



BEAN PASTE COLD NOODLES

YIELDS: 2 SERVINGS | COOK TIME: 15 MINUTES

Ingredients

1 CUP CHICKEN BROTH
1 PACK CHINESE STYLE NOODLE (SERVING SIZE: 2)
1/2 CUP BLACK BEAN PASTE
1 WHOLE SLICED CUCUMBER, CHILLED

OPTIONAL:

8OZ GROUND PORK
4 TBSP RICE WINE, MIRIN, OR WHITE VINEGAR
SESAME SEEDS



Directions

(MAIN DIRECTIONS IN BLACK, SIDE NOTES IN GREY)

1. Boil **1 cup chicken broth** in a large pot. The broth will add a slight flavor to the plain noodles, which is a simple cooking trick my mother taught me.
2. Add **Chinese style noodles** to boiling broth, boil until cooked (3-5 minutes). These noodles are usually made from a more sensitive flour, and a firmer noodle texture is highly desirable in many regions of China.
3. Rinse noodles in cold water and drain. Toss with rice wine if desired. My home recipe uses white vinegar to add a tart undertone of flavor.
4. Move noodles into serving bowl.
5. Add **black bean paste** (chilled) over noodles. Black bean paste is made of fermented or pulverized mung beans, which are mostly cultivated in India, China, and Southeast Asia. They have both a savory and sweet flavor, and are often used in rich rice or noodle dishes.
6. If desired, black bean paste can be cooked with ground pork for a more wholesome sauce. My family recipe also adds garlic, firm tofu, and cabbage into the sauce.
7. Add **sliced chilled cucumber** on top of the noodles and sauce. Cucumbers are a favorite in Chinese culture because of their light, refreshing, and naturally hydrating taste, which is particularly welcome in the humid climates of Asia. I personally love cucumbers because my family uses them as a cool side dish to compliment the more traditionally salty and popular Chinese dishes that are a staple in our culture.
8. **Enjoy!**