

Transparent Noodles with Beef Recipe

(Korean Recipes)

Ingredients: Serves 4-6

300g rib eye or other beef fillet, cut into thin strips
3 tablespoons vegetable oil
1 large egg, lightly beaten

Marinade:

1 tablespoon soy sauce
1 tablespoon sugar
2 teaspoons sesame oil
3 cloves garlic, peeled and crushed
5 scallions, cut into lengths

Noodles:

1 packet (300g) dried sweet potato starch noodles
or thick Chinese glass noodles
1 tablespoon soy sauce
1-2 tablespoons sugar
1 tablespoon sesame oil
1 teaspoon salt
¼ teaspoon ground white pepper

Vegetables:

1 onion, thinly sliced
4 dried black Chinese mushrooms, rinsed,
soaked in hot water for 30 minutes to soften, stems discarded and caps thinly sliced
15g small dried wood ear mushrooms, rinsed, soaked in hot water for 10 minutes
to soften, then cut into thin strips
1 carrot, cut in sections, then into thin strips
1 medium zucchini, cut in sections, then into thin strips
1 red or green capsicum, cut into thin strips
1 tablespoon soy sauce
½ teaspoon salt
½ cup water

Method:

Combine the beef and the Marinade, mix well and set aside for 30 minutes. Bring a pot of water to a boil and cook the noodles for 8 minutes (see packing instructions). Drain well, season with the soy sauce, sugar, sesame oil, salt and pepper and set aside. Heat ½ tablespoon of the oil in a skillet and add the egg. Swirl the egg to make a very thin omelet. Slice the cooked egg into long, thin strips and set aside to garnish. Heat 1 tablespoon of the oil in the same skillet over high heat and stir-fry the beef until cooked, about 2 to 3 minutes, then set aside. To prepare the Vegetables, heat the remaining oil in a wok over medium heat. Add the onion and stir-fry until transparent. Add the mushrooms and stir-fry for 2 minutes. Then increase the heat slightly and add the carrot, zucchini and capsicum. Stir-fry for another 2 minutes. Add the soy sauce, salt and water. Stir-fry until the Vegetables are tender and the liquid has evaporated. Toss the Noodles, Vegetables and beef together. Garnish with the thinly sliced fried egg and serve. Substitute beef with pressed tofu for an equally tasty vegetarian dish.