

Fried Rice Noodles Recipe

(Char Koay Teow)

Ingredients:

4 tablespoons lard or vegetable oil
1½ tablespoons crushed garlic
1 Chinese sausage, very thinly sliced
150 g fish cake, sliced thinly
1 small calamari, cleaned and head discarded, sliced into rings and tentacle clumps
150 g fresh medium shrimps, peeled
350 g fresh rice noodles (koay teow)
75 g bean sprouts
10 g Chinese chives, cut into 1-inch long
3 eggs
3 tablespoons thick dark sweet soy sauce
1 teaspoon light soy sauce
1 tablespoon fish sauce
1-2 tablespoons chili boh (ground dried chili paste) or chili sauce
3 tablespoons water

Method:

Heat lard or oil in a wok over high heat and fry garlic for 1 minute, until golden and fragrant. Add Chinese sausage, fish cake, calamari and shrimps and stir-fry for 2 minutes. Add bean sprouts, rice noodles, soy sauces, fish sauce and chili boh and stir vigorously for 3 to 5 minutes until well mixed. Lastly, add eggs and Chinese chives and stir-fry again for another 5 to 10 minutes. Noodles should be moist and aromatic. Taste and adjust seasoning if necessary and serve hot.

Note: If you can get fresh shelled blood cockles, then add as many of them as you like half-way through the cooking. They should be just barely cooked when the noodles are ready. If you cannot get thick dark sweet soy sauce, substitute 2 tablespoons thick dark soy sauce or normal dark soy sauce, mixed with 1 tablespoon brown sugar.

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