

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.

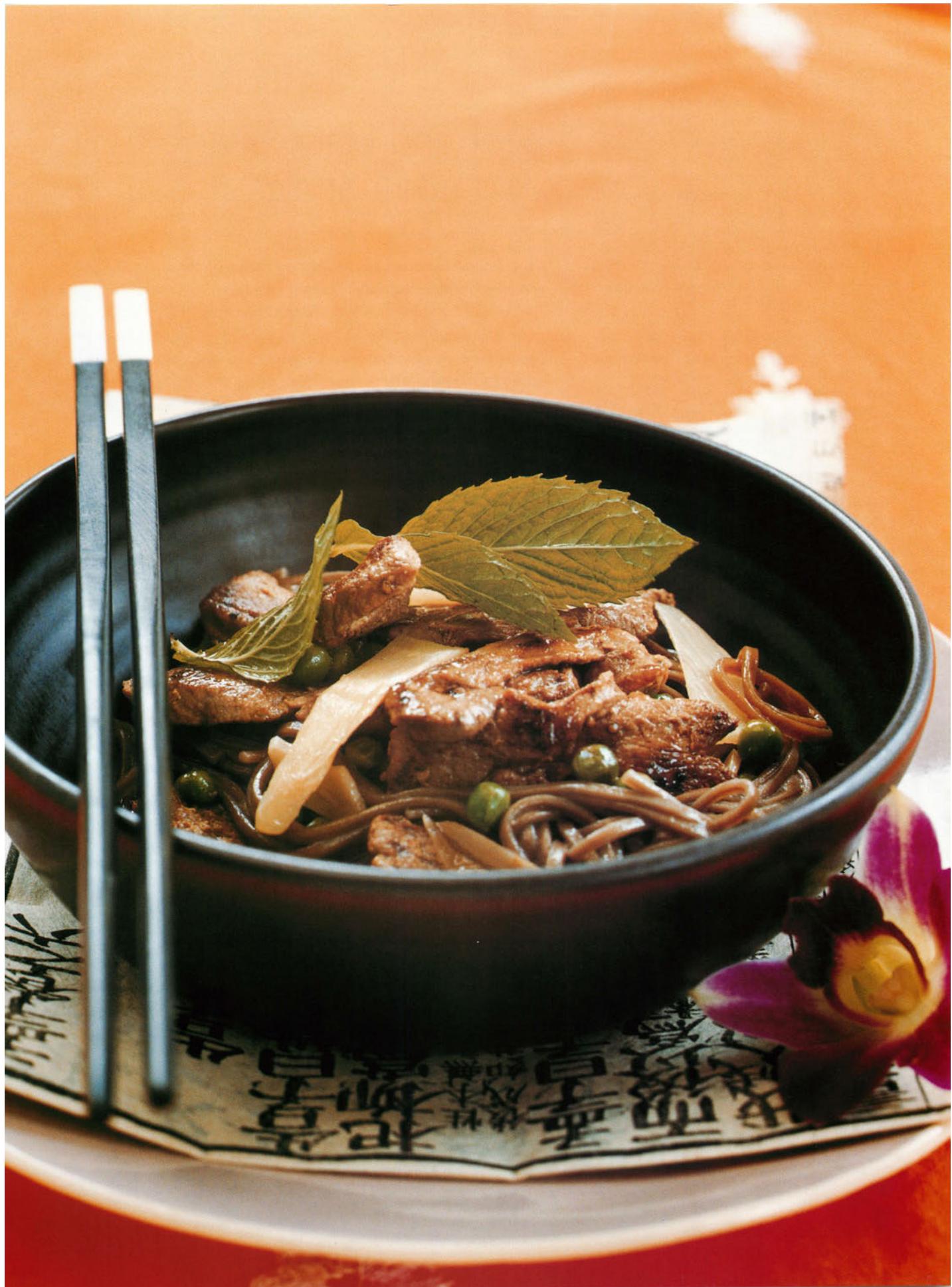
hot and sour pork and shrimp with ramen noodles

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.

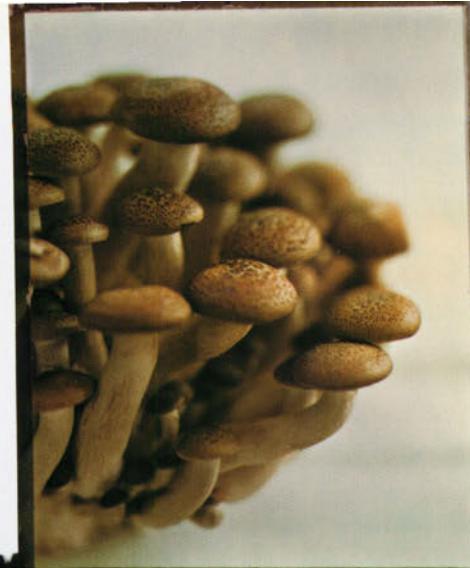
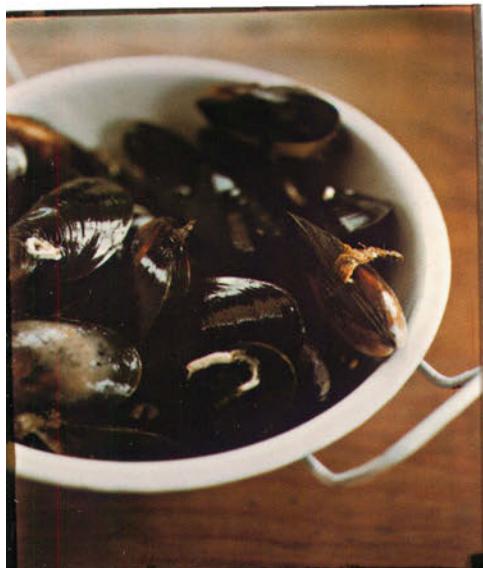
Divide the noodles between 2 plates and top with the broiled meat skewers. Serve sprinkled with the cilantro, mint, basil, and lettuce leaves, and scallions.

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 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

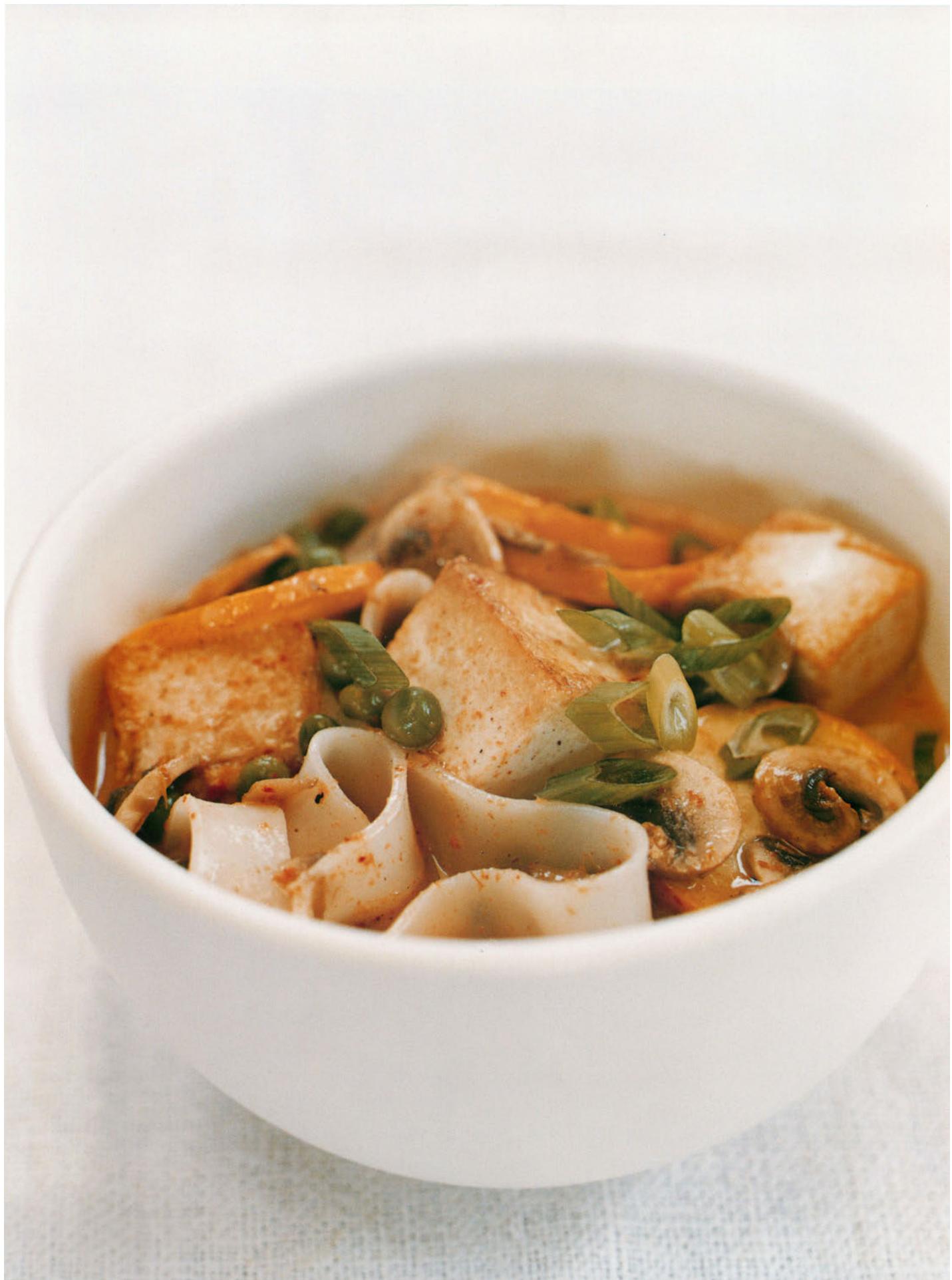
In a medium bowl, soak the noodles in warm water until soft, about 5 minutes. Drain, refresh under cold water, and roughly chop.

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.

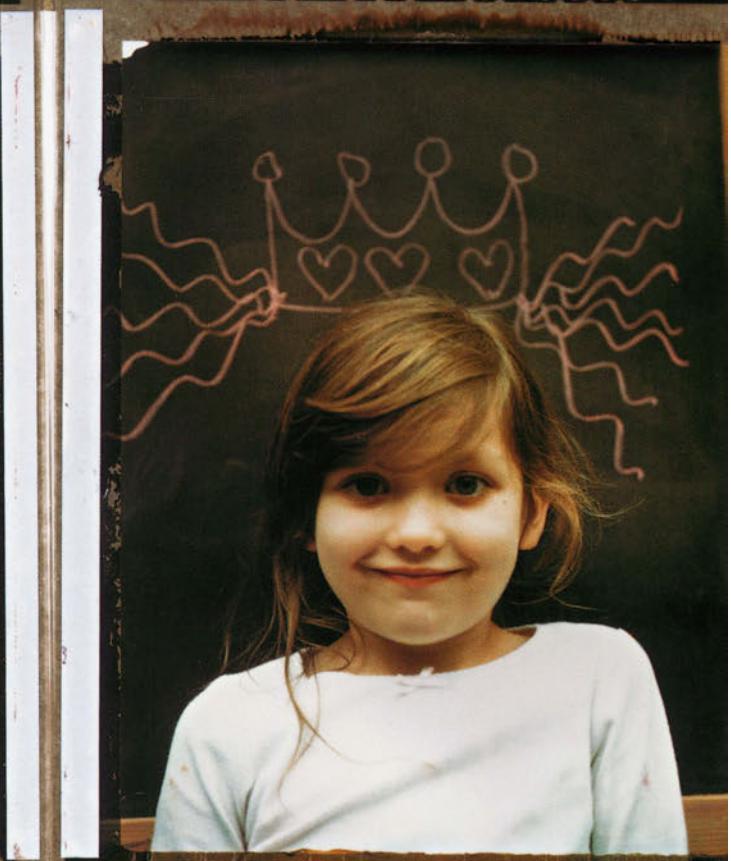
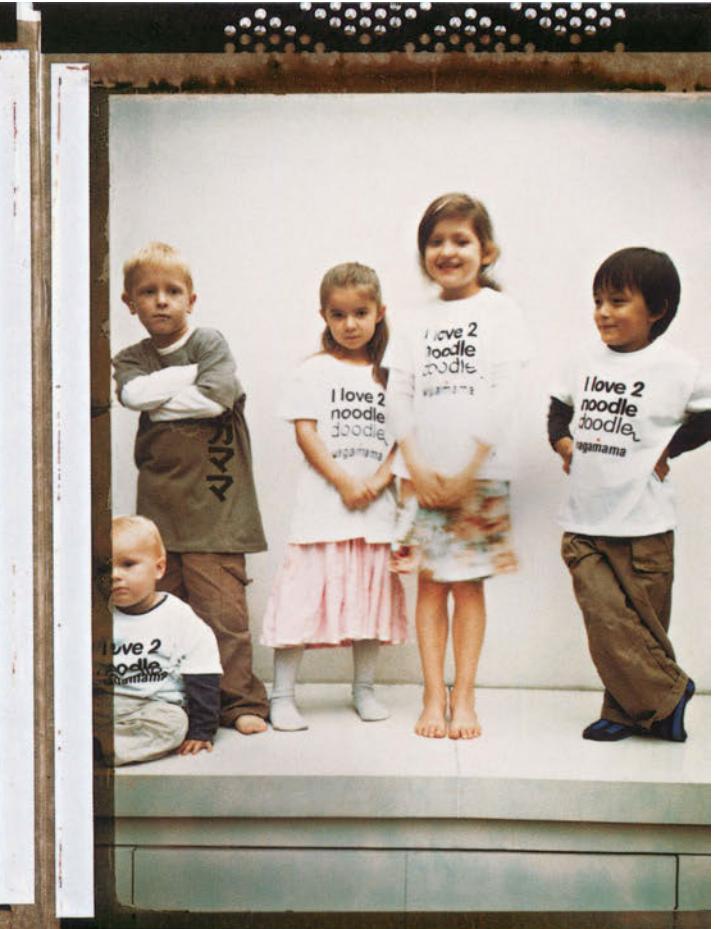
In a saucepan, blanch the broccoli in boiling salted water until just cooked, about 2–3 minutes. Drain and refresh under cold water.

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.



I love 2
noodle