes: Reservations not accepted. Happy Hour is Monday-Thursday, 11:30 am-3:30 pm, 5:00-6:30 pm, 9:30 pm-close.



Work it Out: Yoga, African Dance & Tai Chi...All Free!

By Tyffanie Ammeter

As someone new to living in New York City, I have been happily surprised by the number of free fitness occasions offered. I am the type of person who likes to workout in groups instead of phoning it in on the elliptical. Of course, machines like the treadmill and elliptical offer an excellent opportunity for indoor exercise, but if I have the chance, I will always pick a fitness class over such machines. So in the past few months, I have been taking advantage of the multitude of complimentary exercise classes offered all over the city, whether it is Zumba, yoga or even tai chi.

One such event was the full-afternoon event called City Salutations held on Sunday, September 8 at the Brooklyn Bridge Park. It was put on by Flavorpill and sponsored by EmblemHealth. We lucked out with gorgeous weather that day—the sky was cerulean, the sun was out and the air was clean, setting the perfect scenario for beginners and advanced practitioners alike to come together and celebrate wellness and health.

The day kicked off with a tai chi class given by Thomas Droge and DJ'd by Natasha Blank. I found it to be a great way to center myself and get into my body (instead of my mind) as well as take in the beauty of the park and harbor. It also included a bit of free-style dance, which is always welcome to help pump up the energy!

Next up was an African dance class with Djoniba Mouflet from Djoniba Dance and Drum Centre. With the live drummers and Djoniba's high energy, it was nearly impossible not to participate! He took us through a quick warm-up and then taught us some "choreography". I use that term loosely because while there were specific moves we learned and in a specific order, there were no counts associated with each move. Instead, as is traditional in African dance, the drummers gave us the cue for when we should go on to the next move. After getting down and practicing the