

Cold Tossed Noodles with Chicken, Cucumber & Spicy Sauce

Serves 4-6

This recipe is from Olivia Wu, a former Chronicle Food staff writer and current executive chef of Google's Oasis Cafe. The dish is similar to many of the cold noodles served in Northern China.

- 1 pound boneless, skinless chicken breast**
- Kosher salt**
- 12 ounces Chinese wheat noodles (linguine type)**
- 3½ tablespoons dark sesame oil**
- 3 tablespoons Chinese roasted sesame paste**
- 6 tablespoons soy sauce**
- 1 tablespoon cane sugar, such as C&H brand**
- 1 to 2 tablespoons rice vinegar, or to taste**
- 2½ tablespoons mirin**
- 1 clove minced garlic**
- 1 tablespoon chile oil, or to taste**
- 1 English cucumber, peeled and sliced ½-inch thick on the diagonal**
- 2 green onions, julienned**
- Roasted sesame seeds for garnish**

Instructions: Season chicken with salt and set aside for 30 minutes.

Bring a large pot of salted water to a boil. Set aside a large bowl of ice water. Cook noodles in salted water according to package instructions, drain in a colander, then plunge in the ice water to stop cooking. Return the noodles to the colander and rinse under cold water until the water runs clear or the noodles are not as slippery. Drain well. Toss lightly with 1½ tablespoons of the sesame oil. Cover and chill until ready to serve.

Steam chicken over simmering water until just cooked, about 10 minutes, set aside to cool. Shred into thin, bite-size pieces. Wrap chicken and chill until ready to serve.

To make the sauce, place sesa-



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me paste, soy sauce, cane sugar, rice vinegar, mirin, remaining 2 tablespoons sesame oil, garlic, chile oil and salt to taste in a food processor or blender. Process until you have a paste, then add enough water to achieve the consistency of a salad dressing.

To serve, toss the chicken and cucumbers with half the sauce.

Place over noodles and drizzle the rest of the sauce. Add green onions and toss. Garnish with sesame seeds and serve.

Per serving: 435 calories, 23 g protein, 49 g carbohydrate, 18 g fat (3 g saturated), 48 mg cholesterol, 959 mg sodium, 9 g fiber.