

Salted Mustard Greens Beef Noodle Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

150g ground beef
50g salted pressed mustard greens
1 portion fine La noodles
1 tablespoon white sesame seeds

Seasonings A:

1 tablespoon cooking wine
1 tablespoon soy sauce
1 teaspoon sugar
1 teaspoon cornstarch water

Seasonings B:

2 tablespoons fructose
1 tablespoon sesame oil

Method:

Heat wok and stir-fry ground beef until separate with 2 tablespoons of cooking oil, then add seasoning A to taste. Stirring ground beef releases liquid easily, make sure to stir until there is no blood or water left before adding other ingredients. Mix well and remove. Rinse mustard green well, chop finely, then dry-fry in wok until the liquid is absorbed and removed. Use the wok to dry the white sesame seeds until fragrant and remove. Combine both ingredients in seasonings B well and let sit until completely cooled, then mix well with ground beef. Bring a pot of water to boil. Cook noodles until done, remove and rinse until cold. Mix well with a little sesame oil and remove to a bowl, then spread the mustard green and beef over top. Serve. Pressed salted mustard green is already quite salty, so do not add any seasonings. Use fructose because it will not make clumps in the dish. It is absorbed by the ingredients quickly and also helps blend the flavors of the dish.

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