



## From the Asian-foods aisle

■ **Noodle soup base** such as Kikkoman Memmi. A mixture of soy sauce, sugar, vinegar, and fish flavorings, sold in bottles beside the soy sauce.

■ **Chinese rice cooking wine** such as Shaohsing (sometimes spelled Shao Xing). Used in small quantities to flavor dishes.

■ **Chinese black (Chinkiang) vinegar.** Made from rice; used as a condiment on finished dishes.

■ **Sriracha hot sauce.** A red chile sauce used as a condiment.

**SOURCES:** [www.ethnicgrocer.com](http://www.ethnicgrocer.com) or [www.kikkoman-usa.com](http://www.kikkoman-usa.com)

2 tablespoons soy sauce, 2 teaspoons Chinese black (Chinkiang) or rice vinegar, 1 teaspoon sugar, and 1/2 teaspoon Asian fish sauce.

- 1 quart chicken broth
- 6 to 7 ounces Chinese rice stick noodles (*mai fun*), rinsed
- 1/4 cup plus 1 teaspoon vegetable oil
- 1 large egg, beaten to blend
- 1/2 boned, skinned chicken breast (4 oz.), cut into very thin matchsticks (2 in. long)
- 2 tablespoons Japanese noodle soup base, such as Kikkoman Memmi (see notes)
- 1 tablespoon Chinese rice cooking wine, such as Shaohsing
- 2 cups carrot matchsticks (2 in. long)
- 2 cups thinly sliced fresh shiitake mushroom caps
- 5 cups finely shredded green cabbage (10 oz.)
- Salt

1. In a medium pan over high heat, bring chicken broth to a boil. Add rice noodles, stir to submerge, and remove from heat. Let soak until tender to bite, about 15 minutes. Pour noodles into a colander set over a bowl to drain; reserve broth.
2. Meanwhile, set a 10-inch nonstick frying pan over medium-high heat and add 1 teaspoon oil; when hot, pour in egg and swirl to make a paper-thin pancake. Cook until set,

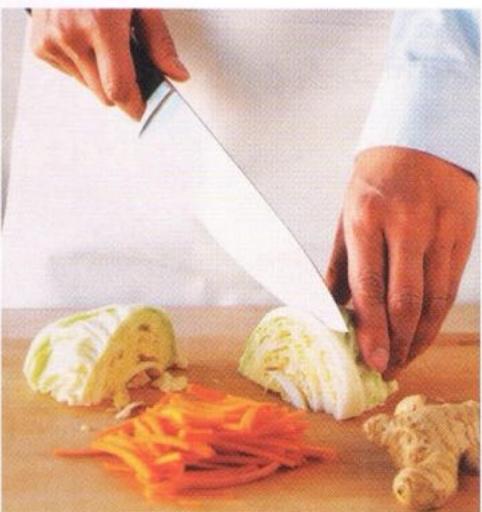
about 1 minute. Slide pancake from pan onto a board and let cool, then cut into thin strips.

3. In a small bowl, mix chicken with noodle soup base and rice wine. Pour 2 tablespoons oil into a 14-inch wok or 12-inch frying pan (with at least 2 1/2-in.-tall sides) over high heat. When hot, add chicken mixture and stir until no longer pink in the center, about 45 seconds. Add carrots and stir until tender-crisp to bite, 1 to 2 minutes. Add mushrooms and stir until beginning to brown but still firm to bite, 45 seconds to 1 minute. Add cabbage and stir until barely wilted, about 30 seconds longer. Pour chicken and vegetables into a bowl.

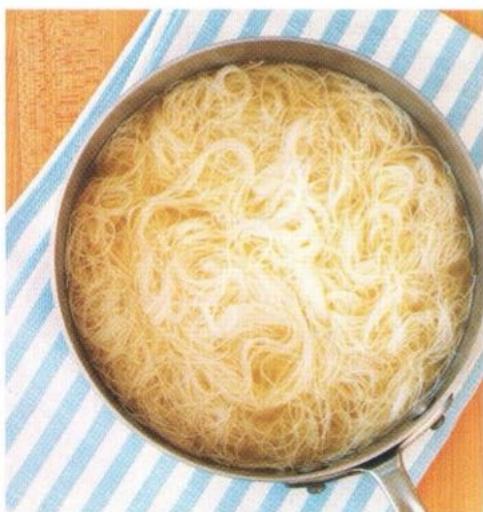
4. Reduce heat to medium-high, add remaining 2 tablespoons oil to wok, and pour in softened noodles. Stir vigorously to separate, then cook until heated through, 2 to 3 minutes. Add chicken-vegetable mixture and stir until heated through and mixed well, adding a little of the reserved chicken broth if mixture seems too dry; reserve remaining broth for other uses. Stir in salt to taste. Pour noodles into a serving dish and top with strips of egg.

**Per serving:** 241 cal., 28% (68 cal.) from fat; 9.4 g protein; 7.5 g fat (1.5 g sat.); 35 g carbo (3 g fiber); 507 mg sodium; 49 mg chol. ■

## Homestyle Chinese cooking tips



■ **Cutting techniques.** The texture in many Chinese dishes depends on the ingredients' being sliced uniformly thin. A sharp knife helps. To cut chicken and other meats very thinly, freeze them for about 15 minutes, then slice.



■ **Rice stick noodles.** No need to boil. Just soak in very hot liquid (water works fine, but chicken broth adds more flavor) until soft, about 15 minutes, then drain. When you stir-fry them with the rest of the ingredients in your dish, you have to stir vigorously to separate.