

Cantonese Soy Sauce Pan-Fried Noodles

Ingredients

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

Instructions

1. Bring 2 quarts of water to a boil. Rinse the bean sprouts in cold water and drain. Julienne the green onions. Mix the soy sauces, sesame oil, salt, sugar, wine and white pepper in a small bowl and set aside.
2. Boil the noodles. Fresh noodles should be boiled for about 1 minute. For dried noodles, boil for 2 minutes. Rinse in cold water and drain very well.
3. Heat the wok over high heat and add two tablespoons of oil to coat the wok. Spread the noodles in a thin, even layer on the wok and tilt the wok in a circular motion to distribute the oil and crisp the bottom layer of the noodles evenly. It should take about 5 minutes for the first side.
4. Flip the noodles over. Add another two

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tablespoons of oil around the perimeter of the wok, and let the other side crisp up. Set the noodles aside on a plate.

5.Heat the wok over high heat. Add two tablespoons of oil and all of the white parts of the green onion to the pan. Cook for about 15 seconds. Next, add the noodles to the wok and toss them well, breaking up the noodles so theyâ€™re not all in one big clump. Add the soy sauce mixture and toss continuously for a couple minutes. Keep the heat on high.

6.After the noodles are uniformly golden brown, add the bean sprouts and toss. Add the rest of the green onions and toss the mixture again for another 1 to 2 minutes until you see the bean sprouts just starting to turn transparent. You

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want the sprouts to be cooked but still crunchy.

Plate and serve!