

Episode 14

Debby: Hello and welcome to Who's Cooking What? with Debby and Ben, the cooking podcast on how to keep it loose in the kitchen when you're wondering why every recipe feels so complicated.

We're closing out this season with a fast and satisfying main dish – assuming you've got boiling water and all your prep done, you can have this on the table in 5 minutes flat!

[podcast transition music]

Debby: First, you're going to need some packages of fresh-frozen, thin noodles that have been treated with alkali. You'll need as many packages as people you're serving, so I've got a family pack here; your family may be bigger or smaller than mine, so plan accordingly.

Anyway, drop the noodles into boiling water and stir briefly so they separate and cook evenly. Boil for a little longer than that, until they're fully cooked and toothsome, then drain in a strainer and run cold water over them to cool them.

[podcast transition music]

Ben: Alright, all set. What's next?

Debby: While the noodles are cooking, heat a few turns of sesame oil in a large skillet or enameled cast-iron pot over medium heat. Make a big cup with your hands – that's how much sliced onion to add, and you want half again as much of thinly sliced, bite-size pork belly pieces in the pan, too. Stir constantly until the onions soften and the pork turns white, which shouldn't take very long.

Separate the pork while you stir so it all gets cooked; no one likes trichinosis! Add as much chopped savoy cabbage as you did onion, and as many bean sprouts as you did pork, stirring until the cabbage is bright green and the sprouts cook through.

Put the noodles in the pan. Pour in a big teacup of sake, then refill it half with Worcestershire sauce, half with Bulldog sauce and add that to the pan as well, stirring constantly until all liquid is absorbed. Sprinkle with black pepper and some powdered seaweed.

[podcast transition music]

Ben: so much umami goodness!

Debby: It's the best way to cap off the show. And that's going to do it for this season of Who's Cooking What? We had a lot of fun and hope you did too, and eagle-eared listeners may have spotted that it's all about where we've been going with this season's recipes.

Who's Cooking What? is available on Apple Podcasts, Spotify, and any other place you can download podcasts. See you soon!