

Cantonese Soy Sauce Pan-Fried Noodles

Ingredients

4 t Soy Sauce
2 t Dark Soy Sauce
1 T Rice Wine
1 t Sesame Oil
1/2 t Salt
1/2 t Sugar
1/4 t Ground White Pepper
16 oz Hong Style Egg Noodles
(steamed)
4 T Vegetable Oil
8 oz Cha Siu
4 Green Onions
3 c Bean Sprouts

Instructions

1. Rinse the bean sprouts in cold water and drain. Julienne and separate green onions from white and green parts. Julienne the cha siu. In a small bowl mix the soy sauces, sesame oil, salt, sugar, rice wine and white pepper into a small bowl and set aside.
2. Heat the wok to high and add a tablespoon of oil to coat the wok. Spread one-third of the noodles in a thin, even layer on the wok and tilt the wok in a circular motion to distribute the oil. Quickly stir fry noodles until crisp and transfer to a large bowl. Continue with the rest of the noodles.
3. Heat the wok over high heat. Add a tablespoon of oil and all of the white parts of the scallion and the cha siu to the pan and cook for about 15

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seconds. Next, add the noodles to the wok and toss them well, breaking up the noodles so they're not all in one big clump. Add the soy sauce mixture and toss continuously for a couple minutes using a pair of chopsticks or a set of tongs. Keep the heat on high.

4. After the noodles are uniformly golden brown, add the bean sprouts and toss. Add the rest of the scallions and toss the mixture again for another 1 to 2 minutes until you see the bean sprouts just starting to turn transparent. You want the sprouts to be cooked but still crunchy. Be careful not to overcook them or they will become limp and soggy. High heat is a key requirement for this dish. Plate and serve!