

Eel Noodle Recipe

Ingredients:

Deep-fried egg noodle
1 eel approx. weighing 50g
10 slices onion, julienne
5 slices of cabbage, cut into small pieces
1 red chili, sliced into pieces
1 sprig scallion, chopped into 1-inch length
3 crushed garlic cloves
1 tablespoon soy oil
½ teaspoon potato starch
1 teaspoon water

Seasonings:

3 tablespoons black vinegar
1 tablespoon sugar
1 tablespoon light soy sauce
2 tablespoons crystal sugar
1 teaspoon gourmet powder
3 tablespoons water

Method:

Chop eel in slices, reserve eel blood for better appearance. Blanch egg noodles and transfer into plate. In a bowl, combine vinegar, sugar, soy sauce, gourmet powder and water, whisk until blended, set over heat, add crystal sugar and cook until dissolved. Set wok over high heat, pour soy oil, and add eel, cabbage, onion, scallion, garlic and chili, sauté for a while. Pour vinegar mixture and stir constantly, thickened by potato starch water. Spoon eel mixture on top of noodle and ready to serve. Please sauté ingredients within 1 minute, if not, the eel might turn out to be overcooked.

[asian_free_recipes_download]/[asian_free_recipes_download]