

# Vegetable Lo Mein

My friend Karen, a working mom who doesn't have much time to cook, tried these noodles at my house. She was amazed at how tender-crisp the vegetables were and how fresh and delicious everything tasted. She didn't believe she could make it herself until I had her over for a cooking lesson, along with our friend Rebecca. Armed with spatulas and glasses of pinot grigio, they finished the recipe and said, "Wow, did we really just do that?" My mother always taught me that Chinese cooking is all about the prep, so if you have all of the ingredients cut, cleaned and ready to go, you too will master this dish in no time. Cheers to that!

*Serves 4 as part of a multi-course meal*

*Preparation time: 20 minutes*

*Cooking time: 10 minutes*

8 oz (250 g) dried egg noodles or 14 oz (400 g) fresh egg noodles (page 140)  
2 oz (50 g) snow peas, tips and strings removed  
2 oz (50 g) broccoli florets  
3 tablespoons all-purpose cornstarch  
3 tablespoons cold water  
2 tablespoons oil  
1 teaspoon peeled and minced fresh ginger  
1 clove garlic, minced  
2 oz (50 g) sliced carrots  
2 oz (50 g) fresh shiitake mushrooms, stemmed and thinly sliced  
2 oz (50 g) thinly sliced red bell pepper  
2 oz (50 g) canned baby corn, drained, rinsed and sliced lengthwise  
4 tablespoons oyster sauce  
1 cup (250 ml) vegetable stock or chicken stock, homemade (page 62) or store-bought  
1 teaspoon salt  
2 green onions (scallions), green and white parts, cut into 1-in (2.5-cm) pieces

1 Preheat oven to 300°F (149°C).

2 Bring a large pot of water to a boil over high heat. Add the noodles and cook until almost al dente, about 5 minutes for dried noodles, 3 minutes for fresh. Drain well and set aside.

3 Blanch the snow peas and broccoli florets in boiling water until tender, about 1 minute. Using a slotted spoon, transfer to an ice water bath to cool, then drain and set aside.

4 Mix the cornstarch and the cold water together and set aside.

5 Heat the oil in the wok or skillet over medium-high heat. Add the ginger and garlic and stir-fry until fragrant, about 30 seconds. Mix in the carrots and mushrooms and stir-fry for 3 minutes. Add the red bell pepper and baby corn and stir-fry for 1 minute.

6 Pour in the oyster sauce, vegetable or chicken stock and the salt. Cook until the stock comes to a boil, then add the cornstarch mixture and stir until the sauce thickens and all the ingredients are nicely coated. Add the drained snow peas and broccoli and the green onions and stir-fry for 30 seconds. Dish out over the noodles and serve immediately.

## COOK'S NOTE

*To save time and minimize waste, you can buy pre-cut and washed vegetables at the grocery store salad bar.*

# Homemade Egg Noodles

Making noodles is a fun rainy-day project for the whole family. These egg noodles are extremely versatile and can be used in a variety of soups and stir-fries, as well as any noodle recipe. You can boil them in chicken stock to make soup, or pan-fry them in oil and garlic and drizzle soy sauce over them, or top them with any stir-fry combination. They'll be delicious and satisfying no matter how you choose to prepare them!

*Makes about 1 lb (450 g)*

*Preparation time: 20 minutes*

1¼ cups (125 g) all-purpose flour or semolina flour  
2 large eggs

1 In a medium bowl, mix together the flour and eggs to make a dough. Knead the dough on a lightly floured surface until elastic. Add a bit of water if necessary. Form into a ball and let rest for 15 minutes.

2 With a rolling pin, roll the dough into an oval sheet, rolling the dough from the center outward, until very thin. Place the dough on a lightly floured cloth so that one-third of it is on the cloth and two-thirds of it hangs off the edge of the table or counter. Using gravity to help, carefully stretch the dough out further.

3 Lightly flour the sheet of dough and roll it into a tube about 3 inches (7.5 cm) in diameter. Flatten the tube and use a sharp knife to slice the dough crosswise into very thin noodles. Separate the noodles and form them into a nest.

## COOK'S NOTE

*You can freeze homemade noodles for up to 3 months, or keep them for up to 2 days in the refrigerator.*