



February 2022

Cantonese Pan-Fried Noodles (Chow Mein)

These thin, crispy pan-fried noodles are coated in a savory soy sauce that makes them absolutely irresistible! This noodle dish is commonly found in Cantonese and dim sum restaurants, but making this at home allows you to customize the mix-ins to your preferences. Remember: the key to crispy noodles is frying them in an extra-hot pan, so be sure not to overcrowd your pan during cooking!

30

MINUTES

2

SERVINGS

10

INGREDIENTS

DDDDDD

SPICE LEVEL



Pan Fried Noodles (Chow Mein)

INGREDIENTS

- 1 tbsp soy sauce
- 1 tsp dark soy sauce
- 1 tbsp Shaoxing wine
- 1 tsp sesame oil
- 1/2 tsp white pepper
- 1/4 tsp salt and sugar, to taste
- 3 scallions, julienned
- 1 c bean sprouts
- 8 oz fresh pan-fried noodles
- 4 tbsp cooking oil

DIRECTIONS

1. Make the sauce: Combine light soy sauce, dark soy sauce, Shaoxing wine, sesame oil, white pepper, salt and sugar into a bowl. Set aside.
2. Bring a pot of water to boil and quickly boil the noodles for 1 minute. Rinse in cold water and drain.
3. Heat your pan or wok over high heat and then heat up your cooking oil. Add in the noodles and spread them into a thin, even layer to crisp the bottom layer of the noodles. Flip the noodles, add in more oil, and fry the other side until crisp.
4. Add more oil to the pan if needed and cook the white part of the scallions until fragrant. Add the fried noodles back in and mix well. Pour in the sauce from Step 1 and stir fry for a few minutes.
5. Add in bean sprouts and the green parts of scallions. Cook and additional 1–2 minutes. Serve and enjoy!



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