

Beijing Noodles

Note: The objective is to have the noodles cooked at the time the stirfry completes. The broth just has to be hot.

This is for two.

Stirfry:

One chicken breast or two tenderloins (poached, cut into chunks).

Fresh Vegetables:

- Carrots
- Onions
- Green Beans
- Pepper
- Cabbage
- Mushrooms, lots of them
- Whatever
- 2 tbs or so of cooking oil

Sauce:

2 tbs oyster sauce

1 tbs soy sauce

1 tsp or to taste Chili Paste (Sambal Olek)

1 tsp ground Coriander seed

Big heapin' tsp of minced garlic

½ tsp of sesame oil

1 tbs of rice vinegar

3 tbs of water

1 tsp of corn starch

Noodles:

Chinese Noodles dried or fresh.

Cook these suckers in hot water.

Broth:

I just use chicken broth or bouillon. Will need about two cups.

Process:

Poach the chicken in a covered dish w/ about ¾ inch of water in microwave. Just until firm. Then cut it up.

Cut up all of the vegetables and feed them into the wok in order of the time it takes them to cook (carrots, beans, onions, pepper, cabbage, mushrooms).

At the time you add the onions add the chicken.

While this is going on; set up the Sauce by mixing all of that stuff together.

Boil the noodles.

Boil the broth.

About 2 minutes after you put in the mushrooms, dump the sauce in there and stir until thickened.

This next order is important:

1. Drain noodles.
2. Put noodles in noodle bowl. Shouldn't fill the bowl more than ½ way.
3. Put in broth to barely cover noodles
4. Ladle the stir fry and sauce over the noodles.

Spoon and chopsticks are the way to eat this.

Note: you can put shrimp, beef, pork and almost anything in the stir fry.