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## Fwd: Lo Mein recipe

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**Charles** <cclee97@aol.com>

Mon, Apr 26, 2021 at 9:37 AM

Reply-To: Charles <cclee97@aol.com>

To: "annettechan8@gmail.com" <annettechan8@gmail.com>

-----Original Message-----

From: mu lee <mlee12647@gmail.com>

To: Charles Lee <cclee97@aol.com>; Dennis Lee <dennisilee@yahoo.com>; Thomas Lee <tcl1701@gmail.com>;

pcl1701@gmail.com <pcl1701@gmail.com>

Sent: Sun, Apr 25, 2021 11:26 am

Subject: Lo Mein recipe

Dear Philip and Thomas,

You asked me how to make "Lo Mein", here's Nai-Nai's "Lo-Mein" recipe.

Sauce : 3T soy sauce, 2T oyster sauce, 1/4 T sugar, 1/8T salt,  
1/8 T chicken essence (or MSG), 1/8 T black pepper,  
1 T sesame oil, 2T water

First make sauce, mix all seasoning in a bowl.

Boiled the noodles, you can use any kind of noodles including spaghetti noodles. Here I use dried Chinese noodles. 1/2 lb.

You can use any kind of vegetables, cabbage broccoli mushrooms carrots..... I just boiled and picked it up.

You can use any kind of meat ,seafood ,cooked meat ....

Now action:

Sauté the onions ( add garlic or tomatoes make it better)

Add meat stir fry, then add cooked vegetables and noodles mix well

Done