



## CHINESE NEW YEAR RECIPE

# CHINESE LONGEVITY NOODLES

### For 2 servings or 4 sides

- 12 dried shiitake mushrooms
- 500 ml / 2 cups chicken broth (reserve 2 tbsp after soaking the shiitake mushrooms)
- 1/2 pack of (182g) de Yi mein or Lomein noodles
- 1 Tbsp. dark soy sauce
- 2 Tbsp. oyster sauce
- 1/2 Tsp. sugar
- 1/2 Tsp. roasted sesame oil
- 2 Tbsp. shiitake mushroom soaking liquid
- 2 Tbsp. grapeseed oil
- 1 garlic clove, peeled and chopped
- some stems of Chinese chives
- salt and fresh pepper to taste

In China, noodles are an essential dish for the lunar New Year, as well as for celebrations such as birthdays and births. They symbolize longevity.

Did you know:

- Never cut longevity noodles unless you want to shorten your life!
- Don't fill your noodle bowl completely, which would indicate your life is already full.

### Preparation:

1. In a bowl, soak the shiitake mushrooms in chicken broth for about one hour or until the mushrooms have softened. Keep 2 tablespoons of the soaking liquid before straining the mushrooms.
2. Remove the stalks and slice the caps. Set aside.
3. In a bowl, mix the soy sauce, oyster sauce, sugar, sesame oil and 2 tablespoons of mushroom soaking liquid. Set aside.
4. In a large pot of boiling water, cook the noodles for 3 minutes (do not cook longer than 3 minutes regardless of the cooking directions on the package). Strain and set aside.
5. Meanwhile in a large wok, heat the grape seed oil on high heat.
6. Add the sliced mushrooms and cook for 2 minutes, stirring frequently. Add garlic and cook for 30 seconds. Season with salt (lightly) and pepper.
7. Put the mushrooms along the sides of the wok and add noodles. Cook for 30 seconds.
8. Add the sauce, chives and sauté for 1 minute or until the noodles are well-covered in sauce. Be careful not to break the noodles as the long noodles are symbolic of longevity and prosperity. Serve immediately.

**Garnishes:** You can add various ingredients such as gourmet peas, ginger, carrot or bell pepper, cooked chicken breast. Sauté the ingredients you prefer for a few minutes in a wok in 2 tablespoons of oil during step 5 of the recipe.



H A P P Y N E W Y E A R