

serves 2

**for the dressing**

2 tablespoons *mirin* (see page 11)

2 tablespoons rice vinegar

2 tablespoons oyster sauce

1 tablespoon sweet chili sauce

1 garlic clove, peeled and minced

1¼-inch piece of fresh ginger,

peeled and grated

3½ ounces rice vermicelli

small handful of snow peas

1 tablespoon fresh peas, cooked

½ red bell pepper, seeded and cut

into short, fine slices

1 small zucchini, thinly sliced

4 radishes, thinly sliced

handful of baby spinach leaves

salt and white pepper

2 teaspoons sesame seed, briefly

toasted in a hot, dry skillet

## spring salad with toasted sesame seed

Cook the vermicelli according to the instructions on the package, drain, and refresh briefly under cold water. Roughly chop.

In a large bowl, combine the dressing ingredients and toss the warm vermicelli through.

Add the snow peas, peas, red pepper, zucchini, radishes, and spinach to the noodles and toss to ensure that everything is well combined. Taste and season with salt and pepper.

Serve sprinkled with the sesame seed.

serves 2

## lightly curried vegetable noodles

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the vegetable oil over medium-high heat and stir-fry the red onion, red bell pepper, cabbage, and mushrooms for 2 minutes. Add the *kare lomen* sauce and stir-fry until the mixture starts to color and the aroma becomes sweet and rounded, about 5 minutes. Add the soy sauce, ½ cup water, season with salt and pepper, add the sugar and *dashi no moto*, and simmer for 1 minute.

Divide the noodles between 2 bowls and spoon over the vegetables. Serve topped with the bean sprouts, cilantro and cucumber.

5 ounces thin white *somen* noodles

1 tablespoon vegetable oil

1 red onion, peeled and thinly sliced

1 red bell pepper, seeded

and sliced

½ Chinese cabbage, thinly sliced

8 button mushrooms, thinly sliced

1 tablespoon *kare lomen* sauce  
(see page 21)

1 tablespoon soy sauce

salt and white pepper

½ teaspoon sugar

½ teaspoon *dashi no moto*

(see page 11)

handful of bean sprouts

bunch of cilantro, leaves picked

¼ cucumber, seeded and

julienned

serves 4 small ones

3½ ounces wide rice noodles  
1 tablespoon vegetable oil  
1 garlic clove, peeled and finely chopped  
2 lemongrass stalks, outer leaves removed, finely chopped  
1 large egg, beaten and seasoned  
5 ounces raw, peeled shrimp, deveined  
1 tablespoon fish sauce (*nam pla*)  
1 teaspoon brown sugar  
2 teaspoons soy sauce  
large handful of roasted peanuts, coarsely chopped  
handful of bean sprouts  
small bunch of cilantro, leaves picked  
salt and white pepper

serves 4 small ones

5 ounces thin egg noodles  
1 tablespoon vegetable oil  
1 garlic clove, peeled and finely chopped  
½-inch piece of fresh ginger, peeled and finely chopped  
5 ounces raw, peeled shrimp, deveined  
3 tablespoons frozen peas, defrosted  
1 tablespoon soy sauce  
1 teaspoon cornstarch, dissolved in 2 tablespoons water  
½ cup chicken stock (see page 13)  
salt and white pepper

## thai-style shrimp and fried noodles

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the oil and stir-fry the garlic and lemongrass for 30 seconds. Add the egg, swirl it around for 30 seconds, then add the noodles, shrimp, fish sauce, sugar, soy sauce, and half the peanuts. Stir-fry to cook the shrimp, about 2 minutes.

Add the bean sprouts and cilantro, check the seasoning, and toss to ensure that everything is heated through, about 1 minute.

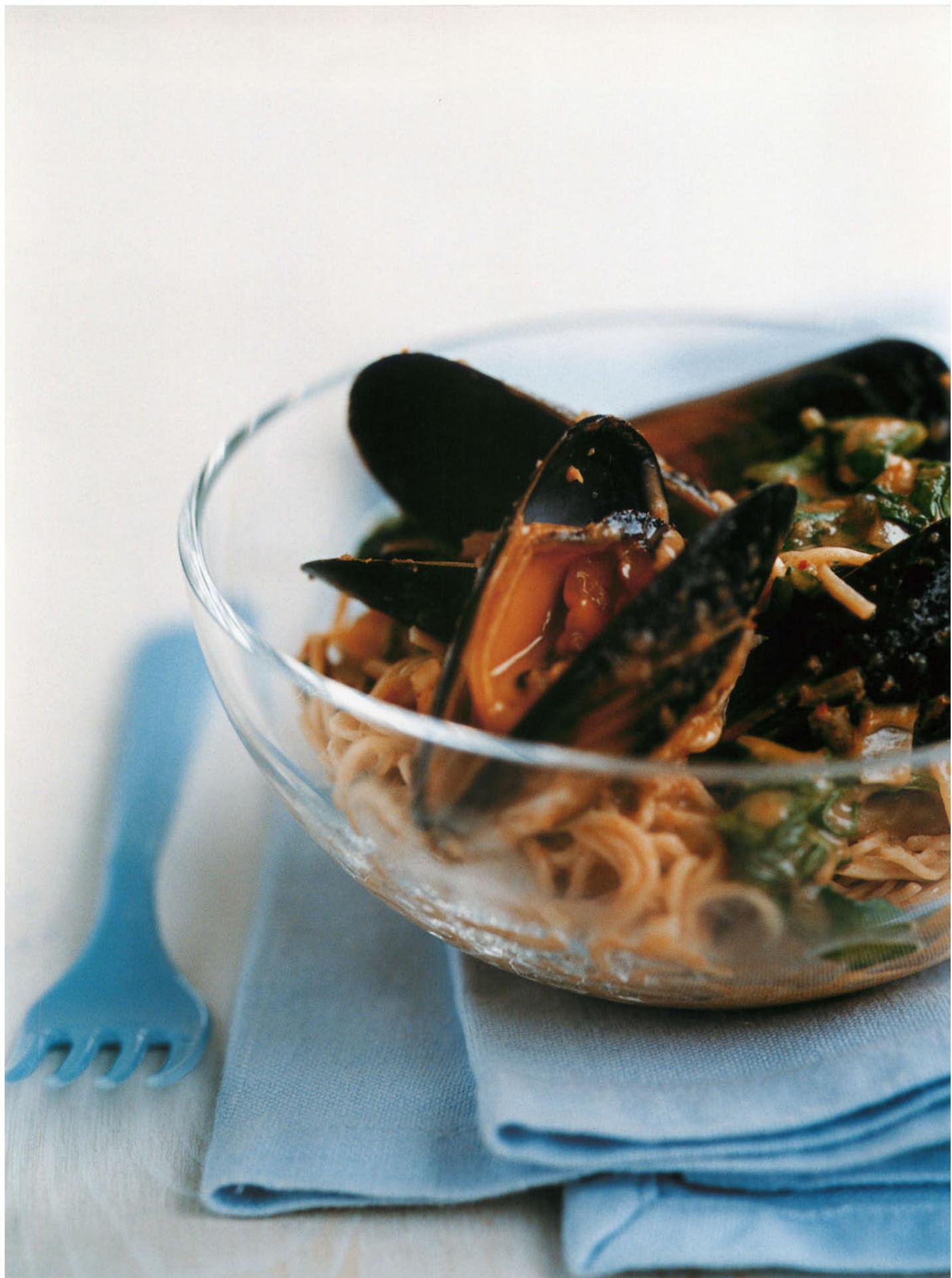
Serve with the remaining peanuts scattered over the top.

## stir-fried shrimp and peas

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the oil and add the garlic and ginger. Toss and then add the shrimp and stir-fry for 1 minute. Add the peas and cook for another minute, then add the noodles, soy sauce, dissolved cornstarch and chicken stock. Season with salt and pepper and cook to ensure that everything is heated through, then serve.





serves 2

4½ ounces medium egg noodles  
2 teaspoons vegetable oil  
1 tablespoon red curry paste  
(see page 16)  
1 tablespoon coconut milk  
juice of 1 lime  
2 teaspoons fish sauce (*nam pla*)  
2 teaspoons finely chopped shallots  
1 pound mussels, scrubbed and debearded  
handful of spinach leaves  
salt and white pepper

## thai-style mussels with egg noodles

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok with a lid (or a large lidded saucepan), heat the oil and stir-fry the curry paste, coconut milk, lime juice, fish sauce, and shallots for 3 minutes, ensuring the mixture doesn't catch. You want the curry paste to lose its raw aroma.

Add the mussels and toss so that everything is well combined. Cover, reduce the heat, and cook, shaking the pan occasionally, until all the mussels open, about 5 minutes. Discard any mussels that remain closed.

Remove the lid, stir in the drained noodles and spinach, and check the seasoning. Cook until the noodles are heated through and the spinach just wilted, about 1 minute. Serve.

serves 4 small ones

3½ ounces medium egg noodles  
1 tablespoon vegetable oil  
1 garlic clove, peeled and finely  
chopped  
3½ ounces chicken thigh meat, cut  
into bite-size pieces  
handful of snow peas, thinly sliced  
lengthwise  
1 tablespoon soy sauce  
2 teaspoons fish sauce (*nam pla*)  
1 cup canned corn, drained  
salt and white pepper  
2 teaspoons sesame seed, briefly  
toasted in a hot, dry skillet  
1 teaspoon toasted sesame oil  
bunch of cilantro, leaves picked

## stir-fried chicken and Sweetcorn

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the vegetable oil and stir-fry the garlic for 30 seconds. Add the chicken, and continue to stir-fry until the meat is cooked, about 3 to 4 minutes. Add the snow peas, soy sauce, and fish sauce and simmer for 30 seconds before adding the noodles and corn. Season with salt and pepper and continue to cook for 1 minute.

Remove from the heat, add the sesame seed and sesame oil, and toss to coat everything well.

Serve scattered with the cilantro.





serves 4 small ones

3½ ounces wide rice noodles  
1 tablespoon vegetable oil  
1 garlic clove, peeled and finely chopped  
1¼-inch piece of fresh ginger root, peeled and grated  
7 ounces beef (boneless top loin steak), cut into thin strips  
1 medium carrot, julienned  
handful of snow peas, sliced thinly lengthwise  
zest and juice of 1 orange  
1 tablespoon soy sauce  
2 teaspoons oyster sauce  
1 tablespoon toasted sesame oil  
handful of bean sprouts  
salt and white pepper  
1 tablespoon sesame seed, briefly toasted in a hot, dry skillet

serves 4 small ones

#### for the marinade

1¼-inch piece of fresh ginger, peeled and grated  
1 garlic clove, peeled and minced  
zest and juice of 1 orange  
1 tablespoon soy sauce  
1 tablespoon dark brown sugar  
  
7 ounces dark chicken meat (leg or thigh), roughly chopped  
5 ounces medium egg noodles  
1 tablespoon vegetable oil  
handful of snow peas, thinly sliced  
¾ cup baby corn, halved lengthwise  
½ cup chicken stock (see page 13)  
1 tablespoon cornstarch  
1 tablespoon toasted sesame oil  
1 tablespoon sesame seed, briefly toasted in a hot, dry frying pan  
1 lime, quartered

## beef and orange stir-fry

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the oil and stir-fry the garlic and ginger for 30 seconds. Add the beef and carrot and stir-fry for 3 minutes. Add the snow peas and continue to stir-fry for 1 minute. Add the orange zest and juice, soy sauce, oyster sauce, sesame oil, and bean sprouts. Add the noodles and toss to ensure that everything is well coated and heated through. Check the seasoning.

Serve with a scattering of sesame seed.

## marinated chicken with orange, soy sauce and ginger

In a small saucepan, combine the marinade ingredients and gently heat to dissolve the sugar. Let cool and add the chicken, toss so that it is well coated, and set aside for at least 1 hour; overnight in the fridge is even better.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the oil, add the chicken (reserve the marinade), and stir-fry until golden, about 2 to 3 minutes. Add the snow peas, baby corn, reserved marinade, and chicken stock and continue to stir-fry until the chicken is cooked and the vegetables are just wilting, about 2 minutes. Dissolve the cornstarch in 1 tablespoon water, add to the wok, and simmer until thickened, about 1 minute.

Add the noodles and toss through, along with the sesame oil, to ensure everything is well coated and heated through.

Serve scattered with the sesame seed and with a lime wedge.



# salads

Cold noodles? What a thought. Yet this is common throughout Asia and has been for centuries. A Sunday treat in Japan is ice-cold buckwheat noodles and soy dipping sauce. Surprisingly good.

This chapter is full of cold noodles. Dressed, along with other ingredients, is a pretty good definition of a salad. On a hot day what can be more yummy than the chilled tingle of ginger and soy with crunchy vegetables. Refreshing too. The same is true of fish. Think of an Italian seafood salad with potatoes and you get the idea. Only with noodles you get added slurp.

A salad is a good contrast in any assembly of dishes. Some might say a little light relief. We like to think of noodle salads as rather more important than that. A difference with attitude. The noodles that bring flavor—like *somen*—are quite a surprise really. Chilling a noodle does rather a lot for its character. Sort of draws it out. So what might add crunch—as beanthreads do—reveals rather a clean, delicate flavor when eaten cold. All the other noodles, wheat and rice, come across with surprising flavor profiles. But then, served cold, so do quite a lot of other ingredients. Lettuce for instance. And peas. And all this is before you consider your dressing. And seasoning.

Your dressing is what brings everything together. It must perform however. *Nam pla* (fish sauce) might seem an odd ingredient to put in a dressing, but its sourness works wonders. Lime juice adds acidity. Soy an unmistakable zest. Sesame oil brings a rich nuttiness. Sugar a sweetness. Combined and in the right proportion you have a kind of happiness. The kind you want to eat.

serves 2

1 medium potato, peeled and cut  
into 1½-inch cubes  
salt and white pepper  
3½ ounces cellophane noodles  
2 tablespoons vegetable oil  
1 tablespoon finely chopped shallots  
½ teaspoon turmeric  
1 tablespoon fish sauce (*nam pla*)  
1 tablespoon toasted sesame oil  
2 handfuls of baby spinach leaves  
finely grated zest and juice of  
1 lemon

## spinach and potato noodle salad

Put the potatoes in cold, salted water, bring to a boil, and simmer until tender, about 8 minutes.

Soften the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the oil and stir-fry the shallots and turmeric until golden brown, about 1 to 2 minutes. Add the fish sauce, remove from the heat, and stir in the noodles and sesame oil. Transfer to a bowl.

Drain the potatoes and toss through gently to ensure that everything is heated through. Add the spinach and lemon zest and juice, toss again, check the seasoning, and serve.

serves 2

2 ounces medium rice noodles  
¼ cup frozen peas  
2 scallions, finely sliced  
6 radishes, finely sliced  
2-inch piece of cucumber, cut  
into half-moon slices  
small handful of bean sprouts  
1 red chile (or to taste),  
seeded and finely sliced  
small handful of snow peas,  
finely sliced  
2 teaspoons fish sauce (*nam pla*)  
1 teaspoon brown sugar  
1 teaspoon soy sauce  
finely grated zest and juice of  
1 lime  
½-inch piece of ginger root, peeled  
and grated  
1 garlic clove, peeled and  
finely sliced  
toasted sesame oil  
salt and white pepper  
2 tablespoons chopped cilantro  
2 teaspoons roughly chopped  
roasted peanuts

## rice noodle salad

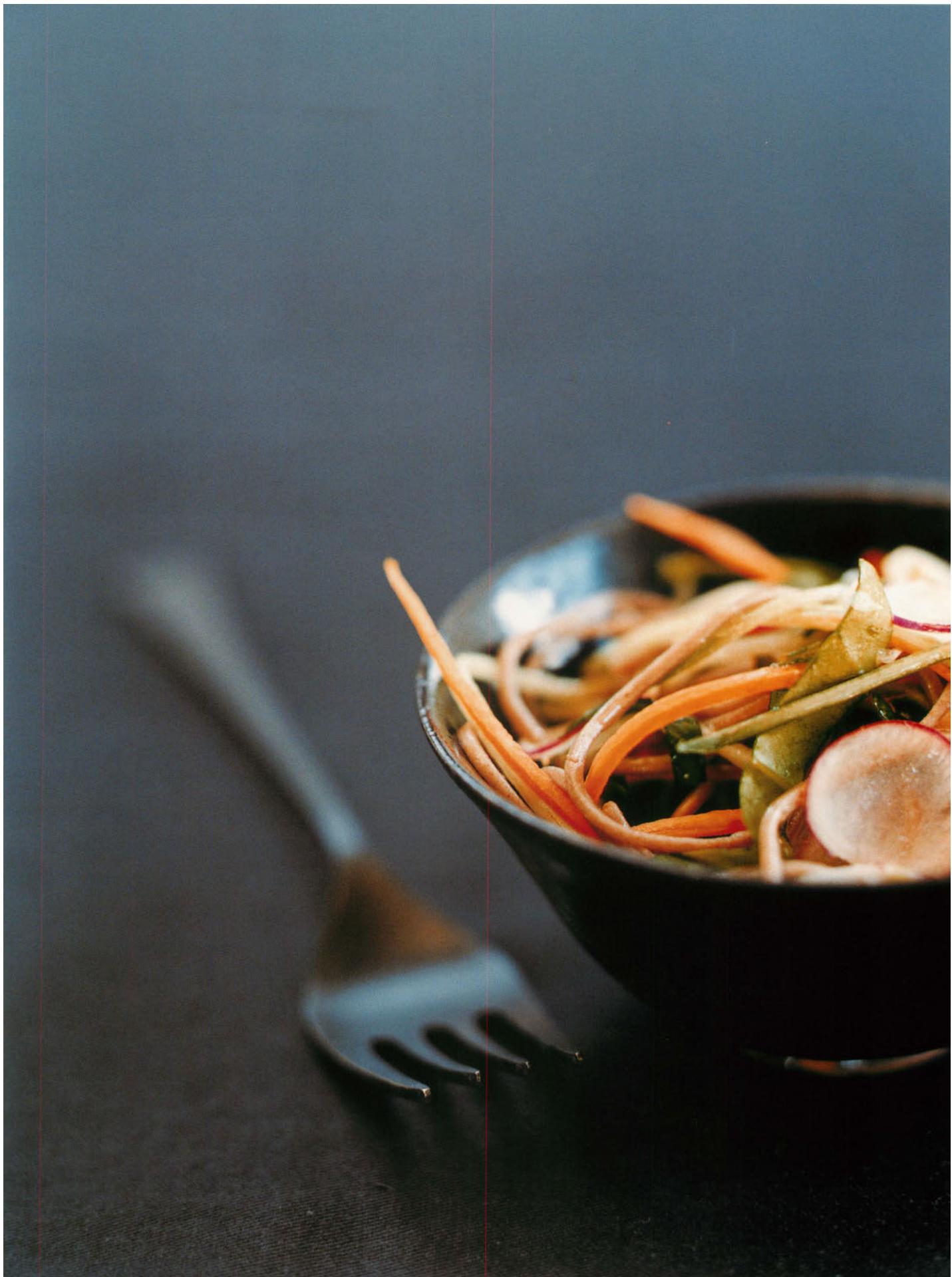
Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

Cook the peas for 1 minute in boiling unsalted water, then plunge into cold water. When cold, in a large bowl, toss with the other prepared vegetables and the noodles.

In a small saucepan, combine the fish sauce, sugar, and soy sauce and heat until the sugar just dissolves. Add the lime zest and juice, ginger, and garlic and 1 tablespoon sesame oil. Pour over the noodle mixture, toss well, season with salt and pepper, and add more sesame oil to taste.

Serve scattered with the cilantro leaves and peanuts.





serves 2

## soba noodle salad

### for the dressing

1 teaspoon honey  
1 teaspoon fish sauce (*nam pla*)  
1 teaspoon rice vinegar  
1 teaspoon *mirin* (see page 11)  
  
3½ ounces soba noodles  
finely grated zest and juice of  
1 lime  
8 radishes, thinly sliced  
½ cucumber, seeded and  
finely sliced  
1 carrot, peeled and julienned  
bunch of mint, leaves roughly chopped  
2 handfuls of spinach, roughly  
chopped  
salt and white pepper

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a small saucepan, mix together the dressing ingredients, bring to a boil, and set aside to cool. Stir in the lime zest and juice.

In a large bowl, combine the noodles with the radishes, cucumber, carrot, mint, and spinach, add the cooled dressing, and toss to ensure that everything is coated. Check the seasoning and serve.

serves 2

## summer salad with pickled ginger

3½ ounces rice vermicelli  
bunch of asparagus spears, woody  
ends removed  
salt  
1 tablespoon vegetable oil  
2 eggs, beaten and seasoned  
½ cucumber, julienned  
1 carrot, peeled and julienned  
handful of bean sprouts  
1 red chile, seeded and sliced  
handful of mint leaves  
1 sheet of *nori* seaweed,  
roughly torn  
1 teaspoon sesame seed

Cook the vermicelli according to the instructions on the package, drain, and refresh in cold water. Roughly chop.

Cook the asparagus in boiling salted water until just tender, about 3 to 5 minutes (depending on thickness). Drain and refresh in cold water and cut in half.

In a hot wok, heat the oil, then add the egg, swirl around so that it thinly coats the bottom of the wok, and cook until set, about 1 minute. Remove, let cool, then roll up and thinly slice.

In a large bowl, combine the egg, noodles, and asparagus with the cucumber, carrot, bean sprouts, and chile.

Mix together the dressing ingredients and add to the salad.

Transfer to a plate and serve scattered with the mint leaves, *nori*, and sesame seed.

### for the dressing

2 teaspoons soy sauce  
2 teaspoons pickled ginger, roughly  
chopped  
1 teaspoon fish sauce (*nam pla*)  
2 teaspoons *mirin* (see page 11)  
juice of 1 lime

serves 2

2 teaspoons *mirin* (see page 11)  
2 teaspoons soy sauce  
2 teaspoons toasted sesame oil  
pinch of sugar  
1 garlic clove, peeled and crushed  
3½ ounces (scant ½ cup) *kimchee*  
(see page 11), roughly  
chopped, juices reserved  
1 cucumber, shaved into long, thin  
strips with a vegetable peeler  
1 red onion, peeled and thinly  
sliced  
2 carrots, peeled and julienned  
5 ounces *somen* noodles  
1 teaspoon sesame seed, briefly  
toasted in a hot, dry skillet  
2 teaspoons roughly chopped  
roasted peanuts

serves 2

1 heaping cup button mushrooms,  
quartered  
1 tablespoon rice vinegar  
2 garlic cloves, peeled and minced  
bunch of cilantro, leaves picked,  
stems finely chopped  
2 tablespoons vegetable oil  
1 tablespoon toasted sesame oil  
3 ounces *somen* noodles  
1 tablespoon soy sauce  
1 tablespoon sweet dipping chili  
sauce (see page 16)  
4 scallions, finely sliced  
2 heads of Bibb lettuce, finely  
sliced  
1 carrot, peeled and cut into  
matchsticks  
bunch of mint, roughly chopped  
1 lime, halved

## pickled vegetable noodles

In a large bowl, combine the *mirin*, soy sauce, sesame oil, and sugar with the garlic and stir in the *kimchee*. Add the cucumber, red onion, and carrots. Toss gently to coat everything with dressing and set aside.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

Add the noodles, sesame seed, and reserved *kimchee* juices to the salad and toss to ensure that everything is well coated.

Serve topped with the chopped peanuts.

## mushroom salad with *somen* noodles

In a saucepan, combine the mushrooms with the rice vinegar, garlic, cilantro stems, vegetable oil, sesame oil, and 2 tablespoons water. Cover and simmer, stirring occasionally, until the mushrooms have wilted but retain some bite, about 8 to 10 minutes. Let cool.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, combine the noodles with the soy sauce, sweet chili sauce, scallions, lettuce, carrot, mint, and reserved cilantro leaves. Add the mushrooms and their juices and toss to ensure that everything is well coated.

Serve with the lime halves.





serves 2

1 teaspoon light brown sugar  
2 teaspoons fish sauce (*nam pla*)  
juice of 1 lime  
1 tablespoon vegetable oil  
12 cooked, peeled shrimp,  
deveined  
3½ ounces cellophane noodles  
6 asparagus spears, cut into  
1½-inch lengths  
¼ cucumber, seeded and  
julienned  
6 radishes, finely sliced  
1 red chile (or to taste), seeded  
and finely chopped  
1 garlic clove, peeled and finely  
chopped  
2 scallions, finely sliced  
small bunch of cilantro, leaves  
picked, stems finely chopped  
2 teaspoons sesame seed, briefly  
toasted in a hot, dry skillet

## shrimp, asparagus, and noodle salad

In a medium bowl, combine the sugar, fish sauce, lime juice, and vegetable oil and toss the shrimp through.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a saucepan, cook the asparagus in boiling salted water until just tender, about 3 to 5 minutes (depending on thickness), drain, and refresh under cold water. In a large bowl, combine the asparagus with the cucumber, radishes, and noodles. Add the chile, garlic, scallions, and cilantro stems.

Add the shrimp mixture to the noodles and toss everything so that it is well coated. Serve with a generous sprinkling of the reserved cilantro leaves and sesame seed.

*If you buy raw shrimp for a salad like this, it is best to cook the shrimp gently, starting them in cold salted water, bringing them to a boil and simmering for a couple of minutes, before draining and peeling. This way the flesh stays moist and succulent.*

serves 2

**for the dressing**

1 tablespoon toasted sesame oil  
2 tablespoons soy sauce  
½ teaspoon sugar  
2 tablespoons rice vinegar  
2 scallions, finely sliced  
1¼-inch piece of fresh ginger,  
peeled and grated  
2 garlic cloves, peeled and minced  
with a little salt

3½ ounces cellophane noodles  
1 small head of Bibb lettuce,  
trimmed and shredded  
small handful of snow peas, thinly  
sliced lengthwise  
small handful of bean sprouts  
¼ cucumber, seeded and  
julienned  
1 tablespoon vegetable oil  
4 sea scallops, shelled and trimmed  
(if large, slice horizontally)  
4 raw, peeled shrimp, deveined  
8 small clams, well rinsed and  
drained  
handful of spinach  
bunch of cilantro, leaves picked

serves 2

3½ ounces cellophane noodles  
1 whole red *kamaboko-aka* (see  
page 11), sliced  
1 celery stalk, thinly sliced  
1 tablespoon finely sliced shallots  
handful of bean sprouts  
1 small head of Bibb lettuce, leaves  
separated  
1 teaspoon fish sauce (*nam pla*)  
1 teaspoon soy sauce  
salt and white pepper

## seafood salad with wilted greens

Soak the noodles according to the instructions on the package, drain, and refresh under cold water. Roughly chop and put in a large bowl.

Combine the dressing ingredients and stir to dissolve the sugar. Add to the bowl along with the lettuce, snow peas, bean sprouts, and cucumber, toss well, and check the seasoning. In a hot wok, heat the oil in a hot wok over medium heat and stir-fry the scallops, shrimp, and clams until cooked and the clams are open, about 2 minutes.

Add the spinach, wilt briefly over the heat, and add everything to the salad bowl. Toss well, adding in the cilantro as you go, and serve.

## kamaboko-aka salad

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, combine the *kamaboko-aka*, celery, shallots, bean sprouts, lettuce, noodles, fish sauce, and soy sauce. Season with salt and pepper and toss well before serving.



serves 2

**for the dressing**

$\frac{1}{2}$  cup soy sauce  
 $\frac{1}{2}$  cup rice vinegar

1 teaspoon toasted sesame oil  
1 teaspoon sugar

3½ ounces *somen* noodles  
1 small head of Bibb lettuce,  
    trimmed and shredded  
 $\frac{1}{2}$  cucumber, cut into strips using a  
    vegetable peeler  
 $\frac{1}{2}$  red bell pepper, sliced lengthwise  
1 sheet of *nori* seaweed, cut into  
     $\frac{1}{2}$ -inch strips  
2 scallions, finely sliced  
1 tablespoon vegetable oil  
salt and white pepper  
6 sea scallops, shelled, trimmed  
    and sliced in half horizontally  
 $\frac{1}{2}$  *kamaboko-aka* (see page 11),  
    cut into  $\frac{1}{8}$ -inch slices  
1 teaspoon sesame seeds, briefly  
    toasted in a hot, dry skillet

serves 2

3½ ounces rice vermicelli  
7 ounces raw, peeled shrimp,  
    deveined  
1  $\frac{1}{4}$ -inch piece of ginger root,  
    peeled and grated  
2 garlic cloves, peeled and minced  
1 tablespoon fish sauce (*nam pla*)  
2 tablespoons vegetable oil  
bunch of chives, cut into 2½-inch  
    lengths  
1 red chile, finely chopped  
handful of bean sprouts  
2 tablespoons sweet *miso* dressing  
    (see page 23)  
bunch of cilantro, leaves picked  
1 tablespoon sesame seed, briefly  
    toasted in a hot, dry skillet

## somen noodle salad with scallops and kamaboko-aka

Combine the dressing ingredients in a small bowl.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, combine half the dressing (keep the rest in the fridge for other salads or to serve over noodle dishes; it will last a week or so) with the lettuce, cucumber, red bell pepper, *nori*, scallions, and noodles and toss well. Transfer to a plate.

In a hot wok, heat the vegetable oil. Season the scallops, and fry until cooked through, about 1 to 2 minutes. Place on top of the salad ingredients along with the *kamaboko-aka* slices and a sprinkling of sesame seed.

## shrimp and rice vermicelli salad

Cook the vermicelli according to the instructions on the package, drain, and refresh under cold water.

In a medium bowl, toss the shrimp with the ginger, garlic, and fish sauce.

In a hot wok, heat the oil over medium heat, add the shrimp mixture, and stir-fry until the shrimp are cooked, about 2 to 3 minutes. Add the noodles, chives, chile, and bean sprouts and immediately remove from the heat.

Stir in the sweet *miso* dressing and serve topped with the cilantro leaves and sesame seed.

serves 2

**for the dressing**

1½-inch piece of ginger root,  
peeled and grated  
2 garlic cloves, peeled and sliced  
juice of 1 lime  
1 tablespoon vegetable oil  
½ teaspoon sugar  
1 tablespoon fish sauce (*nam pla*)  
1 tablespoon soy sauce  
  
3½ ounces rice noodles  
1 mango, pitted, peeled and  
roughly chopped  
2 tablespoons cooked lump  
crabmeat  
5 ounces cooked, peeled shrimp  
small bunch of mint, leaves roughly  
chopped  
salt and white pepper

serves 2

3½ ounces cellophane noodles  
½ pound sea bass (branzini) fillets,  
skinned  
1 tablespoon vegetable oil  
salt  
2 tablespoons *tori kara age* sauce  
(see page 21)  
leaves of 1 small head of Bibb  
lettuce  
handful of bean sprouts  
3 scallions, finely sliced  
handful of baby spinach  
¼ cucumber, seeded and  
julienned  
1 tablespoon chopped mint leaves  
1 garlic clove, peeled and thinly  
sliced  
¾-inch piece of ginger root, peeled  
and julienned  
1 tablespoon soy sauce  
1 lime, halved

## mango, shrimp, and crab noodle salad

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, combine the dressing ingredients. Mix in the noodles and toss to ensure that everything is well combined.

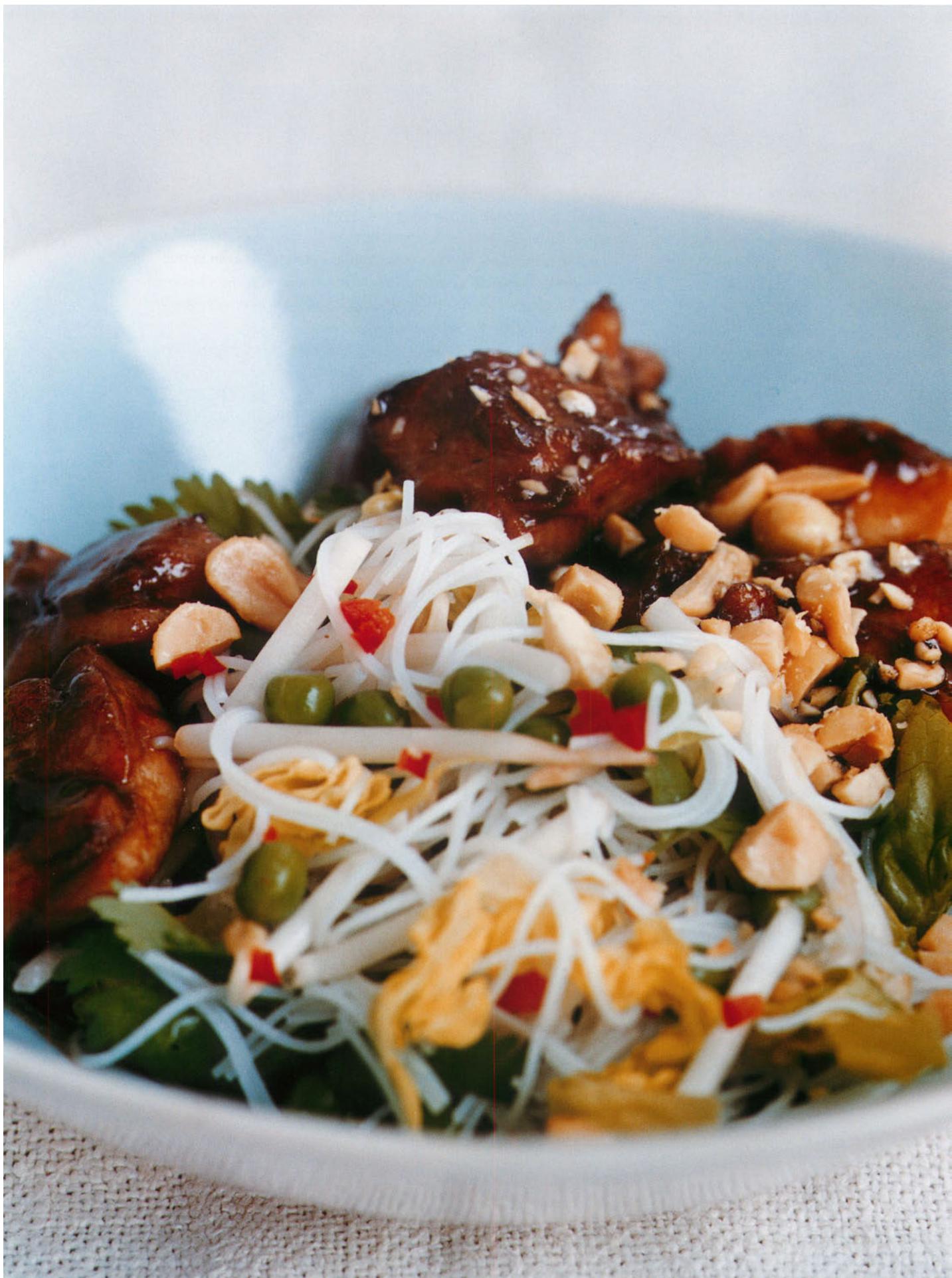
Stir in the mango, crabmeat, shrimp, and mint, check the seasoning, and serve.

## marinated sea bass salad

Soak the noodles according to the instructions on the package, drain, and refresh under cold water.

Cut the sea bass into bite-size pieces. Toss with the oil, season with salt, and cook on a hot grill or under a broiler until just cooked, 3 to 4 minutes. Remove and transfer to a bowl. Add the *tori kara age* sauce and set aside for 5 minutes.

In a large bowl, combine the noodles, lettuce, bean sprouts, scallions, spinach, cucumber, mint, garlic, ginger, and soy sauce. Toss to ensure that everything is well combined and divide between 2 bowls. Top with the fish and its sauce and serve with a lime half.



serves 2

## warm chicken teriyaki salad

### for the marinade

- 2 tablespoons sake
- 2 tablespoons *mirin* (see page 11)
- 2 tablespoons soy sauce
- 1 teaspoon light brown sugar
- 1¼-inch piece of ginger root,  
peeled and grated
- 2 garlic cloves, peeled and finely  
chopped
- 7 ounces dark chicken meat (leg or  
thigh), roughly chopped
- 3½ ounces rice vermicelli
- 2 teaspoons toasted sesame oil
- 1 tablespoon vegetable oil
- 2 handfuls of bean sprouts
- 1 small head of Bibb lettuce, leaves  
separated and shredded
- 1 red chile, seeded and finely  
chopped
- 4 tablespoons frozen peas,  
defrosted
- bunch of cilantro, leaves picked
- salt and white pepper
- 1 tablespoon coarsely chopped  
salted peanuts

In a saucepan, combine the marinade ingredients and gently heat to dissolve the sugar. Let cool completely, then combine with the chicken. Cover and set aside for 1 hour; overnight in the fridge is even better.

Cook the vermicelli according to the instructions on the package, drain, and refresh under cold water. Toss with the sesame oil.

In a hot wok, heat the vegetable oil over medium heat and add the chicken and its marinade. Cook until the meat is done and the liquid is reduced and thickened, about 4 minutes. Remove from the heat.

In a large bowl, combine the noodles with the bean sprouts, lettuce, chile, peas, and cilantro leaves. Season with salt and pepper and toss to ensure that everything is well mixed.

Pile on to 2 plates, spoon over the chicken and its juices, and serve topped with the peanuts.

serves 2

## chicken sesame noodles

3½ ounces medium egg noodles

1 tablespoon toasted sesame oil

### for the dressing

2 garlic cloves

½-inch piece of fresh ginger, peeled  
and grated

1 tablespoon toasted sesame oil

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 teaspoon Chinese black vinegar  
(available from Asian markets)

1 teaspoon light brown sugar

3½ ounces cooked chicken breast,  
cut into finger-sized strips

½ cucumber, cut lengthwise into  
strips using a vegetable peeler

4 radishes, sliced

2 handfuls of bean sprouts

2 scallions, thinly sliced

1 tablespoon sesame seed, briefly  
toasted in a hot, dry skillet

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Toss with the sesame oil and set aside.

In a large bowl, combine the dressing ingredients and stir in the chicken.

Toss the chicken and dressing with the noodles and scatter over the cucumber, radishes, bean sprouts, scallions, and sesame seed.

serves 2

3½ ounces green beans, trimmed  
and cut into 4cm lengths  
salt and white pepper  
1 red bell pepper, seeded and  
thinly sliced  
2 skinless, boneless chicken  
breasts  
3½ ounces rice noodles  
juice of 2 limes  
2 teaspoons light brown sugar  
2 tablespoons soy sauce  
½ cup fresh mango, cut into  
½-inch cubes  
small bunch of mint, leaves  
picked and roughly chopped  
½ cup roughly chopped roasted,  
salted peanuts

## chicken and mango rice noodle salad

Bring a large saucepan of salted water to a boil and cook the beans until just tender, about 4 minutes. Add the red bell pepper and return to a boil. Lift out immediately using a slotted spoon and refresh under cold water. Drain well and set aside.

Slide the chicken breasts into the same pan of boiling water, reduce the heat, and simmer until cooked, about 6 to 8 minutes. Remove the chicken and let cool. Slice into bite-size pieces.

Add the noodles to the boiling water and cook according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, whisk together the lime juice and sugar until the sugar dissolves, then add the soy sauce. Stir in the vegetables, noodles, chicken, mango, and mint.

Season with salt and pepper and toss everything lightly to dress all the ingredients. Taste and adjust the seasoning as required.

Serve with the peanuts scattered over the top.

serves 2

3½ ounces somen noodles  
2 teaspoons tahini paste  
1¼-inch piece of fresh ginger,  
peeled and grated  
1 small jalapeño chile, seeded  
and finely chopped  
2 teaspoons soy sauce  
2 teaspoons rice vinegar  
1 tablespoon vegetable oil  
salt and white pepper  
3½ ounces boneless chicken thigh  
meat, roughly chopped  
1 small head of Bibb lettuce, leaves  
finely shredded  
½ cucumber, cut lengthwise into  
strips using a vegetable peeler  
handful of mint leaves  
handful of cilantro leaves

## chicken and cilantro somen noodles

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a small bowl, combine the tahini paste, ginger, and chile with the soy sauce and rice vinegar.

In a hot wok, heat the oil, season the chicken, and stir-fry until golden brown and cooked through. Add the tahini sauce and stir in 2 tablespoons warm water. Combine the chicken, sauce, noodles, lettuce, cucumber, mint, and cilantro. Check the seasoning and serve.

serves 2

**for the marinade**

- 1 teaspoon rice vinegar
- 1 teaspoon honey
- 1 teaspoon soy sauce
  
- 1 boneless duck breast, sliced on the diagonal
- 1 tablespoon vegetable oil
- 7 ounces *somen* noodles
- bunch of scallions, sliced lengthwise
- ½ cucumber, seeded and julienned
- 1 carrot, peeled and julienned
- 2 tablespoons hoisin sauce
- salt and white pepper
- 2 teaspoons sesame seed, briefly toasted in a hot, dry skillet

## marinated duck salad

In a small saucepan, combine the marinade ingredients with  $\frac{1}{2}$  cup cold water, bring to a boil, and remove from the heat as soon as the honey has melted. Let cool completely and pour over the duck slices in a dish. Toss gently, cover, and set aside for 1 hour; overnight in the fridge is even better.

Pour the marinade off the duck and discard. In a hot wok, heat the oil and stir-fry the duck until cooked, 3 to 4 minutes. Set aside.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a large bowl, combine the noodles with the scallions, cucumber, carrot, and hoisin sauce. Add the duck and toss everything gently so that it is well mixed and coated. Season to taste with salt and pepper.

Serve topped with the sesame seed.

serves 2

- 2 ounces rice vermicelli
- 1 tablespoon vegetable oil
- 1  $\frac{1}{4}$ -inch piece of ginger root, peeled and grated
- 2 teaspoons soy sauce
- finely grated zest and juice of 1 lime
- 2 teaspoons toasted sesame oil
- 3 ounces cooked chicken breast, sliced
- 1 small head of Bibb lettuce, finely sliced
- 1 red chile, seeded and finely sliced
- 2 scallions, thinly sliced
- handful of bean sprouts
- ½ cucumber, seeded and finely sliced
- 1 tablespoon roughly chopped roasted peanuts
- handful of cilantro leaves

## chicken noodle salad

Cook the vermicelli according to the instructions on the package, drain, and refresh under cold water. Roughly chop.

In a large bowl, combine the vegetable oil with the ginger, soy sauce, lime zest and juice, and the sesame oil. Toss with the noodles. Stir in the chicken, lettuce, chile, scallions, bean sprouts, and cucumber.

Serve topped with the peanuts and cilantro leaves.





serves 2

**for the marinade**

2 teaspoons *char siu* sauce  
(Chinese barbecue sauce,  
which is widely available)  
1 garlic clove, peeled and finely  
chopped  
pinch of Chinese five-spice  
(available from Asian markets)  
pinch of ground cinnamon  
2 teaspoons sake  
2 teaspoons rice vinegar or  
lemon juice  
  
3 ounces pork tenderloin  
2 tablespoons vegetable oil  
 $\frac{3}{8}$  cup sugar  
 $\frac{1}{2}$  cup soy sauce  
 $\frac{1}{2}$  cup rice vinegar  
 $3\frac{1}{2}$  ounces *somen* noodles  
2 large eggs, beaten and seasoned  
1 small head of Bibb lettuce, finely  
sliced  
 $\frac{1}{3}$  cucumber, seeded and  
thinly sliced  
3 scallions, thinly sliced  
on the diagonal  
 $\frac{1}{2}$  roll *kamaboko-aka* (see page 11),  
cut into  $\frac{1}{8}$ -inch slices  
1 sheet of *nori* seaweed, cut  
into strips  
salt and white pepper  
1 teaspoon toasted sesame oil  
 $\frac{1}{2}$  teaspoon sesame seeds, briefly  
toasted in a hot, dry skillet  
 $\frac{1}{2}$  teaspoon black sesame seed

## marinated pork and somen noodle salad

Put the marinade ingredients in a plastic food bag, add the pork, massage for a few minutes, and transfer to the fridge overnight or for as long as possible.

Preheat the oven to 400°F. Heat a heavy-bottom skillet until hot, add 1 tablespoon of the vegetable oil, and cook the pork in the skillet to seal, rolling it around until golden all over, 2 to 3 minutes. Transfer to a roasting pan and roast until cooked, 20 minutes. Remove and let rest for 5 minutes, then cut into disks  $\frac{1}{4}$ -inch thick.

In a small bowl, combine the sugar, soy sauce, and rice vinegar, and stir to dissolve the sugar. This is the dressing.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

In a hot wok, heat the remaining oil, then add the egg, swirl around so that it thinly coats the bottom of the wok, and cook until set, about 1 minute. Remove, let cool, then roll up and thinly slice.

To serve, mix together the pork, noodles, egg strips, lettuce, cucumber, scallions, *kamaboko-aka*, and *nori* and place in a serving bowl. Whisk the dressing and pour over 3 tablespoons (the remainder can be stored in an airtight container in the fridge for a few weeks). Toss to ensure that everything is well mixed, season with salt and pepper, drizzle over the sesame oil, and serve with a sprinkling of the sesame seed.

wagamama





# drinks

What to drink with noodles is something of a challenge. Consider it more to do with preference than anything else, as noodles are pretty easy really. Tea is popular. Green is favorite, but there is nothing wrong with a straight "cuppa" if that is what you prefer. Many opt for beer—we favor Japanese beers in the restaurants. Juices and smoothies get high marks from customers; it's a health thing. But also a taste thing. Wine works well, although you need to be a bit cautious with the spicier dishes and those where the chile factor is higher, as some wines are more suited than others. Red or white is a matter of choice. Noodles seem to like both. Sake is well worth considering, of which more later. And plain water is rather delicious; ice-cold, it is refreshing and very complementary to a slurp or two. Of noodles as well as of water.



# juices and smoothies

Sales of juices and smoothies have increased significantly in recent years, not just at wagamama but generally. Packed with clean pure flavors, the health benefits seem like a bonus point. Some of these drinks are almost like a meal in themselves, which is partly why they sit at the top of the menu. A glass of raw juice (carrot, cucumber, tomato, orange, and apple) is a great way to enjoy the anticipation of a bowl of noodles.

Apart from orange and grapefruit juice, juices are not that easy to produce at home unless you have a proper juice machine. This pulps the fruit or vegetable in order to extract the juice. Smoothies are somewhat easier, although you do have to stick to softer ingredients, like bananas, mangoes, and berries. Most smoothies contain banana, which helps to give the drink some body. There really is no end to the variations of juices possible.

What follows are a couple of suggestions that make use of a blender. If you decide to purchase a juicer, the whole world of vegetables adds a completely different dimension.

serves 1

- 1 orange, peeled, seeded, and all white pith removed
- 20 seedless red grapes
- 10 lychees, canned or fresh
- 10 sprigs of mint

## orange, lychee, grape, and mint juice

Place everything in a blender or food processor and blitz on the pulse setting until smooth. Serve immediately.

serves 1

- 1 small banana, peeled
- 1 pear, peeled and cored
- 1 lime, peeled and all white pith removed
- 2 teaspoons honey

## banana, pear, honey, and lime smoothie

Place everything in a blender or food processor and blitz on the pulse setting until smooth. Serve immediately.

## water

If you opt for spicier dishes, it might be worth avoiding sparkling water, as the bubbles tend to accentuate the chile burn. A still water, from the faucet even, preferably chilled, does much to quench thirst and clear the palate.

## tea

We favor green tea over black. It's the tannins really, which in black tea tend to overpower the noodles, if not all the other ingredients. Jasmine is generally overwhelmed by the food. Which leaves green tea sitting rather neatly in the middle. In the world of green teas there are literally hundreds to choose from. To those in the know there are also huge differences. Best to try and see which one you prefer.

### serves 2

1½ cups cooked rice  
3½ ounces cooked fish, loosely flaked  
2 cups green tea  
1 sheet *nori* seaweed, roughly torn

## tea and rice

Pour the tea over the rice and fish, scatter the *nori* on top, and drink/eat/slurp.

*This is a popular way of finishing a meal in Japan: tea is poured over leftover rice to make a kind of instant oatmeal. There is a temptation to add other things, as evidenced by the fish in this recipe. A frugal and rather different approach to leftovers.*

### serves 1

½-inch piece of lemongrass, bashed  
1 teaspoon peeled and grated fresh ginger  
2 teaspoons honey

## lemongrass, ginger, and honey infusion

Combine all the ingredients in a small pitcher and pour over a mug of hot water. Let infuse for 5 minutes, strain, and serve.





**CHOYA SAKE**

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JAPANESE SAKE

SMOOTH  
AND DRY

蝶  
子  
大

チョーヤ 清酒

CHOYA SAKE CO., LTD. OSAKA JAPAN

NET CONT. 72cl  
ALCOHOL CONTENT: 13.5% Vol.

PRODUCE OF JAPAN



## wine

If it's white you want, stick to something dry, fairly neutral, and fresh (which means a generous but balanced acidity). Aromatic whites are also worth considering. Grape varieties to look out for include Sauvignon Blanc, Pinot Gris, Pinot Blanc, Riesling, and Viognier.

On the red side, watch out for tannins, which come up hard against chiles and anything spicy. Light and fresh is the favored route: Beaujolais, Syrah (provided the tannins are low), wines from the Loire—Chinon, for example—or light Sangiovese and Tempranillo.

Rosé may be a pretty general term in that the wines vary hugely, but on the whole they partner really well, their light fruitiness working harmoniously with the spiciness and the absence of tannins avoiding any clash.

## beer

Beer is not quite as easy or obvious as it might at first seem. We have Japanese beers on the menu, because they are dry, not too hoppy and not overly gassy, which makes them good partners with food. They also have some character, which is necessary for them to stand up to the food. Avoid inexpensive lagers, which tend to fall flat at the first post. But look out for the more interesting lagers, which tend to have lots of character and sufficient alcohol (around 5% abv) to cope with the flavors. The darker beers—ales, porters and stouts—tend to overwhelm the more delicate aspects of the food.

## sake

Sake's body, character, aroma, and strength make it very suited to combining with this kind of food. Like fino or manzanilla sherry (both of which are worth trying with noodles), sake is able to handle the chile and spicy notes well. There are many sakes and price is not necessarily a straight indication of, or route to, satisfaction. On the menu we have two, one slightly sweeter than the other. If you are buying a bottle the labeling has become a lot clearer than it used to be. Look out for *nihonshu-do*, an indication of dryness and sweetness. +15 is very dry, -15 is very sweet, with neutral being between -3 and +5. *Sanmi-do* refers to the acidity, from 0.6 in light sake to 2.8 for heavier sake. Serve warm or cold? This is really a matter of personal preference. If you prefer it warm, as we do, pour it into a heatproof pitcher and place in a pan of water over gentle heat, but be careful not to let it boil.

## oven temperatures

Celsius*	Fahrenheit	Gas	Description
110°C	225°F	mark ¼	cool
130°C	250°F	mark ½	cool
140°C	275°F	mark 1	very low
150°C	300°F	mark 2	very low
170°C	325°F	mark 3	low
180°C	350°F	mark 4	moderate
190°C	375°F	mark 5	moderate-hot
200°C	400°F	mark 6	hot
220°C	425°F	mark 7	hot
230°C	450°F	mark 8	very hot

\* For fan-assisted ovens, reduce temperatures by 10°C

## volume

5ml	1 teaspoon
10ml	1 dessert spoon
15ml	1 tablespoon
30ml	1fl oz
50ml	2fl oz
75ml	3fl oz
100ml	3½ fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
200ml	7fl oz (½ pint)
250ml (¼ liter)	9fl oz
300ml	10fl oz (½ pint)
350ml	12fl oz
400ml	14fl oz
425ml	15fl oz (¾ pint)
450ml	16fl oz
500ml (½ liter)	18fl oz
600ml	1 pint (20fl oz)
700ml	1¼ pints
850ml	1½ pints
1 liter	1¾ pints
1.2 liters	2 pints
1.5 liters	2½ pints
1.8 liters	3 pints
2 liters	3½ pints

## weight

10g	½ oz
20g	¾ oz
25g	1oz
50g	2oz
60g	2½ oz
75g	3oz
100g	3½ oz
110g	4oz (¼ lb)
150g	5oz
175g	6oz
200g	7oz
225g	8oz (½ lb)
250g (½ kg)	9oz
275g	10oz
350g	12oz (¾ lb)
400g	14oz
450g	1lb
500g (½ kg)	18oz
600g	1¼ lb
700g	1½ lb
900g	2lb
1kg	2¼ lb
1.1kg	2½ lb
1.3kg	3lb
1.5kg	3lb 5oz
1.6kg	3½ lb
1.8kg	4lb
2kg	4½ lb
2.2kg	5lb

## measurements

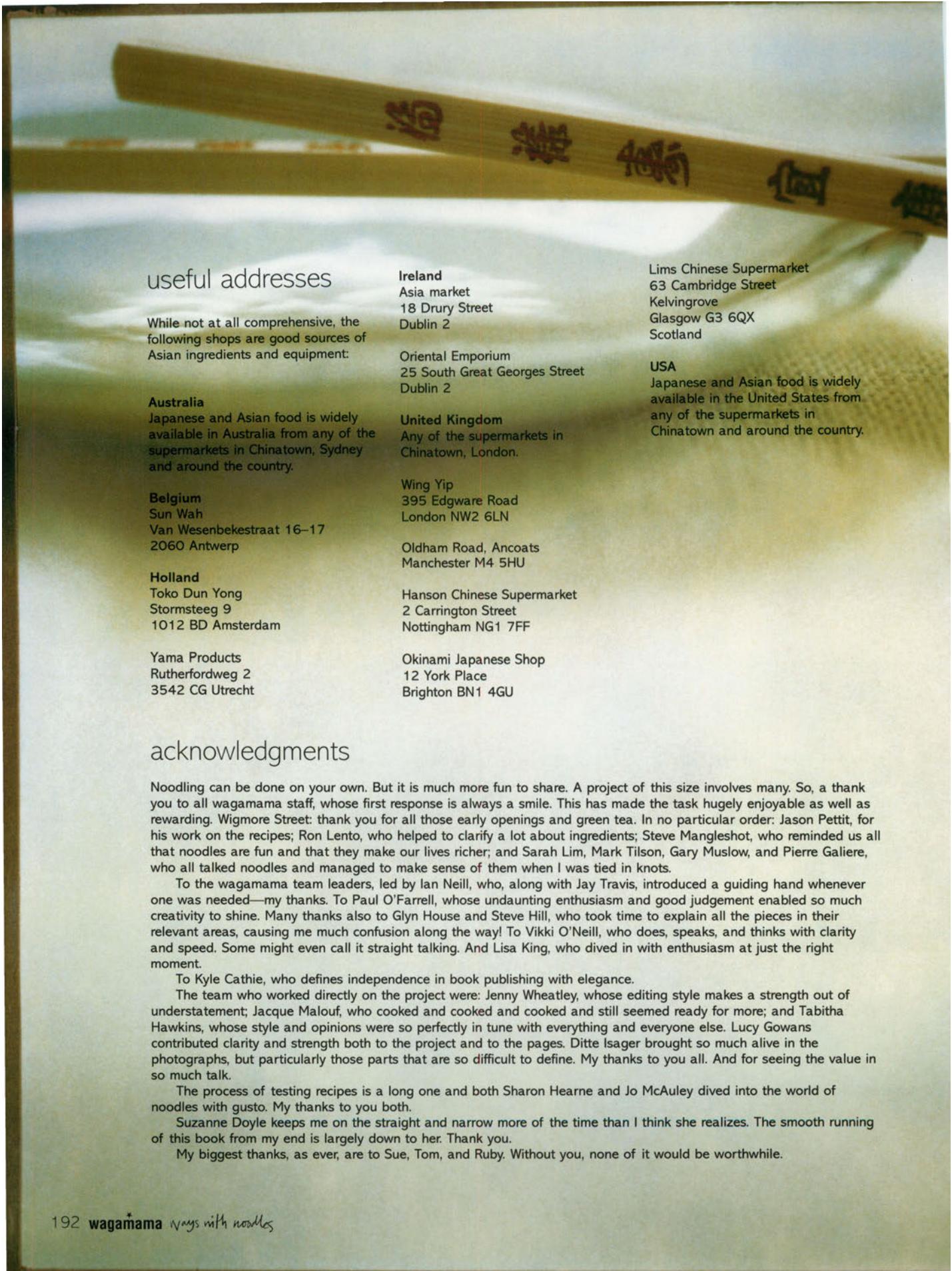
3mm	⅛ in
5mm	¼ in
1cm	½ in
2cm	¾ in
2.5cm	1 in
3cm	1¼ in
4cm	1½ in
5cm	2 in
6cm	2½ in
7.5cm	2¾ in
9cm	3½ in
10cm	4 in
11.5cm	4½ in
12.5cm	5 in
15cm	6 in
17cm	6½ in
18cm	7 in
20.5cm	8 in
23cm	9 in
24cm	9½ in
25.5cm	10 in
30.5cm	11 in



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## useful addresses

While not at all comprehensive, the following shops are good sources of Asian ingredients and equipment:

### Australia

Japanese and Asian food is widely available in Australia from any of the supermarkets in Chinatown, Sydney and around the country.

### Belgium

Sun Wah  
Van Wesenbekestraat 16–17  
2060 Antwerp

### Holland

Toko Dun Yong  
Stormsteeg 9  
1012 BD Amsterdam

Yama Products  
Rutherfordweg 2  
3542 CG Utrecht

### Ireland

Asia market  
18 Drury Street  
Dublin 2

### Oriental Emporium

25 South Great Georges Street  
Dublin 2

### United Kingdom

Any of the supermarkets in Chinatown, London.

### Wing Yip

395 Edgware Road  
London NW2 6LN

Oldham Road, Ancoats  
Manchester M4 5HU

### Hanson Chinese Supermarket

2 Carrington Street  
Nottingham NG1 7FF

### Okinami Japanese Shop

12 York Place  
Brighton BN1 4GU

Lims Chinese Supermarket  
63 Cambridge Street  
Kelvingrove  
Glasgow G3 6QX  
Scotland

### USA

Japanese and Asian food is widely available in the United States from any of the supermarkets in Chinatown and around the country.

## acknowledgments

Noodling can be done on your own. But it is much more fun to share. A project of this size involves many. So, a thank you to all wagamama staff, whose first response is always a smile. This has made the task hugely enjoyable as well as rewarding. Wigmore Street: thank you for all those early openings and green tea. In no particular order: Jason Pettit, for his work on the recipes; Ron Lento, who helped to clarify a lot about ingredients; Steve Mangeshot, who reminded us all that noodles are fun and that they make our lives richer; and Sarah Lim, Mark Tilson, Gary Muslow, and Pierre Galiere, who all talked noodles and managed to make sense of them when I was tied in knots.

To the wagamama team leaders, led by Ian Neill, who, along with Jay Travis, introduced a guiding hand whenever one was needed—my thanks. To Paul O'Farrell, whose undaunting enthusiasm and good judgement enabled so much creativity to shine. Many thanks also to Glyn House and Steve Hill, who took time to explain all the pieces in their relevant areas, causing me much confusion along the way! To Vicki O'Neill, who does, speaks, and thinks with clarity and speed. Some might even call it straight talking. And Lisa King, who dived in with enthusiasm at just the right moment.

To Kyle Cathie, who defines independence in book publishing with elegance.

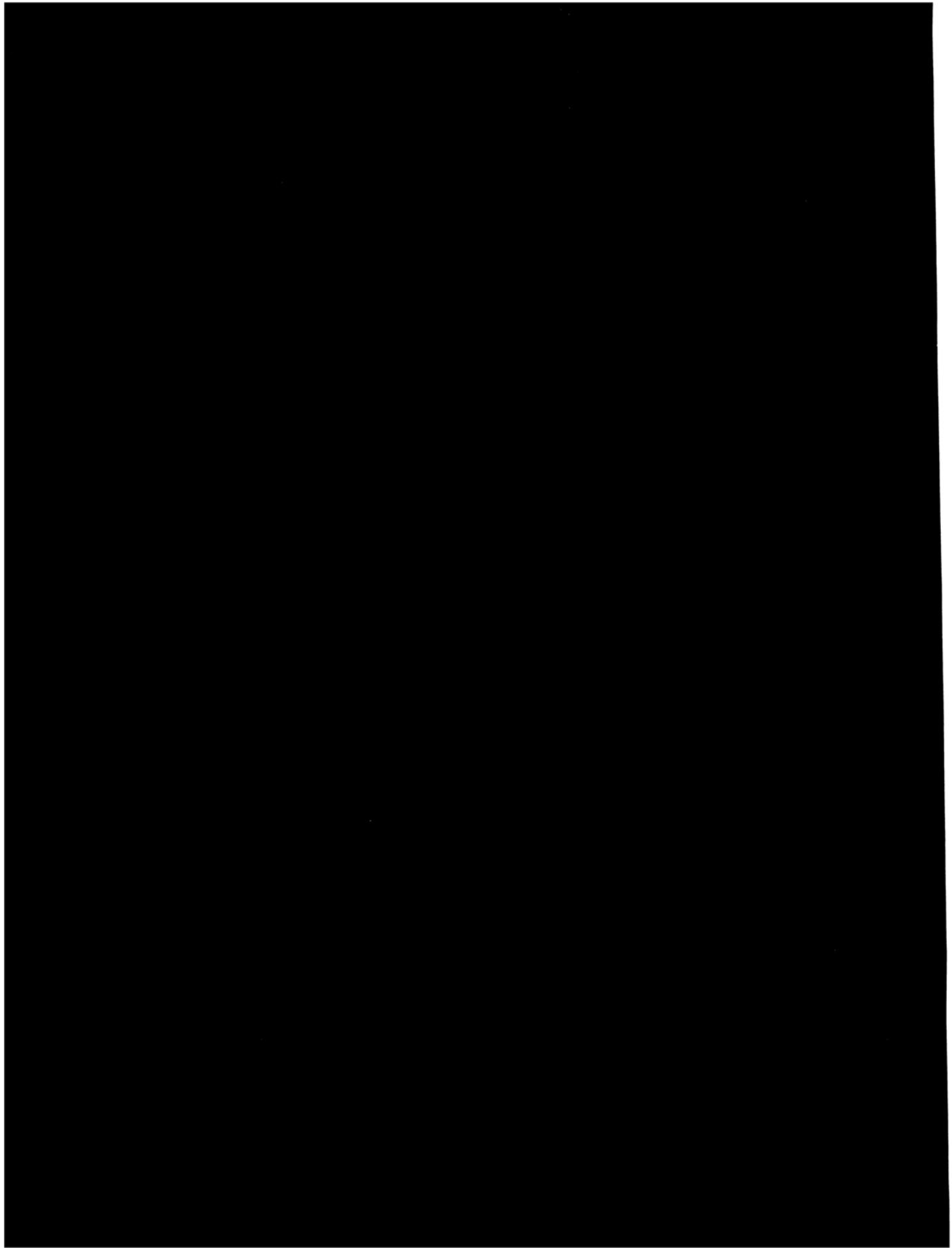
The team who worked directly on the project were: Jenny Wheatley, whose editing style makes a strength out of understatement; Jacque Malouf, who cooked and cooked and still seemed ready for more; and Tabitha Hawkins, whose style and opinions were so perfectly in tune with everything and everyone else. Lucy Gowans contributed clarity and strength both to the project and to the pages. Ditte Isager brought so much alive in the photographs, but particularly those parts that are so difficult to define. My thanks to you all. And for seeing the value in so much talk.

The process of testing recipes is a long one and both Sharon Hearne and Jo McAuley dived into the world of noodles with gusto. My thanks to you both.

Suzanne Doyle keeps me on the straight and narrow more of the time than I think she realizes. The smooth running of this book from my end is largely down to her. Thank you.

My biggest thanks, as ever, are to Sue, Tom, and Ruby. Without you, none of it would be worthwhile.







Noodles are a delicious and nutritious fast food, and this book offers recipes for everything from soup noodles to wrapped noodles and noodle salads. There are also great tips and recipes for entertaining and cooking for children.

- ★ Over 120 delicious new recipes from the noodle experts
- ★ Noodles for every occasion, from soothing soups to sexy dinner party dishes
- ★ "Inspired Japanese fast food par excellence."—*The Times*

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ISBN 978-1-4351-5188-8

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Printed in China