



BOSCH
Invented for life



Oriental Vegetable Noodles

Overview

Difficulty: Medium

Servings: 1-2

Preparation Time: 15 mins

Cooking Time: 50 mins

Ingredients

Main:

- 2 cups of plain flour
- 1 cup of bread flour
- 1 egg yolk
- 10 tablespoons of water
- 2 teaspoon of salt
- 1 tablespoon of sesame oil
- 1 cup of shredded carrots
- 1 cucumber (sliced)
- 1 tablespoon spring onions (sliced)
- 3 tablespoons or ¼ cup of doh miew sprouts
- 1 cube of tofu
- 4 tablespoons of ebiko
- 1 tablespoon of sesame oil

Soup:

- 1 litre of water
- 1kg of chicken (cut into 8)
- 2 tablespoons of salt
- 1 tablespoon sugar
- 1 tablespoon of soya sauce
- 1 carrot (cut into small cubes)

Methods

Main

1. Pour the bread flour and plain flour into the Bosch food processor. Add in one whole egg and one egg yolk into the mixture. Lastly add in 10 tablespoons of water before pulsing. Pulse until a ball of dough is formed.
2. Remove the dough from the food processor and slowly knead it until a very smooth texture is achieved. Wrap it up in cling film and let it rest in the fridge overnight.
3. Once the dough is well rested , dust it with some flour. Press it down and flatten it with a rolling pin. Slice the flatten dough into noodle strips about 1 cm in thickness. Then toss and separate the noodle strips. Coat it with some flour.
4. Boil a pot of water and season it with salt then slowly drop the noodle strips in. Add a little sesame oil to prevent the noodles from sticking to one other. Cook for 3 to 5 minutes then drain off the noodles.
5. Serve the noodles with your preferred soup base and garnish it with carrots and cucumber. Top it off with tofu, ebiko, spring onions and doh miew sprouts. Drizzle it some sesame oil.