

serves 2

crispy chicken noodles

3½ ounces medium egg noodles
1¼ cups plus 2 tablespoons vegetable oil
1 tablespoon red curry paste (see page 16)
3½ ounces dark chicken meat (leg or thigh), coarsely chopped
2 heads of bok choy, halved lengthwise
small bunch of cilantro, stems finely chopped, leaves reserved
1 tablespoon chopped shallots
salt and white pepper
½ cup chicken stock (see page 13)
½ cup coconut milk
2 teaspoons fish sauce (*nam pla*)
2 handfuls of bean sprouts
1 red chile, thinly sliced
1 tablespoon mint leaves
juice of 1 lime

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Add 1 tablespoon of the oil and toss to mix.

In a small saucepan or wok, heat the 1¼ cups oil until it is hot enough to make a piece of noodle fluff up. Working in small batches, cook the noodles until crispy, drain on paper towels, and transfer to 2 plates.

In a hot wok, heat the remaining tablespoon oil. Add the red curry paste, and stir-fry until it loses its raw aroma, about 30 seconds (do not allow it to catch and burn). Add the chicken, bok choy, cilantro stems, and shallots, season with salt, and stir-fry for 3 minutes. Add the chicken stock, bring to a boil, lower the heat, and add the coconut milk and fish sauce. Simmer until the meat is cooked, about 10 minutes. Check the seasoning.

In a medium bowl, combine the bean sprouts, chile, mint, and reserved cilantro leaves and mix well.

To serve, spoon the chicken mixture on top of the crispy noodles, top with the bean sprout mixture, and drizzle with the lime juice.

serves 2

4½ ounces soba noodles
1 tablespoon vegetable oil
7 ounces boneless duck breast,
skinned and thinly sliced
salt and white pepper
2 garlic cloves, peeled and thinly
sliced
2 tablespoons frozen peas,
defrosted
3 tablespoons *mirin* (see page 11)
2 tablespoons soy sauce
1 tablespoon canned bamboo
shoots, drained
bunch of mint, leaves picked

serves 2

4½ ounces ramen noodles
1 tablespoon vegetable oil
4½ ounces ground pork
6 button mushrooms, sliced
bunch of scallions, cut into
2½-inch lengths
3½ ounces raw, peeled shrimp,
deveined
2 red chiles, seeded and
finely sliced
2 garlic cloves, peeled and minced
with a little salt
2 teaspoons dark brown sugar
1 tablespoon fish sauce (*nam pla*)
1 tablespoon rice vinegar
2 handfuls of bean sprouts
2 tablespoons roughly chopped
cilantro leaves
1 lime, halved

stir-fried duck with soba noodles, peas, and mint

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

In a hot wok, heat the oil, season the duck with salt and pepper, and stir-fry until the meat is cooked, about 3 to 4 minutes.

Add the garlic, peas, *mirin*, and soy sauce and continue to stir-fry until everything looks glossy and reduced, about another minute. Add the noodles and toss to ensure that everything is well combined. Taste and adjust the seasoning.

Divide between 2 bowls and serve scattered with the bamboo shoots and mint.

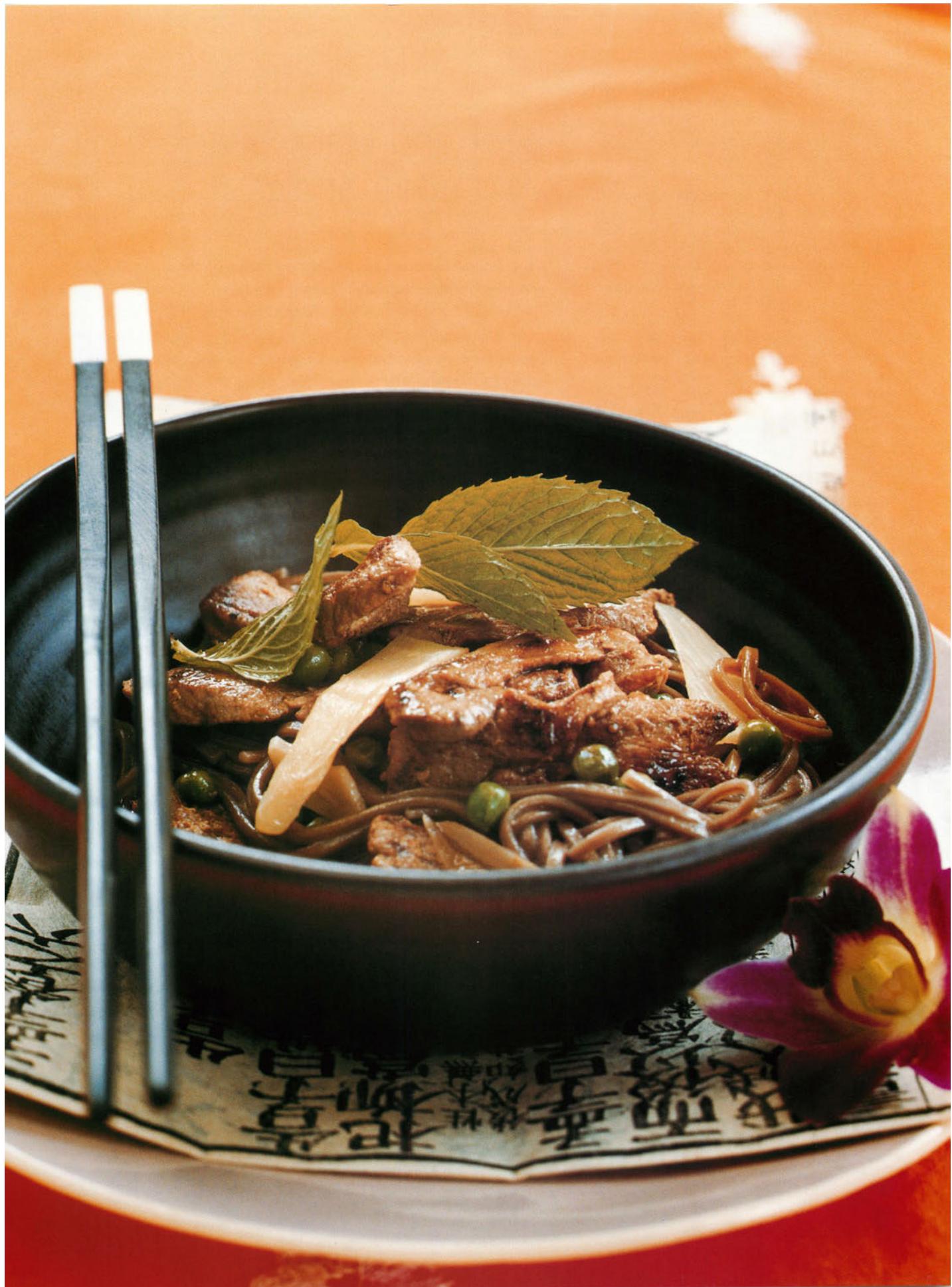
hot and sour pork and shrimp with ramen noodles

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 pork for 3 minutes, then add the mushrooms, scallions, shrimp, chiles, garlic, sugar, fish sauce, and rice vinegar. Stir-fry for another 3 minutes.

Add the noodles and toss to ensure that everything is well combined.

Divide between 2 bowls and serve topped with the bean sprouts and cilantro and a lime half to squeeze over.



serves 2

4½ ounces medium egg noodles
1 tablespoon vegetable oil, plus extra for the noodles
2 teaspoons cornstarch
½ cup chicken stock (see page 13)
1 red onion, peeled and cut vertically into eighths
1 green bell pepper, seeded and cut into 1½-inch squares
3½ ounces beef (boneless top loin steak), finely sliced
2 garlic cloves, peeled and thinly sliced
1½-inch piece of fresh ginger, peeled and finely grated
1 tablespoon black bean sauce
1 red chile, seeded and finely sliced
salt and white pepper

serves 2

for the marinade

½ teaspoon Chinese five-spice powder
2 teaspoons oyster sauce
2 teaspoons soy sauce
1 tablespoon *mirin* (see page 11)
1 teaspoon cornstarch

7 ounces beef (boneless top loin steak), thinly sliced
5 ounces flat Thai-style rice noodles
2 teaspoons vegetable oil
1½-inch piece of fresh ginger, peeled and finely chopped
2 garlic cloves, finely chopped
1 red bell pepper, seeded and cut into strips
2 teaspoons soy sauce
½ cup chicken stock (see page 13)
salt and white pepper
2 scallions, finely sliced

beef and black bean sauce with egg noodles

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Toss with a little oil.

Dissolve the cornstarch in 2 tablespoons of the chicken stock.

In a hot wok, heat the oil and stir-fry the red onion and green bell pepper for 4 minutes. Add the beef, garlic, and ginger and continue to stir-fry for 1 minute. Add the black bean sauce, chile, chicken stock, and dissolved cornstarch. Stir until the sauce thickens, about 1 minute. Taste and adjust the seasoning.

Divide the noodles between 2 bowls. Pour over the beef mixture and serve.

five-spice beef with rice noodles

In a large bowl, combine the marinade ingredients. Add the steak and stir to coat thoroughly. Cover 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 and stir-fry the ginger, garlic, and red bell pepper for 2 minutes.

Add the beef, reserving the marinade. Stir-fry until just cooked, about 2 minutes. Add the marinade along with the soy sauce and chicken stock. Simmer for 2 minutes, taste and check the seasoning, add the noodles, and combine thoroughly.

Divide between 2 bowls and serve sprinkled with the scallions.

serves 2

for the dashi

4-inch piece of *konbu* (kelp)
seaweed
handful of dried bonito flakes
(*katsuo bushi*, see page 11)

for the dipping sauce

3 tablespoons soy sauce
1 tablespoon lemon juice or *mirin*

3½ ounces egg noodles
7 ounces beef (boneless top loin
steak), thinly sliced
4 shiitake mushrooms
3½ ounces enoki mushrooms
2 carrots, peeled and thinly sliced
2 scallions, cut on the
diagonal
handful of baby spinach
2 ounces *kamaboko-aka* (see
page 11), sliced 5mm thick
3½ ounces firm tofu, cubed

heating element to use at the table

poached beef and noodles with mushrooms and tofu

Lightly brush the *konbu* with a damp cloth. Place in a saucepan and cover with 1 quart water. Bring to a boil. Remove from the heat, take out the *konbu*, and discard. Add the bonito flakes, return to the heat, and bring almost to a boil. Remove from the heat and wait for the bonito to sink to the bottom. Strain. If you leave the bonito in for too long, it adds a bitter note. You have now made primary *dashi*.

Bring the *dashi* almost to a boil and transfer to the table over your heating element.

In a small serving bowl, combine the soy sauce and lemon juice to make the dipping sauce. Cook the noodles according to the instructions on the package, drain, refresh under cold water, and transfer to a plate.

Arrange the meat, vegetables, *kamaboko-aka*, and tofu in lines with the noodles at one end.

Each person then "cooks" the various ingredients in the broth. The beef takes very little time, say a minute, while some of the vegetables take 2 or 3 minutes. Dip in the sauce and eat. When you have finished poaching all the ingredients, pile the noodles into your bowl, ladle over the enriched *dashi*, and eat as a soup.

If you are in a hurry, you can skip making the primary dashi and use an instant version, dashi no moto (see page 11). A pan set over a tea light or two makes a good heating element.



serves 2

4 wooden skewers, soaked for
1 hour beforehand

for the marinade

1 lemongrass stalk, outer leaves removed, finely chopped
2 garlic cloves, peeled and minced
1 teaspoon sesame seed, briefly toasted in a hot, dry skillet
1 chile, finely sliced
pinch of sugar
1 tablespoon soy sauce
2 teaspoons fish sauce (*nam pla*)

4½ ounces beef (boneless top loin steak), trimmed and cut into strips
½-inch piece of fresh ginger, peeled and grated
2 teaspoons oyster sauce
1 tablespoon *mirin* (see page 11)
2 teaspoons tahini paste
3½ ounces fresh egg noodles
¼ cup roughly chopped roasted peanuts
handful of cilantro, leaves picked
handful of mint, leaves picked
6 Thai basil leaves
4 Bibb lettuce leaves, roughly chopped
2 scallions, finely sliced

marinated beef skewers and egg noodles

In a medium bowl, combine the marinade ingredients, taste, and season with salt and black pepper if required. Add the beef, mixing to coat well. (This part is important—if you simply toss the beef, it will not take on as much flavor from the marinade.) Cover and set aside for an hour, or better still, place in the fridge overnight.

Thread the beef strips onto the soaked skewers, concertina style. Preheat the broiler to high. Place the skewers on a tray under the broiler and cook for 2 minutes each side; longer if you prefer your meat well done.

In a small bowl, combine the ginger, oyster sauce, *mirin*, and tahini paste to make a thick dressing. Cook the noodles according to the instructions on the package, drain, then return them to the pan and add the dressing and peanuts. Lightly toss to mix. You may need a little hot water if the paste is too thick.

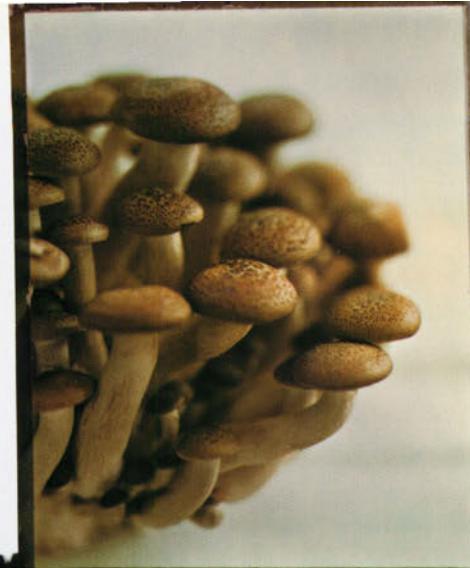
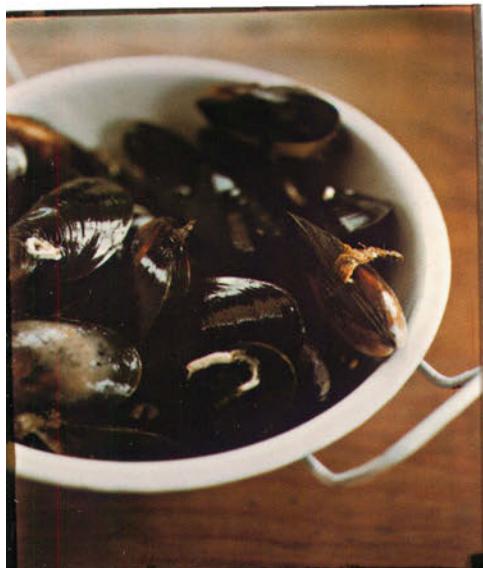
Divide the noodles between 2 plates and top with the broiled meat skewers. Serve sprinkled with the cilantro, mint, basil, and lettuce leaves, and scallions.

desserts

14	wild berry sorbet	£2.75
	2 scoops of wild berry sorbet garnished with fresh blueberries and a sprig of mint	
15	lime and stem ginger tart	£4.25
	sweet citrusy base filled with lime and stem ginger curd. served with crème fraîche and vanilla lime zest	
16	nut reika	£2.95
	3 scoops of dairy coconut ice cream topped with fresh passion fruit sauce and toasted flakes	
17	white chocolate and ginger cheesecake	£4.25
	lite chocolate and glacé stem ginger cheese filling on a crunchy ginger biscuit base topped with white chocolate shavings	
18	chocolate fudge cake	£4.25
	rich chocolate cake with a wasabi and fudge filling. served with dairy vanilla ice cream	
19	natural fruit berries	£1.00
	ask your server today's choice	

* Please choose desserts containing at least one fruit and two sources of fibre.
positive eating + positive living = positive eating are registered trademarks of experience healthy





one-pot

Some dishes are more than soup, but not quite a stir-fry. A little like a casserole or stew. Something hearty and warming. A bit of stir-frying may be involved, but the finished dish tends to be in a pot, hence one-pot. Or one-wok as, confusingly, sometimes a wok is the best pot.

The dishes in this chapter tend to be of a robust nature. Lots of ingredients, lots of flavors, lots of attitude. Which is why we like them. Yet with so many items it is important to retain control.

One-pot cooking suits most of us. Minimal washing up for a start. But there is also a welcome simplicity. No sense of madness with multiple hot-plates on the go. We like a sense of calm and order in our kitchens. It is important.

One-pot cooking is very focused. It allows you to proceed in a very ordered way. Which is a good thing in a kitchen. Why complicate things when they don't need to be?

These dishes are meant to be shared at the table rather than plated up, as we do in the restaurants (or indeed as we suggest in many of the other chapters). That way you get to eat as you want. And a bit more doesn't seem like a dramatic move. Or a bit less for that matter.

These dishes are also a bit slower than elsewhere in this book. There is more of an opportunity for ingredients to get to know each other. Whereas a stir-fry comes hot off the pan, these dishes are far more mellow. Laid-back, even.

serves 2

3½ ounces medium egg noodles
1 tablespoon vegetable oil
2 cups small broccoli florets
1 small onion, peeled and cut vertically into eighths
1¼-inch piece of fresh ginger, peeled and finely grated
1 garlic clove, peeled and minced
1 head of bok choy, leaves separated
2 tablespoons plum sauce
1 red chile, seeded and finely sliced
1 tablespoon soy sauce
½ cup chicken stock (see page 13)
2 teaspoons cornstarch, dissolved in 2 tablespoons of the chicken stock
salt and white pepper

stir-fried greens with plum sauce

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 broccoli and onion for 2 minutes. Add the ginger, garlic, and bok choy, and toss well for 2 to 3 minutes. Add the plum sauce, chile, and soy sauce and cook for another 2 minutes.

Add the chicken stock and dissolved cornstarch and stir until everything thickens, about 30 seconds, then add the noodles. Toss to ensure that everything is well coated, taste and adjust the seasoning, and serve.

serves 2

4½ ounces cellophane noodles
1 tablespoon vegetable oil
1 green chile, finely sliced
1 garlic clove, peeled and minced
1 teaspoon brown sugar
4 shiitake mushrooms, sliced
1 small carrot, peeled and julienned
1 red onion, peeled and cut into thin half-moon slices
½ head of Chinese cabbage, sliced
3 teaspoons soy sauce
juice of ½ lemon
2 teaspoons toasted sesame oil
1 tablespoon finely sliced scallion

stir-fried vegetables with cellophane noodles

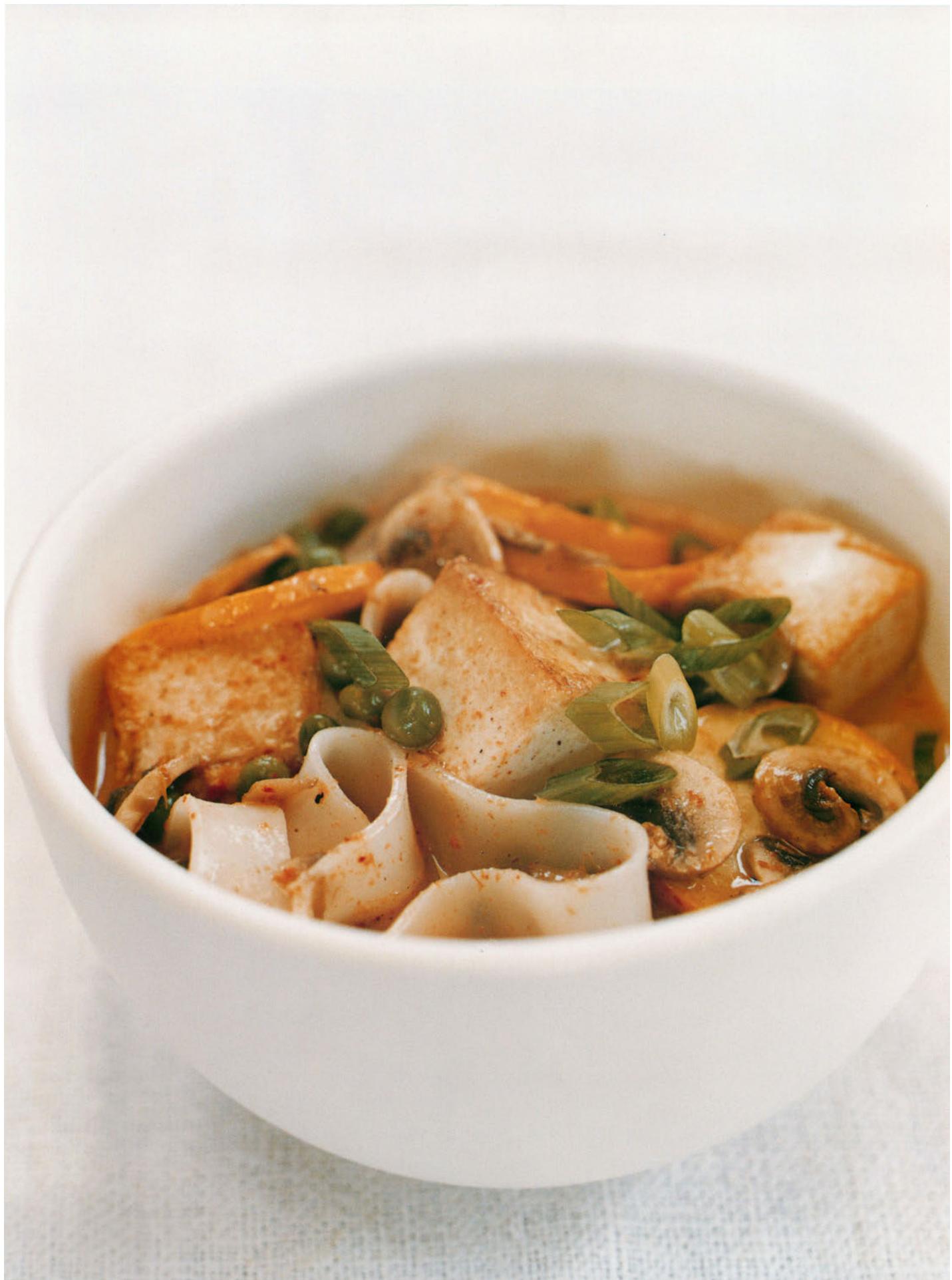
In a medium bowl, soak the noodles in warm water until soft, about 5 minutes. Drain, refresh under cold water, and roughly chop.

Add the vegetable oil to a hot wok over medium heat and stir-fry the chile and garlic for 30 seconds. Add the sugar and cook for another 30 seconds. Turn the heat up and add the mushrooms, carrot, red onion, and Chinese cabbage. Stir-fry until the vegetables just start to color, about 3 to 4 minutes.

Add the noodles and soy sauce and stir-fry until the vegetables are just cooked, about another 3 minutes. Remove from the heat and add the lemon juice and sesame oil, tossing thoroughly to disperse evenly.

Serve sprinkled with the scallion.





serves 2

2 tablespoons vegetable oil
5 ounces firm tofu, cut into 1½-inch
x 1¼-inch x ½-inch slices
1 tablespoon red curry paste
(see page 16)
1½ cups chicken or vegetable stock
(see page 13)
1 tablespoon soy sauce
2 teaspoons sake
½ cup soy milk
2 yellow zucchini, cut into
¼-inch disks
heaping ½ cup frozen peas, defrosted
1 tablespoon finely sliced button

serves 4

3½ ounces cellophane noodles
2 tablespoons soy sauce
2 tablespoons *mirin* (see page 11)
2 tablespoons sake
1 teaspoon sugar
7 ounces tofu, cut into steaks
2 shiitake mushrooms, sliced
1 garlic clove, peeled and finely
chopped
1 heaping cup roughly chopped
broccoli florets
1 leek, sliced
3½ ounces bok choy, roughly
chopped
½ fennel bulb, thinly sliced
2 teaspoons cornstarch
1 teaspoon sesame seed, briefly
toasted in a hot, dry skillet

braised summer vegetables with tofu

In a hot wok, heat the oil and sauté the tofu until well colored, about 2 minutes each side. Remove and set aside.

Pour off the oil and add the curry paste. Cook over medium heat until it starts to lose its raw aroma, about 1 minute. Add the stock, soy sauce, sake, and soy milk, bring to a boil and add the vegetables and fish sauce. Cook over medium heat until the vegetables are just tender but with some bite, about 4 minutes.

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

Divide between 2 bowls. Return the tofu to the wok, check the seasoning, and pour over the noodles. Serve scattered with the scallions.

teriyaki tofu steaks with glazed green vegetables

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. In a wok, heat the soy sauce, *mirin*, sake, and sugar until the sugar dissolves. Add the tofu and mushrooms and simmer for 15 minutes.

Stir in the garlic and vegetables and simmer until just soft, about 10 minutes. Dissolve the cornstarch in 1 tablespoon water and add to the wok to thicken. Simmer for 2 minutes. Stir in the noodles and serve sprinkled with the sesame seed.

serves 2

3½ ounces medium egg noodles
3 tablespoons vegetable oil
3 garlic cloves, peeled and minced
1¼-inch piece of fresh ginger,
peeled and grated
7 ounces mixed mushrooms,
such as enoki, oyster, shiitake,
button, or portobello, trimmed
and large ones torn in half
2 tablespoons canned, drained
bamboo shoots
4½ ounces (about a scant ⅓ cup)
canned water chestnuts,
rinsed, drained, and halved
if large
2 scallions, cut into 1¼-inch lengths
½ red bell pepper, seeded and
thinly sliced
2 tablespoons *tori kara age* sauce
(see page 21)
salt and white pepper
2 handfuls of bean sprouts

mushroom egg noodles

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

In a hot wok, heat 2 tablespoons of the oil over high heat and stir-fry the garlic and ginger for 30 seconds, then add all the mushrooms, bamboo shoots, water chestnuts, scallions, and red bell pepper. Stir-fry until the vegetables are just cooked, about 2 to 3 minutes, remove, and set aside.

Wipe the wok clean and reheat. Add the remaining oil and stir-fry the noodles for 1 minute. Add the *tori kara age* sauce and continue cooking for 2 minutes. Return the mushroom mix and toss through to ensure that everything is heated through. Check the seasoning, top with the bean sprouts, and serve.



serves 2

2 small heads of bok choy,
quartered lengthways
1 cup small broccoli florets
2 ounces wide rice noodles
 $\frac{3}{4}$ cup chicken stock (see page 13)
2 tablespoons *mirin* (see page 11)
3 tablespoons soy sauce
2 teaspoons sugar
1 garlic clove, peeled and mashed
 $\frac{1}{4}$ -inch piece of fresh ginger, peeled
and grated
1 red chile, chopped
handful of finely shredded Chinese
cabbage
handful of snow peas
2 carrots, peeled and thinly sliced
1 small zucchini, thinly sliced
4 shiitake mushrooms, thinly sliced
handful of cilantro leaves

wide noodle hot-pot with seven vegetables

In a saucepan, blanch the bok choy and broccoli in boiling salted water until just tender. Drain and refresh under cold water.

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

In a heavy, lidded saucepan, place the stock, *mirin*, soy sauce, sugar, garlic, ginger, and chile, cover, and bring to a boil. Add the Chinese cabbage, snow peas, carrots, zucchini, and mushrooms and cook until softened but still crunchy, about 4 minutes. Add the blanched vegetables and noodles, check the seasoning, and simmer over gentle heat for 2 minutes. Let rest for 2 minutes, stir in the cilantro, and serve.

serves 2

1 medium eggplant, cut into
 $\frac{3}{4}$ -inch dice
salt and white pepper
4 tablespoons vegetable oil
2 tablespoons finely chopped
shallots
2 red chiles, chopped
3 garlic cloves, peeled and chopped
 $\frac{1}{4}$ -inch piece of fresh ginger,
peeled and finely chopped
3 lemongrass stalks, outer leaves
removed, finely chopped
3 tablespoons *mirin* (see page 11)
2 cups vegetable or chicken stock
(see page 13)
 $3\frac{1}{2}$ ounces *udon* noodles
4 handfuls of baby spinach
bunch of cilantro, leaves picked

eggplant hot-pot

Sprinkle the eggplant with salt, place in a colander, and set aside for 30 minutes. Rinse thoroughly in plenty of cold water and pat dry.

In a hot wok, heat 2 tablespoons of the oil and stir-fry the eggplant until the pieces are golden brown, about 5 to 6 minutes. (You may need to do this in batches; if the wok is overcrowded everything will stew.) Remove and drain on paper towels.

Reheat the wok, then add the remaining oil and stir-fry the shallots, chile, garlic, ginger, and lemongrass for 3 minutes. Add the eggplant, *mirin*, and stock and season with salt and pepper.

Reduce the heat and simmer for 10 minutes. Add the noodles and spinach and cook until the noodles are just tender and the liquid has thickened, about 6 to 8 minutes. Stir in the cilantro, check the seasoning, and serve.

serves 2

7 ounces raw, peeled shrimp,
deveined
1 tablespoon lemon juice
1 teaspoon peeled and minced
fresh ginger
4 garlic cloves, peeled and mashed
 $\frac{3}{4}$ cup chicken stock (see
page 13)
2 tablespoons *mirin* (see page 11)
2 tablespoons soy sauce
2 tablespoons chili *ramen* sauce
(see page 18)
2 teaspoons cornstarch
3 $\frac{1}{2}$ ounces *udon* noodles
2 tablespoons vegetable oil
1 small onion, peeled and
thinly sliced
1 teaspoon hot chili paste
generous handful of baby spinach
generous handful of bean sprouts

hot and sour shrimp noodles

In a medium bowl, toss the shrimp with the lemon juice, ginger, and half the garlic. Cover and set aside for 30 minutes. Combine the chicken stock, *mirin*, soy sauce, chili *ramen* sauce, and cornstarch and set aside.

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

Heat a wok over high heat, add 1 tablespoon of the oil, and stir-fry the shrimp until cooked, about 2 minutes. Remove and set aside.

Wipe the wok clean and reheat over medium heat, adding the remaining oil. Stir-fry the onion and remaining garlic with the chili paste until softened and just coloring, about 2 minutes. Add the chicken stock mixture and simmer for 3 minutes, stirring constantly.

When the sauce has thickened, add the shrimp, noodles, and spinach. Mix gently for 1 minute to ensure that everything is heated through, top with the bean sprouts, and serve.



serves 2

3½ ounces *udon* noodles
2 tablespoons soy sauce
1 tablespoon *mirin* (see page 11)
2 teaspoons fish sauce (*nam pla*)
1¼-inch piece of fresh ginger,
peeled and grated
12 small clams, rinsed and drained
3½ ounces shiitake mushrooms, cut
into ½-inch strips
5 ounces sea bass (branzini) fillets,
cut into ½-inch pieces
8 raw shrimp, peeled but tails
on and deveined
1 sheet of dried *nori* seaweed,
cut into ½-inch strips
3½ ounces tofu, cubed
1 small head Bibb lettuce, shredded
salt and white pepper
½ roll (3½ ounces) *kamaboko-aka*
(see page 11), in ½-inch slices

serves 2

3½ ounces rice noodles
2 tablespoons vegetable oil
2 large eggs, lightly beaten and
seasoned
7 ounces raw, peeled shrimp,
deveined
2 garlic cloves, peeled and finely
chopped
1 chile, seeded and finely chopped
1 tablespoon fish sauce (*nam pla*)
1 tablespoon soy sauce
½ teaspoon brown sugar
handful of bean sprouts
2 teaspoons dried shrimp, rinsed
2 scallions, finely sliced
salt and white pepper
1 tablespoon chopped roasted
peanuts
small bunch of cilantro,
leaves picked
1 lime, halved

seafood stew

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

Heat a heavy, lidded saucepan over medium heat. Combine the soy sauce, *mirin*, fish sauce, and ginger with ¾ cup water and add to the pan. When the mixture is boiling, add the clams. Put the lid on and steam until the shells start to open, about 2 minutes. Lift out the clams.

Add the mushrooms and sea bass, cover, and cook for 2 minutes. Add the shrimp and cook for another 2 minutes with the lid on. Return the clams along with the seaweed, noodles, tofu, and lettuce. Season with salt and pepper, cover, and allow to sit for another 3 minutes. Discard any clams that remain closed.

Serve with the slices of *kamaboko-aka* scattered over.

sweet and sour shrimp noodles

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

In a hot wok, heat 1 tablespoon of 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.

Heat the remaining oil in the hot wok and stir-fry the shrimp, garlic, and chile until cooked, a scant 2 minutes. Add the fish sauce, soy sauce, sugar, and noodles and stir-fry for 1 minute. Add the bean sprouts, dried shrimp, scallions and reserved egg strips, toss well, and check the seasoning. Serve topped with the peanuts and cilantro and the lime halves.

serves 2

5 ounces wide rice noodles
1 tablespoon vegetable oil
1 onion, peeled and thinly sliced
1¼-inch piece of fresh ginger,
peeled and grated
3 garlic cloves, peeled and minced
1 green chile, seeded and finely
chopped
½ teaspoon turmeric
2 star anise
large bunch of cilantro, leaves
picked, stems finely chopped
¾ cup coconut milk
1 pound mussels, scrubbed and
debearded

spiced mussels with wide rice 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 and stir-fry the onion until softened and just catching color, about 2 minutes. Add the ginger, garlic, chile, and turmeric and cook for another minute, taking care not to let the mixture catch on the bottom.

Add the star anise and cilantro stems and continue cooking for 30 seconds before adding the coconut milk. Bring to a boil, reduce the heat, and let simmer so that everything thickens, about 1 minute.

Add the mussels, turn up the heat, and cover. Cook until the mussels start to open, about 5 minutes. Remove the cover, stir in the noodles, and toss to ensure that everything is heated through and well coated. Discard any mussels that remain closed.

Serve scattered with the reserved cilantro leaves.





serves 2

3½ ounces rice noodles
1 tablespoon vegetable oil
2 garlic cloves, peeled and minced
1 red onion, peeled and thinly sliced
1 small head of broccoli, broken into florets
4 asparagus spears, trimmed
5 ounces prepared squid, scored and cut into 1¼-inch pieces
1 tablespoon soy sauce
1 teaspoon cornstarch
¾ cup chicken stock (see page 13)
salt and white pepper
1 red chile, finely sliced

squid, broccoli, and asparagus

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Toss with 1 teaspoon of the oil.

In a hot wok, heat the remaining oil and stir-fry the garlic, red onion, broccoli, asparagus, and squid until they just start to color, about 4 to 5 minutes. Combine the soy sauce and cornstarch. Add the chicken stock and the cornstarch mixture and simmer for 3 minutes. Add the noodles to the pan. Stir to ensure everything is well coated, and check the seasoning.

Serve with a scattering of the sliced chile.

serves 2

3½ ounces rice noodles
2 tablespoons vegetable oil
2 large eggs, beaten and seasoned
12 raw, peeled shrimp, deveined
salt and white pepper
6 shiitake mushrooms, sliced
6 scallions, cut into 1¼-inch lengths
2 garlic cloves, peeled and minced
3 tablespoons hoisin sauce
3 tablespoons chicken stock (see page 13)
1½ cups spinach leaves
2 handfuls of bean sprouts

shrimp, mushroom and spinach noodles

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

In a hot wok, heat 1 tablespoon of 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.

Clean the wok and reheat. Heat the remaining oil, season the shrimp and stir-fry for 2 to 3 minutes. Add the mushrooms and scallions and stir-fry for 1 minute. Add the garlic and, 10 seconds later, the hoisin sauce and stock. Bring to a boil, cook for 1 minute, and then add the spinach. Cook until the shrimp are done, another 2 minutes.

Fold in the noodles and shredded egg, check the seasoning, and serve topped with the bean sprouts.

serves 2

3½ ounces medium egg noodles
1 tablespoon vegetable oil
2 garlic cloves, peeled and roughly chopped
1¼-inch piece of fresh ginger, peeled and grated
1 chile, seeded and finely sliced
7 ounces raw, peeled shrimp, deveined
bunch of cilantro, leaves picked, stems finely chopped
salt and white pepper
1 tablespoon oyster sauce
1 tablespoon *mirin* (see page 11)
1 tablespoon fish sauce (*nam pla*)
10 canned water chestnuts, rinsed and drained
1 teaspoon toasted sesame oil

serves 2

3½ ounces rice vermicelli
1 tablespoon vegetable oil
3 ounces prepared squid, cut into 1¼-inch pieces
6 raw, unpeeled shrimp, deveined
salt and white pepper
¾ cup coconut milk
2 teaspoons dried shrimp, well rinsed
2 teaspoons fish sauce (*nam pla*)
1 tablespoon soy sauce
1 chile, finely sliced
1¼-inch piece of fresh ginger, peeled and grated
12 mussels, scrubbed and debearded
bunch of cilantro, leaves picked

spiced shrimp with egg noodles and water chestnuts

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Toss with 1 teaspoon of the vegetable oil.

In a hot wok, heat the remaining vegetable oil and add the garlic. Sauté for 30 seconds, then remove the garlic from the pan and reserve. Add the ginger, chile, shrimp, and the cilantro stems, season with salt and pepper, and stir-fry until the shrimp are cooked, about 2 to 3 minutes.

Add the cooked noodles along with the oyster sauce, *mirin*, fish sauce, water chestnuts, and sesame oil and simmer for 1 minute, stirring to combine and coat. Remove from the heat, stir in the reserved cilantro leaves, and check the seasoning. Serve scattered with the reserved garlic.

thai-style seafood noodle curry

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

In a hot wok, heat the oil. Season the squid and shrimp with salt and stir-fry until cooked, about 2 to 3 minutes. Remove and set aside.

Add the coconut milk, dried shrimp, fish sauce, soy sauce, chile, and ginger to the wok and bring to a boil. Add the mussels and as soon as they start to open add the noodles. Stir well to ensure that everything is well combined, then add the reserved seafood. Discard any mussels that remain closed. Toss gently, check the seasoning, and serve scattered with the cilantro leaves.





serves 2

1 tablespoon vegetable oil
2 teaspoons finely chopped shallots
2 teaspoons red curry paste (see page 16)
 $\frac{1}{2}$ cup coconut milk
1 teaspoon dark brown sugar
2 teaspoons fish sauce (*nam pla*)
finely grated zest and juice of 1 lime, plus 1 lime, cut into wedges
2 skinless salmon fillets, about $3\frac{1}{2}$ ounces each
small handful of Thai basil leaves
small handful of mint leaves
 $3\frac{1}{2}$ ounces wide rice noodles

salmon curry with rice noodles

Heat a sauté pan large enough to accommodate the salmon over medium heat. Add the oil and shallots and cook until soft without coloring, about 2 minutes.

Add the red curry paste and continue to cook for 2 minutes, stirring constantly. Add the coconut milk, sugar, fish sauce, and the lime zest and juice. Bring to a boil, then reduce to a gentle simmer for 5 minutes. Taste and adjust the seasoning.

Ease the salmon fillets into the sauce and gently poach until the fish is cooked, about 8 to 10 minutes (depending on the thickness). Add the basil and mint.

Cook the noodles according to the instructions on the package and drain immediately. Gently stir the noodles into the pot. Serve with the lime wedges on the side.

serves 2

for the marinade

2 teaspoons soy sauce
pinch of sugar
2 teaspoons *mirin* (see page 11)
2 teaspoons vegetable oil

salt and white pepper
7 ounces salmon fillets, cutlets, or
tail end, cut into 2 pieces
3½ ounces *ramen* noodles
1 tablespoon vegetable oil
1 onion, peeled and finely sliced
1 small red bell pepper, seeded and
thinly sliced
1¼-inch piece of fresh ginger,
peeled and grated
2 garlic cloves, peeled and minced
1 tablespoon black bean sauce
1 red chile, seeded and finely
sliced
1 cup chicken stock (see page 13)
2 teaspoons cornstarch,
dissolved in 2 tablespoons
cold water
2 heads of bok choy, sliced very
thinly lengthwise

marinated salmon, bok choy, and black bean sauce

In a medium bowl, combine the marinade ingredients and season with salt and pepper. Add the salmon and turn to coat thoroughly. Cover 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.

Preheat the broiler or grill to high. Remove the salmon pieces (reserve the marinade) and cook the salmon until cooked through, turning once, about 5 minutes.

In a hot wok, heat the vegetable oil, and stir-fry the onion, red bell pepper, ginger, and garlic for 1 minute. Add the black bean sauce, chile, chicken stock, reserved marinade, and dissolved cornstarch and simmer for 2 minutes. Stir in the noodles and bok choy until the bok choy has wilted, about another minute.

Top with the salmon and serve.

serves 2

for the marinade

- 1½-inch piece of fresh ginger,
peeled and grated
- 3 garlic cloves, peeled and grated
- 1 tablespoon *mirin* (see page 11)
- 2 teaspoons fish sauce (*nam pla*)

- 7 ounces monkfish fillet, cut into
½-inch disks
- 3½ ounces thin egg noodles
- 3 cups broccoli florets
- salt and white pepper
- 1 tablespoon vegetable oil
- 2 tablespoons oyster sauce
- 4 scallions, finely sliced
- 1 red chile, finely sliced
- 2 teaspoons sesame seed, briefly
toasted in a hot, dry skillet
- 2 teaspoons toasted sesame oil

marinated monkfish with broccoli and oyster sauce

In a medium bowl, combine the marinade ingredients. Add the monkfish to the marinade, and turn to coat thoroughly. Cover and set aside for a few hours in the fridge; overnight is even better.

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. In a saucepan, blanch the broccoli in boiling salted water until just tender, drain, and refresh under cold water.

In a hot wok, heat the vegetable oil and stir-fry the monkfish for 2 minutes. Add the broccoli and stir-fry for 1 minute. Add the oyster sauce, check the seasoning, then stir in the drained noodles.

Serve scattered with the scallions, chile, sesame seed and a drizzle of sesame oil.

serves 2

- 3½ ounces *somen* noodles
- 7 ounces spinach
- 1½-inch piece of fresh ginger,
peeled and grated
- 1 tablespoon soy sauce
- 2 garlic cloves, peeled and
thinly sliced
- juice of 1 lemon
- 1 teaspoon fish sauce (*nam pla*)
- 1 teaspoon rice vinegar
- 1 tablespoon vegetable oil
- 4 scallions, cut into 1½-inch lengths
- 2 teaspoons cornstarch, seasoned
with salt and white pepper
- 7 ounces sea bass (*branzini*) fillets
(skin on), cut into bite-size
pieces
- 2 teaspoons toasted sesame oil
- 1 teaspoon sesame seed, briefly
toasted in a hot, dry skillet

stir-fried sea bass with spinach and scallions

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

In a saucepan, blanch the spinach in boiling salted water until just wilted, about 30 seconds. Drain, refresh under cold water, and squeeze gently. Fluff up the spinach and set aside.

In a small bowl, combine the ginger, soy sauce, garlic, lemon juice, fish sauce, and rice vinegar. In a hot wok, heat the vegetable oil and stir-fry the scallions until they just start to color, about 1 minute.

Dust the sea bass with the seasoned cornstarch. Add to the pan and stir-fry for until the fish is almost cooked, about 2 to 3 minutes. Add the spinach, noodles, and the ginger mixture and cook until everything is amalgamated and bubbling. Remove from the heat, pour over the sesame oil, and serve scattered with the sesame seed.

serves 2

½ teaspoon szechwan peppercorns
½ teaspoon black peppercorns
7 ounces ramen noodles
1 tablespoon vegetable oil
2 small red onions, peeled and cut vertically into eighths
2 teaspoons oyster sauce
2 teaspoons hoisin sauce
1 teaspoon cornstarch, dissolved in 2 tablespoons water
juice of 1 lime
5 ounces skinless mackerel fillet, cut into bite-size pieces
handful of bean sprouts

peppered mackerel with ramen noodles

Heat a dry skillet and toast the peppercorns together until they release their aromas. Transfer to a pestle and mortar and crush.

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 crushed peppercorns and red onions until the onions start to color, about 4 minutes.

Combine the oyster sauce, hoisin sauce, cornstarch, and lime juice. Add this mixture and the mackerel to the wok and stir-fry until the fish is cooked, about 2 minutes. Add the noodles and toss well to ensure everything is well coated.

Serve topped with the bean sprouts.

serves 2

3½ ounces medium egg noodles
1 tablespoon vegetable oil
1 tablespoon shallots, peeled and cut into half-moon slices
1¼-inch piece of fresh ginger, peeled and finely chopped
2 garlic cloves, peeled and chopped
3½ ounces ground chicken
3½ ounces raw, peeled shrimp, deveined
handful of finely sliced Chinese cabbage
¾ cup chopped canned water chestnuts
1 large egg, lightly beaten and seasoned
1 tablespoon curry powder
2 tablespoons soy sauce
1 tablespoon *mirin* (see page 11)
1 teaspoon sugar
handful of bean sprouts
2 tablespoons oyster sauce
2 teaspoons toasted sesame oil
2 scallions, finely sliced

shrimp and chicken 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 and stir-fry the shallots, ginger, and garlic for 1 minute. Add the chicken, shrimp, Chinese cabbage, and water chestnuts and stir-fry for 2 minutes. Add the egg, stirring it into the other ingredients for about 30 seconds.

Add the curry powder, soy sauce, *mirin*, and sugar along with the noodles and bean sprouts and toss everything to heat through for 1 minute. Remove from the heat and stir in the oyster sauce and sesame oil.

Serve topped with the scallions.





serves 2

chicken curry noodles

3 tablespoons vegetable oil
5 ounces boneless, skinless chicken breast, diced
1 zucchini, diced
 $\frac{1}{2}$ small eggplant, diced
2 scallions, cut into $\frac{1}{2}$ -inch pieces
1 garlic clove, peeled and finely chopped
 $1\frac{1}{4}$ -inch piece of fresh ginger, peeled and finely chopped
1 tablespoon green curry paste (see page 18)
1 cup chicken stock (see page 13)
 $\frac{3}{4}$ cup coconut milk
1 tablespoon fish sauce (*nam pla*)
 $3\frac{1}{2}$ ounces medium egg noodles
juice of 1 lime
salt and white pepper
2 tablespoons roughly chopped cilantro
2 tablespoons unsalted peanuts

In a hot wok, heat 1 tablespoon of the vegetable oil over medium heat and stir-fry the chicken until golden brown, about 3 to 4 minutes. Remove and set aside.

Add the remaining oil to the wok and stir-fry the zucchini and eggplant until golden brown, about 4 minutes. The eggplant tends to soak up the oil at first and then release it.

Add the scallions, stir-fry for 1 minute, and then add the garlic and ginger. Cook for 1 minute and then stir in the curry paste.

Pour in the chicken stock, coconut milk, and fish sauce, bring to a boil and simmer for 10 minutes. Add the noodles and reserved chicken and cook until the noodles are tender, about 4 minutes. Add the lime juice and check the seasoning.

Serve sprinkled with the cilantro and peanuts.

serves 2

3½ ounces raw, peeled shrimp,
deveined
2 ounces rice vermicelli
vegetable oil, for frying
2 tablespoons finely chopped
shallots
3 garlic cloves, peeled and finely
sliced
pinch of crushed red pepper
(or to taste)
7 ounces ground pork
large handful of bean sprouts
½ teaspoon light brown sugar
1 tablespoon fish sauce (*nam pla*)
1 tablespoon *mirin* (see page 11)
small handful of cilantro leaves
juice of 1 lime

stir-fried shrimp and pork with crispy noodles

Butterfly the shrimp: Cut each one lengthwise almost right the way through, and open out the 2 halves.

Put the vermicelli into a small plastic food bag and break into short lengths. Heat 1¼ inches of oil in a wok to 350°F (drop in a piece of vermicelli: it will puff up if the oil is hot enough). Cook the noodles in batches: they puff up immediately, so you need to extract them quickly. Drain on paper towel as they are cooked.

In a hot wok, heat 1 tablespoon oil and stir-fry the shallots for 1 minute. Add the garlic, crushed red pepper, and pork and continue stir-frying until the pork is almost cooked, another 2 minutes. Add the shrimp, bean sprouts, sugar, fish sauce, and *mirin* and continue stir-frying until the shrimp are cooked, about another 2 to 3 minutes. Toss the cilantro through.

Serve the pork and shrimp mixture on top of the noodles with the lime juice squeezed over.

serves 2

3½ ounces pork tenderloin,
thinly sliced
2 garlic cloves, peeled and crushed
2 tablespoons soy sauce
½ cup plus 1 tablespoon
basmati rice
4 small dried shiitake mushrooms
1 tablespoon vegetable oil
3½ ounces raw, peeled shrimp,
deveined
2 cups chicken stock (see
page 13)
1 tablespoon fish sauce (*nam pla*)
3 ounces medium egg noodles,
broken into 1½-inch lengths
2 bok choy, quartered lengthwise
salt and white pepper
1 lime, cut into wedges

pork, shrimp, rice and noodle hot-pot

In a medium bowl, combine the pork, garlic, and soy sauce and set aside.

Rinse the rice in plenty of cold water and let stand, covered by a good few inches of cold water for 30 minutes, or an hour if possible.

Place the mushrooms in a small heatproof bowl, pour boiling water over them, and set aside until soft, about 20 minutes. Slice the mushrooms, reserving the liquid.

In a hot wok, heat the oil and sauté the pork, garlic, and soy sauce for 1 minute. Stir in the shrimp, mushrooms, and mushroom liquid, and sauté for another minute. Add the stock and fish sauce. Bring to a boil, add the rice, and cook gently for about 5 minutes, then add the noodles and bok choy and continue cooking until both the rice and noodles are cooked, about another 4 minutes.

Check the seasoning and serve with the lime wedges.

If you don't soak the rice it takes much longer to cook, which makes adding the noodles at the right time difficult.





serves 2

stir-fried pork noodles

for the marinade

1 garlic clove, peeled and chopped
then crushed with a little salt
1¼-inch piece of fresh ginger,
peeled and grated
1 tablespoon soy sauce

3½ ounces pork tenderloin, cut into
thin strips
5 ounces rice vermicelli
1 tablespoon dried shrimp, well
rinsed
handful of green beans, trimmed
1 tablespoon vegetable oil
¾ cup finely sliced button mushrooms
2 handfuls of spinach
soy sauce
2 scallions, finely sliced

In a medium bowl, combine the marinade ingredients. Add the pork, toss well, cover, and set aside for 1 hour or so; overnight in the fridge is even better.

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

In a small heatproof bowl, soak the shrimp in boiling water for 10 minutes, then strain, reserving the liquid. In a saucepan, cook the beans in salted water until just tender but with some bite, drain, and refresh under cold water.

In a hot wok, heat the oil and stir-fry the mushrooms, pork, and its marinade for 3 minutes. Add the beans and spinach and stir-fry until wilted, about 1 minute. Add the vermicelli and reserved shrimp liquid and season with soy sauce to taste.

Serve with the reserved shrimp and scallions scattered over the top.

serves 2

marinated pork and cellophane noodles

for the marinade

1 tablespoon soy sauce
1 tablespoon *mirin* (see page 11)
1 teaspoon chili oil
2 teaspoons peeled and grated
fresh ginger
2 garlic cloves, peeled and crushed

7 ounces pork tenderloin,
trimmed and sliced
3 ounces cellophane noodles
2 tablespoons vegetable oil
4 scallions, cut into 1¼-inch
pieces
2 heads of bok choy, roughly
chopped
small bunch of cilantro, roughly
chopped
1 teaspoon cornstarch
½ cup chicken stock (see page 13)
salt and white pepper

In a medium bowl, combine the marinade ingredients, add the pork, and stir to combine well. Cover and leave for 30 minutes; overnight in the fridge is even better. Drain and reserve the excess marinade.

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

In a wok, heat the oil, then add the pork and stir-fry to seal, 2 minutes. Add the scallions, bok choy, and cilantro and stir-fry for another minute.

Mix the cornstarch with a little of the chicken stock. Add this to the wok with the remaining stock and the reserved marinade, and cook for 1 minute. Add the noodles and continue cooking until everything is thick and syrupy. Taste and adjust the seasoning before serving.

serves 2

for the marinade

- 1¼-inch piece of fresh ginger,
peeled and grated
- 2 garlic cloves, peeled and minced
or grated
- 1 tablespoon soy sauce
- 3½ ounces pork tenderloin,
trimmed and cut into strips
- salt and white pepper
- 5 ounces rice noodles
- 2 tablespoons vegetable oil
- 2½ ounces tofu, in one piece
- ¼ cup unsalted peanuts
- 1 garlic clove, peeled and crushed
- 1 small red onion, peeled and
thinly sliced
- 1 green chile, seeded and
thinly sliced
- 1 cup bean sprouts
- 2½ ounces Chinese flowering
chives (see page 11),
finely sliced
- 1 tablespoon dark soy sauce
- cilantro leaves

marinated pork and tofu with rice noodles

In a medium bowl, combine the marinade ingredients. Add the pork, mix thoroughly, and season. Cover and set aside for 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 1 tablespoon of the oil, season the tofu, and fry, turning, until golden brown all over, about 2 minutes. Remove and let cool. Add the peanuts to the hot oil and stir-fry until golden brown, about 30 seconds, then set aside to drain on a few paper towels.

Wipe the wok clean with paper towels, reheat, then add the remaining oil. Drain and reserve the marinade from the pork. Add the garlic to the wok and stir-fry for a few seconds. Add the meat and stir-fry for 1 minute to seal. Add the onion to the wok and continue cooking until soft and just beginning to color, about 2 to 3 minutes. Add the chile and stir-fry for 30 seconds. Add the noodles, bean sprouts, Chinese chives, and half the peanuts. Add the dark soy sauce and reserved marinade and continue cooking for another 3 minutes.

Thinly slice the tofu into 4 and add, tossing gently so that the tofu doesn't break up too much. Serve scattered with the remaining peanuts and the cilantro leaves.

serves 2

3½ ounces rice vermicelli
3 tablespoons vegetable oil
2 teaspoons finely chopped shallots
1 garlic clove, peeled and thinly sliced
½ inch piece of fresh ginger, peeled and finely chopped
1½ ounces pork tenderloin, julienned
pinch of crushed red pepper
2 shiitake mushrooms, sliced
1 tablespoon soy sauce
3 ounces raw, peeled shrimp, deveined and halved lengthwise
½ teaspoon sugar
1 large egg, lightly beaten
½ cup bean sprouts
2 ounces (about ¼ cup) canned chestnuts, drained, rinsed and roughly chopped
2 scallions, green parts included, finely sliced
cilantro leaves

pork, shrimp, and mushroom noodles

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

Heat the oil in a hot wok. When almost smoking, add the shallots, garlic, and ginger and stir-fry for 1 minute, then add the pork, crushed red pepper, and mushrooms. Stir-fry for another 2 minutes, then add the soy sauce. Add the shrimp and stir-fry for another minute.

Add 2 tablespoons water, the sugar, and the egg. Stir-fry so the egg just cooks and remove from the heat. Add in the noodles, bean sprouts, and chestnuts and top with the scallions and cilantro.

serves 2

spiced beef noodles

7 ounces *udon* noodles
7 ounces beef (boneless top loin or sirloin steak), cut into strips $\frac{1}{8}$ inch thick
1 tablespoon cornstarch
salt and white pepper
2 tablespoons vegetable oil
1 $\frac{1}{4}$ -inch piece of fresh ginger, peeled and grated
4 handfuls of baby spinach
2 scallions, cut into $1\frac{1}{2}$ -inch lengths
1 tablespoon soy sauce
1 red chile, seeded and finely sliced
2 teaspoons toasted sesame oil
1 teaspoon 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.

Put the beef, cornstarch, and salt and pepper in a plastic food bag and toss the meat to coat. Set aside.

In a hot wok, heat the vegetable oil, add the ginger, and cook for 30 seconds. Add the beef and stir-fry until it is just cooked, about 2 minutes.

Add the spinach, scallions and 1 tablespoon water and toss for 1 minute so that everything is just wilted. Add the soy sauce and chile. Taste and adjust the seasoning. Add the noodles, toss to ensure that everything is combined, and top with the toasted sesame oil and sesame seed.





serve 2

3 ounces *ramen* noodles
5 ounces beef tenderloin
2 garlic cloves, peeled and minced
1 red chile, thinly sliced
1 tablespoon rice vinegar
1 tablespoon soy sauce
 $2\frac{1}{4}$ cups chicken stock (see page 13) or beef stock
 $\frac{1}{2}$ small red onion, peeled and thinly sliced
2 handfuls of bean sprouts
2 teaspoons toasted sesame oil
1 teaspoon sesame seed, briefly toasted in a hot, dry skillet

hot and sour beef ramen

Cook the noodles according to the instructions on the package, drain, and refresh under cold water. Slice the beef as thinly as possible.

In a large saucepan, put the garlic, chile, rice vinegar, and soy sauce with the stock. Bring to a boil, simmer for 2 minutes, then add the beef and cook for a scant minute.

Add the noodles and swirl everything about. Top with the red onion, bean sprouts, and toasted sesame oil and seed, and serve.

serves 2

for the marinade

1 red chile, seeded and sliced
 $1\frac{1}{4}$ -inch piece of fresh ginger, peeled and grated
1 garlic clove, peeled and sliced
 $\frac{1}{2}$ teaspoon sugar
finely grated zest and juice of 1 lime
2 teaspoons cornstarch
1 tablespoon vegetable oil

7 ounces beef (boneless sirloin steak), trimmed of any fat and cut into thin strips
 $3\frac{1}{2}$ ounces medium egg noodles
 $2\frac{1}{4}$ cups small broccoli florets
salt and white pepper
2 tablespoons vegetable oil
1 tablespoon finely sliced shallots
1 tablespoon *mirin* (see page 11)
1 teaspoon fish sauce (*nam pla*)
soy sauce
 $\frac{1}{2}$ teaspoon sesame seed, briefly toasted in a hot, dry skillet

stir-fried chili beef with broccoli

In a medium bowl, combine the marinade ingredients, add the steak, and toss well to combine. Cover 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.

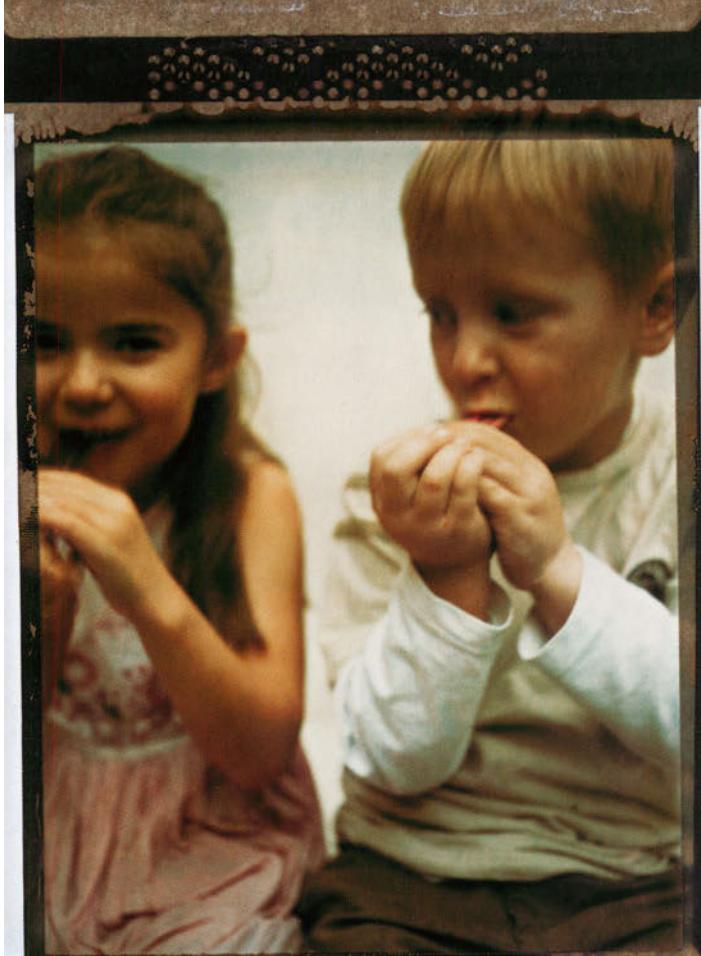
In a saucepan, blanch the broccoli in boiling salted water until just cooked, about 2–3 minutes. Drain and refresh under cold water.

In a hot wok, heat the oil over high heat and stir-fry the shallots until they just start to color, about 30 seconds. Add the beef and its marinade and continue to cook for another 2 minutes. Add the noodles, broccoli, *mirin*, fish sauce, and 1 tablespoon soy sauce and continue to stir-fry until the meat is cooked and everything is heated through, about another 2 minutes. Season to taste with salt and pepper and soy sauce.

Sprinkle with the sesame seed and serve.







noodles for children

Children love noodles. They are so easygoing (the noodles that is). You can eat, slurp, and suck, use chopsticks, fingers or a fork. The noodles don't mind and nor do the children. As adults these things seem to matter—sort of. But children see beyond that. It is a good partnership.

Noodles are not fussy; they just know what they like. A similarity there from the start. Children get on with things and noodles like that. There is an honesty, an immediacy, which is refreshing. Why make a big fuss over something when there is no need to? What is a noodle other than food? And rather a nice one at that.

The recipes in this chapter tend to be short and stick to easy ingredients, the kind that children tell us they like. This makes them easy to cook, so if the occasion allows, your children can join in too. It is bonding of the best kind. Getting to know your food is, after all, a sure way of feeling involved. Which makes saying yes, or yum for that matter, so much easier.

Short ingredient lists still mean the rather more complex tastes of soy sauce and ginger, garlic and sesame can come into play. Perhaps in muted form. The idea is to encourage exploration. A sense of adventure.

We've tried to keep things simple in this chapter. A kind of introduction. On the basis that enthusiasm and experience is likely to lead to a sense of adventure when other chapters can play a role. After all, children never stay the same. At least that is what we have found.



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.

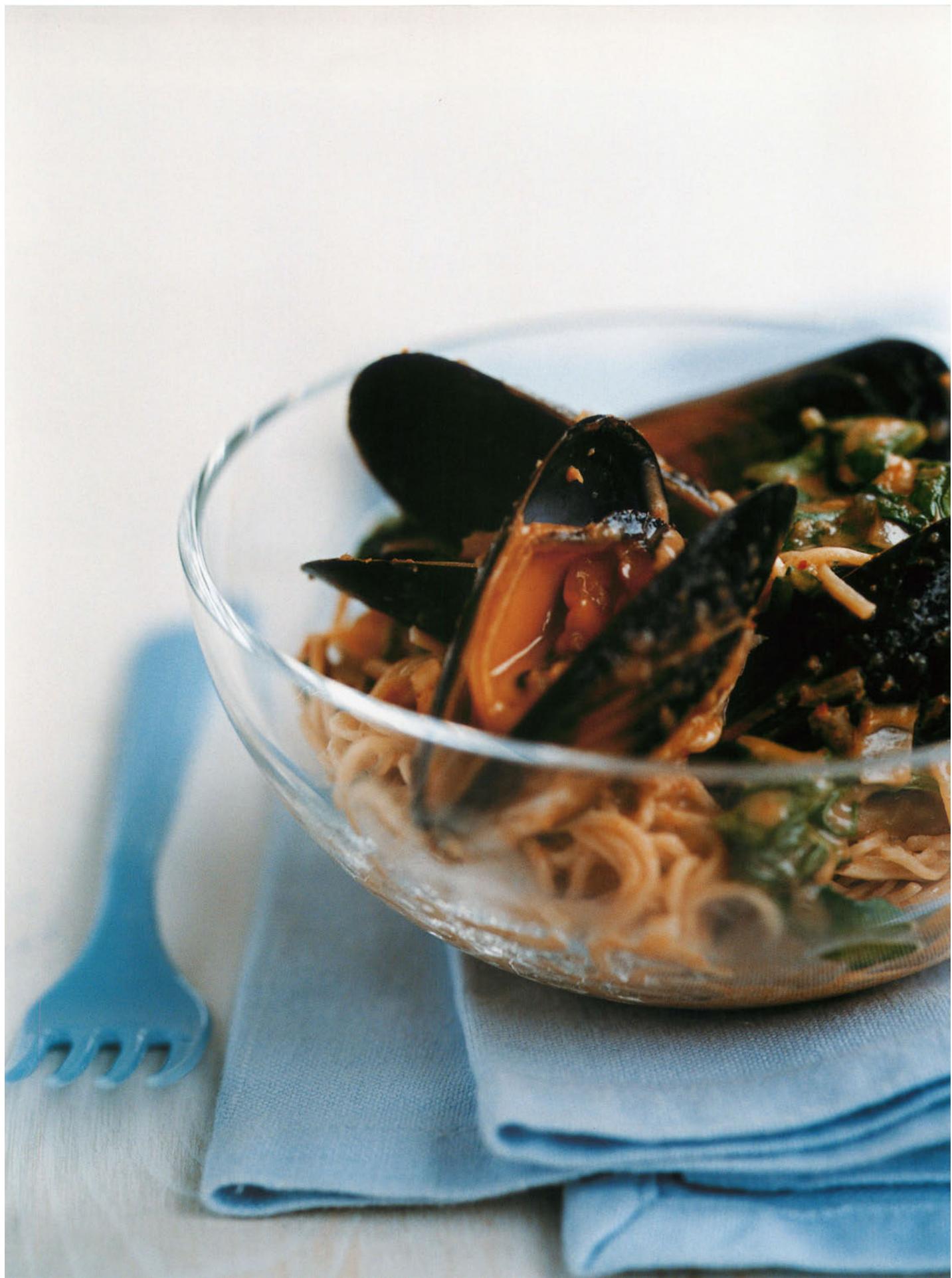
Serve with the remaining peanuts scattered over the top.

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

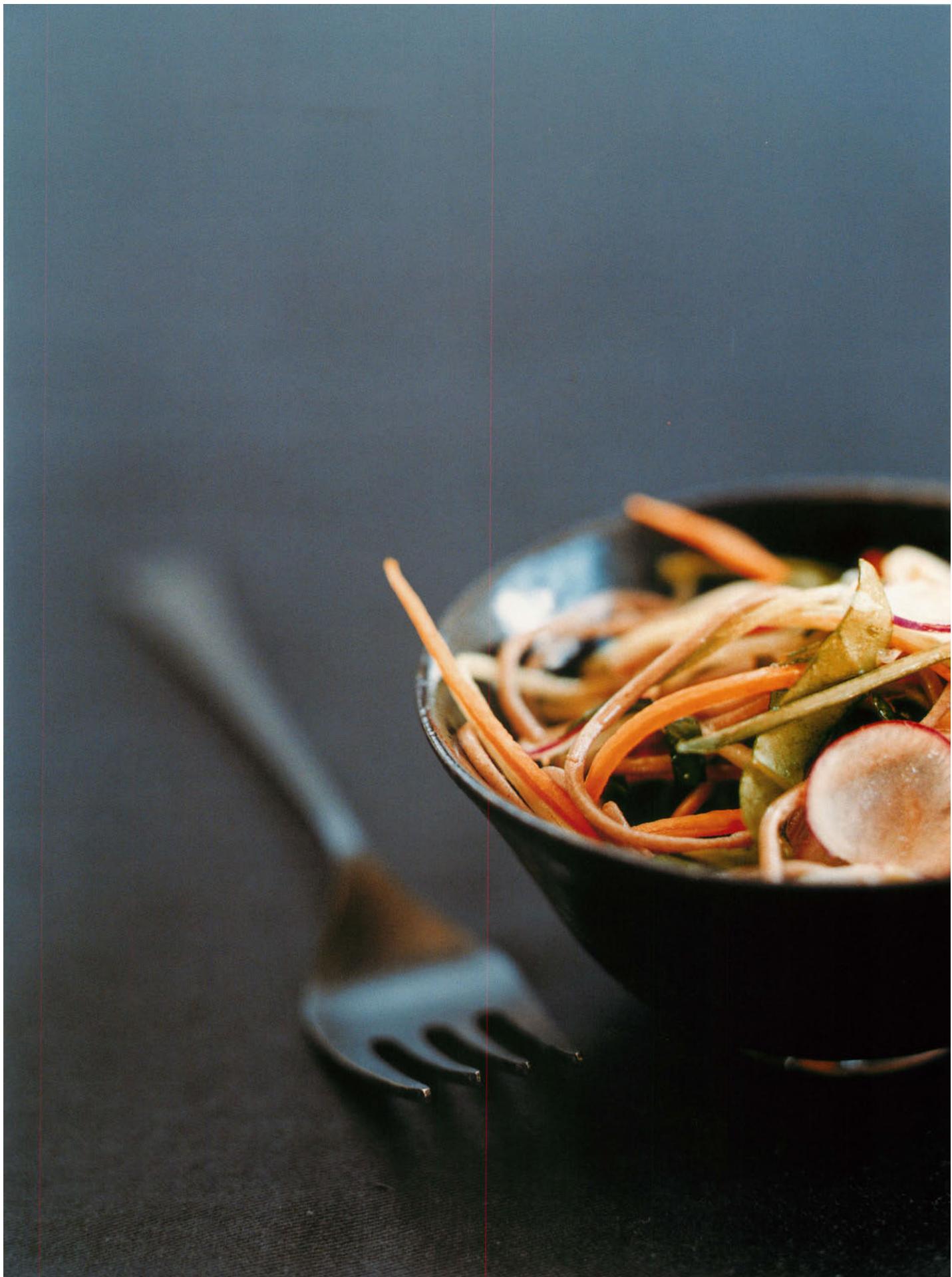
Cook the noodles according to the instructions on the package, drain, and refresh under cold water.

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

½ cup soy sauce
½ cup rice vinegar
1 teaspoon toasted sesame oil
1 teaspoon sugar

3½ ounces *somen* noodles
1 small head of Bibb lettuce,
 trimmed and shredded
½ cucumber, cut into strips using a
 vegetable peeler
½ red bell pepper, sliced lengthwise
1 sheet of *nori* seaweed, cut into
 ½-inch strips
2 scallions, finely sliced
1 tablespoon vegetable oil
salt and white pepper
6 sea scallops, shelled, trimmed
 and sliced in half horizontally
½ *kamaboko-aka* (see page 11),
 cut into ¼-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 ¼-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.

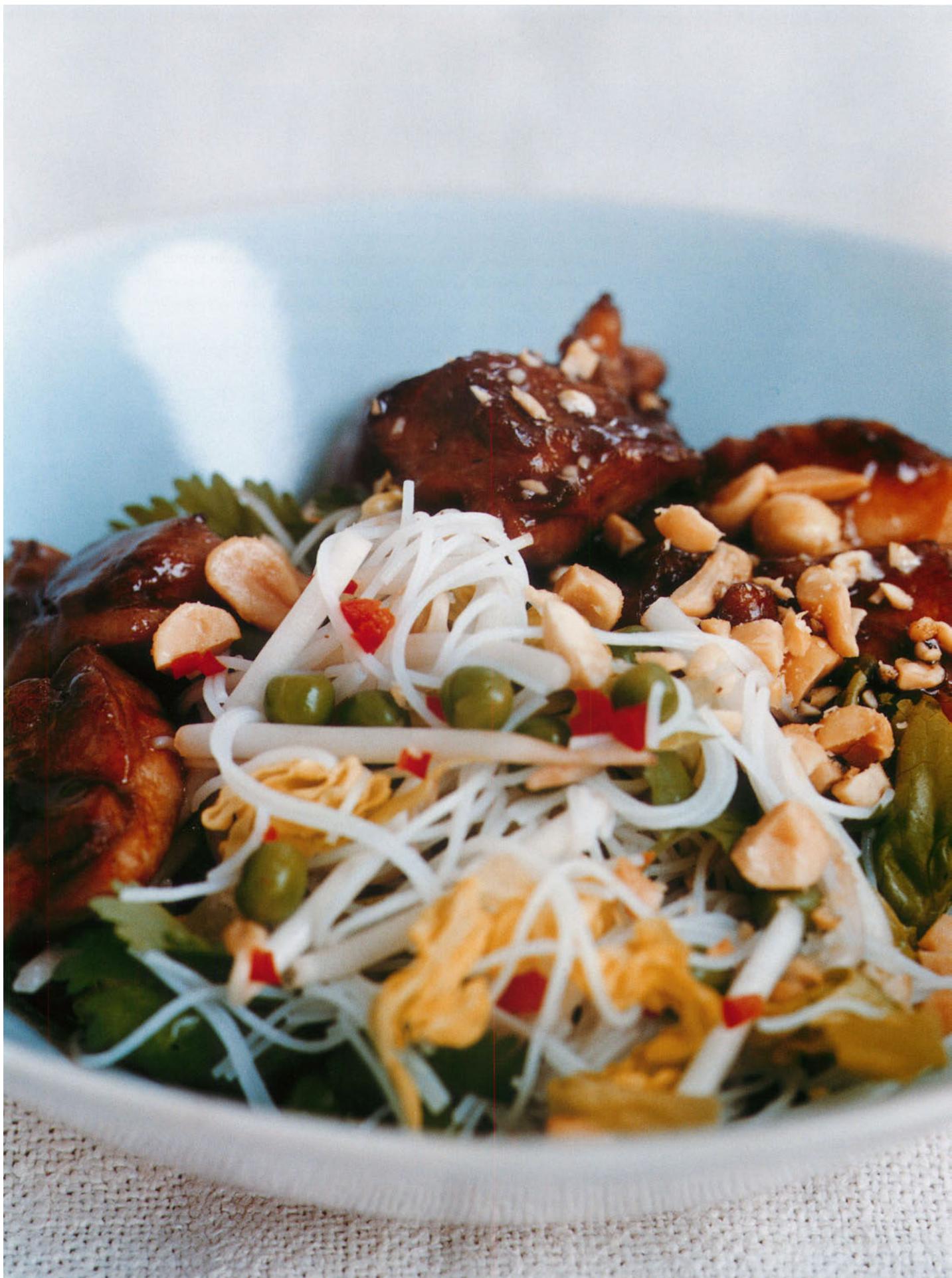
Stir in the mango, crabmeat, shrimp, and mint, check the seasoning, and serve.

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

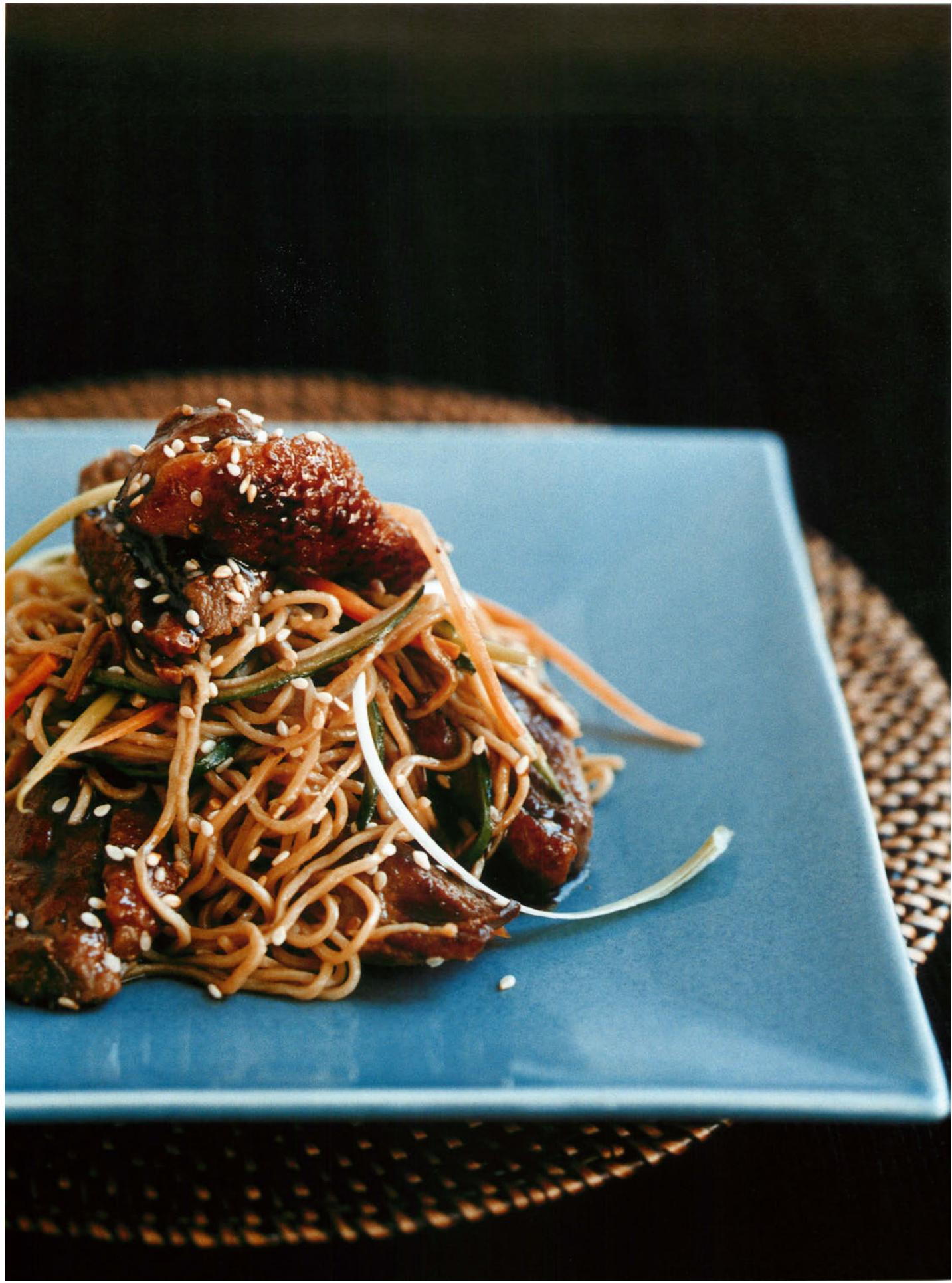
- 2 ounces rice vermicelli
- 1 tablespoon vegetable oil
- 1 $\frac{1}{4}$ -inch piece of ginger root, peeled and grated
- 2 teaspoons soy sauce
- finely grated zest and juice of 1 lime
- 2 teaspoons toasted sesame oil
- 3 ounces cooked chicken breast, sliced
- 1 small head of Bibb lettuce, finely sliced
- 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.





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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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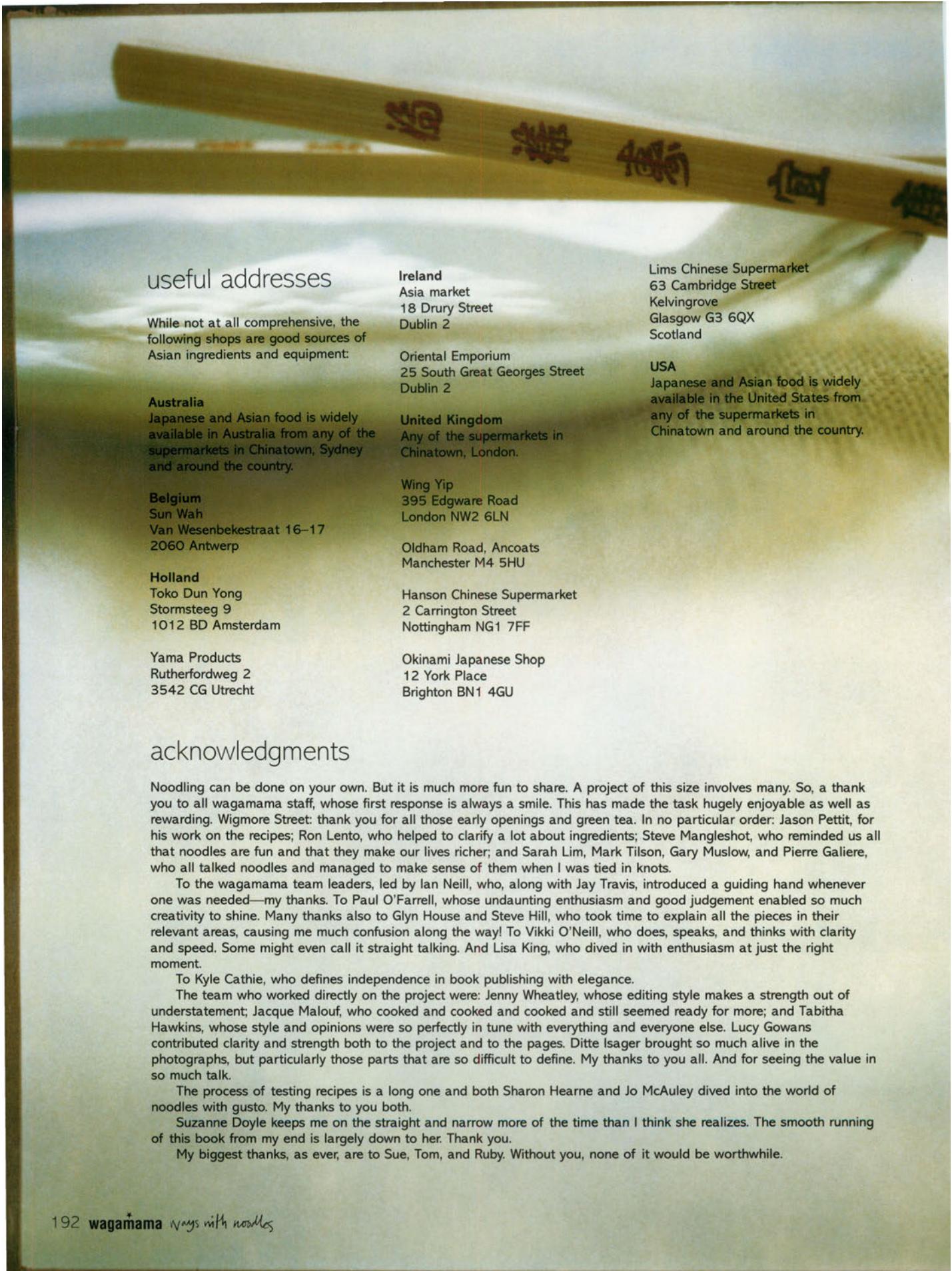
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useful addresses

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.

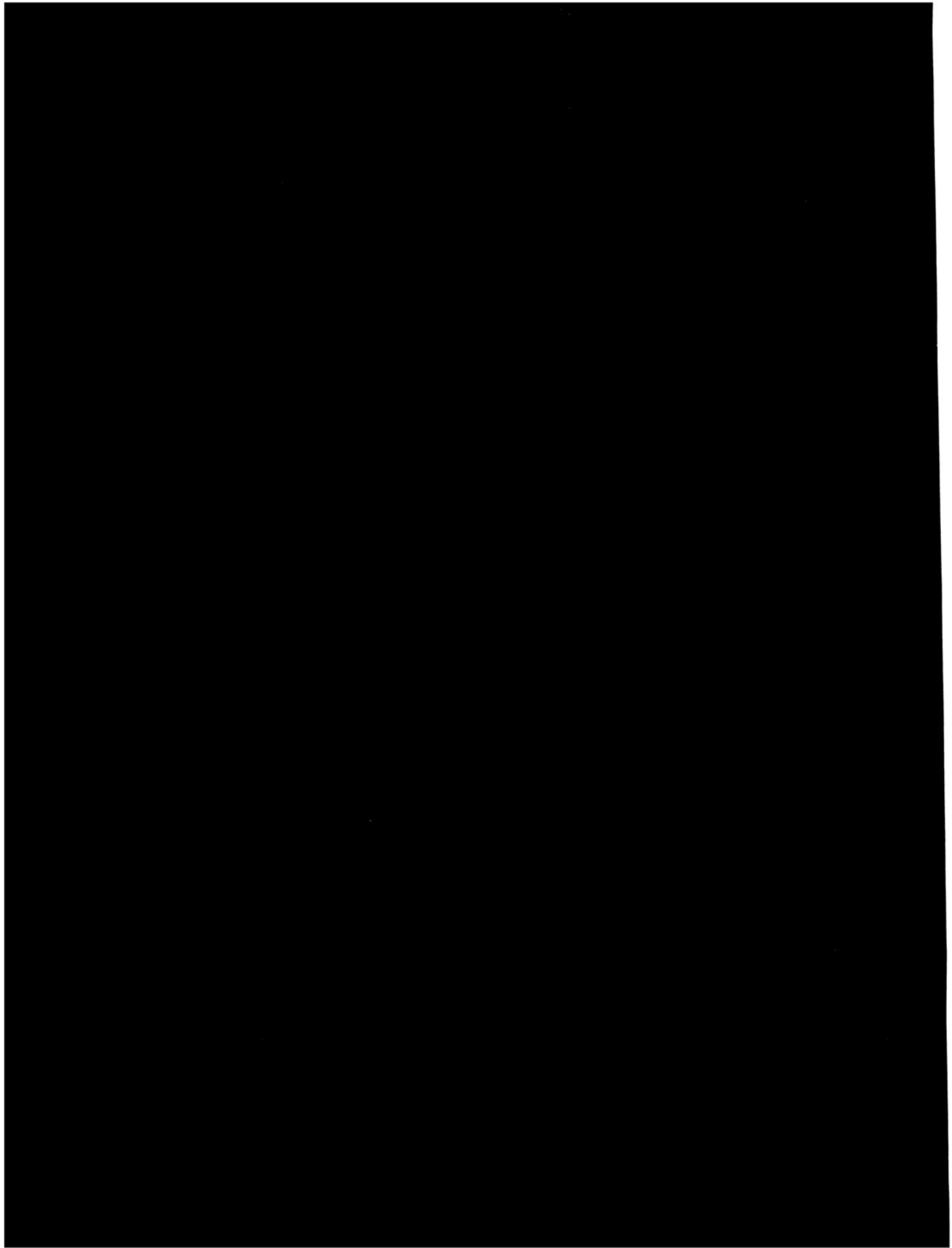
To Kyle Cathie, who defines independence in book publishing with elegance.

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

50998



9 781435 151888

Printed in China