

# **Chinese Noodles with Meat and Vegetables**

## **(for one patrol's dinner)**

### **Ingredients:**

- 1 lb. dry Asian-style wheat noodles, also called chow mein noodles or udon. (Note: you can use a thin round pasta like spaghetti instead.)
- 1 lb. Ground, minced or finely chopped boneless, skinless chicken (breast or combination breast and thighs) OR ground, minced or finely chopped lean pork (NOT sausage)
- Egg

### **Vegetables:**

- 1 bunch green onions
- 4-6 minced garlic cloves
- 2 tablespoons minced or grated fresh ginger
- 1 bunch cilantro
- plus,
  - 1 lb. Mixed vegetables (your choice from the following, be creative)
  - Vegetables to be blanched: bean sprouts, peas (Chinese snow peas or regular peas), carrot (cut into matchsticks); sliced asparagus; broccoli (chopped), celery (sliced)
  - Canned vegetables: corn (either kernels or whole baby corn), water chestnuts, bamboo shoots. (Also mushrooms, peas, carrots, asparagus, but these are all better fresh.)
  - Raw vegetables: mushrooms, bell peppers

### **Staples:**

- Sesame oil
- Light cooking oil like peanut, canola, safflower, grape seed (NOT corn, olive, or vegetable)
- Soy sauce
- Sugar
- Chinese black bean sauce (optional, but it really helps)
- Asian chili paste (optional, but it really helps)
- 1 can of chicken stock

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### **Preparation:**

#### **Before the camp out:**

1. Add 1 teaspoon salt to a large pot (4-6 quarts) of water and bring to a rapid boil. Break noodles into 3 inch pieces and drop into boiling water. Cook for **FIVE** minutes only. Stir the noodles around a couple of times every minutes so they don't stick together.

2. Drain the noodles and rinse them off with cold running water while in the colander (or spaghetti basket) so as to stop the cooking. Let noodles cool and put into a large bowl.
3. Mix half of the minced garlic cloves with 1 tablespoon minced ginger. Add 1 tablespoon sesame oil. Add this mixture to the noodles and toss the noodles to evenly coat with sesame oil mixture. Put noodles in a Ziplock bag (or Tupperware), seal and **refrigerate** until you pack your cooler for the camp out.
4. Mix 1 tablespoon sugar, the rest of the garlic, the rest of the ginger, and 2 tablespoons soy sauce in large bowl. Add ground meat and mix together well. Put meat mixture in a Ziplock bag (or Tupperware), seal and **freeze** until you pack your cooler for the camp out.
5. Bring large pot of lightly salted ( $\frac{1}{2}$  teaspoon) water to boil. Turn off the heat. Add any vegetables to be blanched and let them sit in the water for **ONE to TWO minutes only**. Drain and rinse them off with cold running water while in a colander (or spaghetti basket) so as to stop the cooking. After they are cooled, put them on a clean dish towel and dry them off as best you can. Put blanched vegetables in a Ziplock bag (or Tupperware), seal and **refrigerate** until you pack your cooler for the camp out.
6. Put the noodles, meat, and vegetables in your cooler when you pack. (Duh!)

### **At the camp out:**

1. Finely chop onions (and bell peppers if you are using them).
2. Heat large pan, preferable a wok, and get it nice and hot. Add 2 tablespoons cooking oil (not the sesame). When oil just starts to smoke, add onions and bell peppers. Stir fry until the onion/pepper mixture is soft and just starting to brown. Add meat. Keep stirring and breaking up the meat so that you get tiny pieces (like making taco filling). Cook until the meat just until it is done and **just starting to brown**, about five minutes. Stir in, if using, black bean sauce and/or chili paste ( a couple of tablespoons each). Pour in  $\frac{1}{2}$  of the canned chicken stock and scrape the pan so as to get the browned bits off the bottom and then let the liquid cook off for about a minute or two. Then put the meat into a large bowl and cover with foil to keep warm.
3. Don't worry about cleaning the pan. Whisk your egg and add a tiny bit of the chicken stock (or water), just about a teaspoon. Put in a tablespoon of oil into the pan and pour in the egg. Tilt the pan and make an omelet. As soon as the egg is set, take it out of the pan and chop it up into bits, about  $\frac{1}{2}$  inch square. Put chopped up egg on top of meat and re-cover with foil.
4. Put it back on the fire and get it hot. Add 2 tablespoons cooking oil (not the sesame).

Dump in the noodles. Stir fry them, but not constantly. Let some of the noodles get a little brown and crispy, toss them, let some more get a little brown and crispy. Do this a couple of times for about five minutes. The noodles are already cooked, so all you are doing is warming them and developing a texture by browning part of them.

5. Pour in the other ½ of the canned chicken stock and scrape the pan so as to get the browned bits off the bottom and then let the liquid cook off for about a minute or two. When the noodles are done, drizzle a tablespoon of sesame oil on them and add them to the bowl with the meat. Cover with foil.
6. Again, don't worry about cleaning the pan. Add 2 tablespoons of cooking oil and add all of your mixed vegetables. They only need to cook until they start to brown, maybe three minutes. When starting to brown, add the vegetables to the meat/eggs/noodles and toss everything well to mix.
7. Taste the product. You may want to add more soy sauce, black bean sauce, or chili paste. Garnish with chopped cilantro and serve.

*Courtesy of George Kornievsky*