

Chow Mein

<http://userealbutter.com/2022/03/17/chow-mein-recipe/>

adapted from *Soy Sauce Chow Mein* in [To Asia, With Love](#) by Hetty McKinnon

sauce

1 tbsp light soy sauce*
1 tbsp dark soy sauce*
2 tsps sesame oil

noodles

7 oz. (200g) Hong Kong-style chow mein noodles (not the fried crunchy noodles you sprinkle on stuff)
3-4 tsps vegetable oil
3-4 cups gai lan (Chinese broccoli), or bok choy, or Napa cabbage, cut into bite-size pieces
salt
2 green onions, sliced thin
7 oz. mung bean sprouts
2 cups shiitake mushrooms, stemmed and sliced

*You cannot substitute 2 tablespoons of regular soy sauce for 1 tablespoon of light soy sauce and 1 tablespoon of dark soy sauce. Soy sauce doesn't work that way. You should be able to find light and dark soy sauces at an Asian market. Sometimes they are in bottles, sometimes they are in jars.

Stir the sauce ingredients together in a small bowl or cup. Set aside.

Bring a large pot of water to a boil. Add the noodles to the pot and cook until al dente. If you use dried noodles, this will take several minutes. If you are using par-cooked or pre-steamed noodles, this can take anywhere from 10 seconds to a minute or more. Drain the noodles, rinse with cold water. Set aside.

Heat 1 tablespoon of vegetable oil in a large sauté pan over medium-high heat (use less oil if using a non-stick pan). Add the gai lan (or whatever green you are using) and stir fry. Sprinkle a little salt and continue to stir fry until cooked. Remove the greens from the pan and set aside. Heat 1 tablespoon of vegetable oil in the same pan over medium high heat and sauté the green onions, mung bean sprouts, and shiitake mushrooms until cooked. Remove from pan and add to the greens. Wipe down any liquid from the pan.

Heat another tablespoon of vegetable oil in the same pan over medium-high flame. Add the noodles to the pan and stir to coat in oil, allowing the noodles to fry undisturbed for several seconds at a time. Pour the sauce over the noodles and stir to distribute evenly over the noodles. Add the cooked vegetables and stir fry for a few (2-3) more minutes. Serve hot. Serves 2-4.