

Chongqing Hot and Sour Noodles

Lily Ouyang

酸辣米粉



Images from 588ku.com and 3lian.com

Note: all of the ingredients below can be purchased at C'Ville Oriental on 29. You can use small amounts of the following ingredients. You only need them for richer flavor and texture.

For 1 Serving

Soybeans, fresh or dried
Szechwan peppers, fresh or dried, whole or power (hua jiao)
Crushed dry red peppers
Green onions (preferably those with thinner leaves)
Cilantro
Peanuts, whole or crushed
Garlic
Ginger
Szechwan pickles
White sesame seeds
Aginomoto (optional)
Soy sauce
Vinegar
Sesame oil
Black pepper
Any kind of greens

Pork bones (amount that allows for a rich broth)
Sweet potato noodles, 1/3 lb

Preparation

- Soak dried soybeans in water for 24 hours.
- Soak dry noodles in warm water for 1 hour. Time may vary according to what types of noodles you buy.

Cutting and rinsing

- Cut ginger, garlic, pickles, green onions, cilantro into small pieces.
- Rinse your choice of greens.

Cooking the pork bone broth (Can be substituted with vegetable broth or just water)

- Thoroughly rinse the pork bones
- Boil water in a big pot, put in Szechuan pepper, green onion pieces, a small chunk of ginger, and the bones. Boil until the broth gets thick and rich.

Red oil

- Put crushed dry red pepper in a bowl
- Heat oil in a pot to 70% hot (with 100% being extremely unbearably hot)

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- Pour oil into the bowl with peppers and appreciate the nice color and amazing smell of the red oil

Fry soybeans

- Boil a pot of water and put in a small amount of Szechuan pepper and some dried red peppers if you like your beans spicy.
- Boil soybeans for 10 minutes and strain them
- Put soybeans in a bowl, pour in some oil, mix it with the beans so that every bean is evenly covered in some oil
- Heat a pot to 70% hot and put in soybeans. Fry until they begin to shrink in size. Then simmer until the color turns slightly brown. Cool them on a plate.
- Fry peanuts in a similar way

The hot and sour sauce

- In a big bowl, mix sesame seeds, ginger, garlic, Szechwan pepper powder, aginomoto, black pepper, salt, soy sauce, vinegar, sesame oil and red oil

Cook the noodles

- Boil a pot of water and cook noodles to the degree of softness you prefer.
- Boil your choice of greens.

Mix everything together

- Pour some pork bone broth in a bowl, put in noodles and your choice of greens.
- Add hot and sour sauce, fried soybeans, fried peanuts, green onions, cilantro and Szechuan pickles and mix well. ENJOY!!!!