



SHOPPING FOR YOUR CLASS

Shaoxing Cooking Wine, Sichuan Peppercorns and Black Vinegar are all available at Asian Supermarkets.

BIANG BIANG NOODLES WITH SPICY CUMIN LAMB (*Hand Pulled Noodles*)

(serves 2)

Recipe by MAI NGUYEN

Noodle Dough (recipe below)

Cumin Lamb (recipe below)

Chili Oil (recipe below)

Noodle Sauce (recipe below)

1 cup napa cabbage, roughly chopped

¼ cup green onions, thinly sliced

½ cup cilantro, roughly chopped (optional)

- Bring a large pot of water to a boil.
- Take one rectangle dough portion and place it on a cleared work surface. Grab the ends of the rectangle with your thumbs and forefingers. Pull the dough gently, stretching it. Continue to gently pull and begin to lightly tap/bounce the flat edge of the noodle against your work surface. Continue this motion until you get a long, thin, and even noodle.
- Throw the stretched noodle directly in the boiling pot of water. Continue to pull and stretch your desired portion of noodles, throwing each pulled noodle directly into the pot of boiling water. 6 pieces of dough is one portion.
- Boil for 2-3 minutes or until your desired cook is achieved. They should be al dente and not too soft.
- Remove the noodles from the water and into a bowl, straining off excess water.
- Blanch the napa cabbage in the boiling water and add to your bowl.

- For one portion of noodles, spoon 2-3 tablespoons of chili oil, ¼ cup noodle sauce, and ½ portion of the lamb. Garnish with green onions and cilantro. Mix well before digging in.

NOTE: Once the noodles are pulled, they must be boiled and eaten right away. You cannot pre-pull these noodles and allow them to sit.

Noodle Dough

300g all-purpose flour (approx. 2 1/3 cup of flour)

160ml water

½ tsp salt

2-3tbsp vegetable oil

- Mix the salt into the water.
- Pour the water over the flour and mix with a spatula until a shaggy dough is achieved. Using your hands gather the shaggy bits of dough into a ball and knead until a relatively smooth ball of dough is achieved. Cover with plastic wrap and rest for 5-10 minutes.
- Knead the dough for 5 minutes. Cover and rest again for 5-10 minutes.
- Knead the dough once more and allow to rest again for 5-10 minutes.
- Roll out the dough into 1/3-inch-thick rectangle.
- Cut the square into 6 strips and cut those 6 strips in half to end up with 12 even pieces of dough. Shape them that they're roughly the same shape, small rectangles, and thickness.
- Cover each piece of dough with oil all around. Place on a plate and cover with plastic wrap. Rest for 30 minutes at room temperature or place in the fridge for up to 3 days.

Cumin Lamb

300g thinly sliced lamb or beef (purchase the frozen pre-sliced 'hot pot' meat as a shortcut)

1 tbsp Shaoxing cooking wine

2 tsp cornstarch

1 tbsp ground cumin

1 tsp ground Sichuan peppercorns

1 tsp ground coriander

½ medium onion, thinly sliced

1/3 cup green onion, ½ inch slices

1 1/2 tbsp ginger, finely minced/grated

2 cloves garlic, minced

2 tbsp vegetable oil

Salt and pepper to taste

- In a bowl mix together the sliced lamb with Shaoxing wine, cornstarch, cumin, coriander, and Sichuan peppercorn.
- In a large pan, heat the oil over high heat. Add the onions, ginger and garlic and cook until fragrant, about a minute.
- Add the lamb and sear and cook until is evenly browned. Remove from the heat, mix in green onion, and season with salt and pepper.

Chili Oil

1 1/2 cups vegetable oil (canola or grapeseed recommended)

1/2 cup red chili flakes

1 tbsp paprika/cayenne (depending on what spice level you'd like)

2 tbsp chopped garlic

2 tbsp chopped ginger

1 tbsp ground Sichuan pepper (optional)

1 star anise

1 cinnamon stick

1 bay leaf

- Combine the dry ingredients together in a large heat proof bowl.
- In a pot, heat oil to at least 300F.
- Pour oil over the dry ingredients slowly. It will bubble over if you pour it too quickly.
- Transfer chilli oil to an air tight container. Refrigerate for up to a year.

Noodle Sauce

3/4 cup soy sauce

1/4 cup water

1/4 cup black vinegar

1 tbsp oyster sauce

1 tsp sugar

1 star anise pod

1 bay leaf

1 tsp whole Sichuan pepper corns

- In a pot combine all ingredients together. Bring to a boil then lower the heat and simmer for 5 minutes. Turn off the heat and allow the mixture to sit for 30 minutes.
- Strain and discard the spices.
- Refrigerate for up to 2 months.

EQUIPMENT

Cutting board and knives

Mixing bowls

Pots/pan

Rolling pin