

Cantonese Soy Sauce Noodles + Garlic Baby Bok Choy
+ Char Siu Pork for Gill Arno (14 December 2020) by CHIKA

CANTONESE SOY SAUCE PAN-FRIED NOODLES



INGREDIENTS

- 1 1/2 cups [bean sprouts](#)
- 2 [scallions](#)
- 2 teaspoons [soy sauce](#)
- 1 teaspoon [dark soy sauce](#)
- 1/2 teaspoon [sesame oil](#)
- 1/4 teaspoon salt

- ¼ teaspoon sugar
- ½ tablespoon [shaoxing rice wine](#)
- ¼ teaspoon [white pepper](#)
- 8 oz. fresh thin [Hong Kong Style Egg Noodles](#) (225g; for pan-frying, not to be mistaken for “wonton noodles,” or 3 small bundles of dried Hong Kong Style Egg Noodles for pan-frying)
- 3 tablespoons vegetable oil

INSTRUCTIONS

1. Bring 2 quarts of water to a boil. Rinse the bean sprouts in cold water and drain. Julienne the scallions. Mix the soy sauces, sesame oil, salt, sugar, wine and white pepper in a small bowl and set aside.
2. Boil the noodles. Fresh noodles should be boiled for about 1 minute. For dried noodles, boil for 2 minutes. Rinse in cold water and drain very well.
3. Heat the wok over high heat and add a tablespoon of oil to coat the wok (you can also use a cast iron or non-stick pan for this). Spread the noodles in a thin, even layer on the wok and tilt the wok in a circular motion to distribute the oil and crisp the bottom layer of the noodles evenly. It should take about 5 minutes for the first side.

4. Flip the noodles over. add another tablespoon of oil around the perimeter of the wok, and let the other side crisp up. Don't stress if you can't turn the noodles over in one shot. The goal here is just to get an even crispness and to dry out the noodles during this cooking stage. Set the noodles aside on a plate.
5. Heat the wok over high heat. Add a tablespoon of oil and all of the white parts of the scallion to the pan. Cook for about 15 seconds. Next, add the noodles to the wok and toss them well, breaking up the noodles so they're not all in one big clump. Add the soy sauce mixture and toss continuously for a couple minutes. Keep the heat on high.
6. After the noodles are uniformly golden brown, add the bean sprouts and toss. Add the rest of the scallions and toss the mixture again for another 1 to 2 minutes until you see the bean sprouts just starting to turn transparent. You want the sprouts to be cooked but still crunchy.
7. Plate and serve!

GARLIC BABY BOK CHOY STIR FRY



INGREDIENTS

- 1 pound [baby bok choy](#) (450g)
- 2 tablespoons oil
- 5 cloves [garlic](#) (minced)

- salt and white pepper (to taste)
- 1/8 teaspoon sugar

INSTRUCTIONS

1. Trim the bottoms off of each bundle of bok choy, and split them in half or quarters. Just make sure all of the pieces are relatively uniform so they cook evenly. You can leave them whole if they're very small and tender.
2. Wash thoroughly with cold water two to three times. These days, we're never too cautious about making sure all of the dirt and pesticides are rinsed away. The best method is to use a large basin or sink to rinse and swirl around the vegetables letting them soak for a few minutes before draining and washing again. Shake off the excess water after the final rinse and transfer to a colander to drain. It is important to drain the vegetables well since these veggies will release quite a bit of water during the cooking process.
3. Heat the wok over high heat until smoking, and add 2 tablespoons oil. Swirl around the oil so the wok is coated. Add all of the garlic and immediately add the bok choy. Move quickly to stir and sauté the greens in the oil and garlic. Stir quickly so you don't burn the garlic!
4. Use a folding motion to turn the vegetables or use tongs if that is easier. Once the vegetables begin to wilt, about 30

seconds, add salt, pepper, and sugar. How long you cook them from here is all personal preference.

CHAR SIU PORK



INGREDIENTS

- 3 pounds boneless pork shoulder/pork butt (select a piece with some good fat on it)
- ¼ cup granulated white sugar
- 2 teaspoons salt
- ½ teaspoon [five spice powder](#)

- ¼ teaspoon [white pepper](#)
- ½ teaspoon [sesame oil](#)
- 1 tablespoon [Shaoxing rice wine](#)
- 1 tablespoon [soy sauce](#)
- 1 tablespoon [hoisin sauce](#)
- 2 teaspoons molasses
- 3 cloves [finely minced garlic](#)
- 2 tablespoons [maltose](#) or honey
- 1 tablespoon hot water

INSTRUCTIONS

1. Cut the pork into long strips or chunks about 3 inches thick. Don't trim any excess fat, as it will render off and add flavor.
2. Combine the sugar, salt, five spice powder, white pepper, sesame oil, wine, soy sauce, hoisin sauce, molasses, food coloring (if using), and garlic in a bowl to make the marinade (i.e. the BBQ sauce).
3. Reserve about 2 tablespoons of marinade and set it aside. Rub the pork with the rest of the marinade in a large bowl or baking dish. Cover and refrigerate overnight, or at least 8 hours. Cover and store the reserved marinade in the fridge as well.

4. Preheat your oven to the highest setting (475-550 degrees F or 250-290 degrees C) with a rack positioned in the upper third of the oven. It's amazing how oven temperatures vary so be sure to check your char siu after the first few minutes of roasting and adjust your oven temperature accordingly.
5. Line a sheet pan with foil and place a metal rack on top. Using the metal rack keeps the pork off of the pan and allows it to roast more evenly, like it does in commercial ovens described above. Place the pork on the rack, leaving as much space as possible between pieces. Pour 1 ½ cups water into the pan below the rack. This prevents any drippings from burning or smoking.
6. Transfer the pork to your preheated oven and roast for 25 minutes. After 25 minutes, flip the pork. If the bottom of the pan is dry, add another cup of water. Turn the pan 180 degrees to ensure even roasting. Roast another 15 minutes.
7. Meanwhile, combine the reserved marinade with the maltose or honey (maltose is very viscous--you can heat it up in the microwave to make it easier to work with) and 1 tablespoon hot water. This will be the sauce you'll use for basting the pork.
8. After 40 minutes of total roasting time, baste the pork, flip it, and baste the other side as well. Roast for a final 10 minutes.

9. By now, the pork has cooked for 50 minutes total. It should be cooked through and caramelized on top. If it's not caramelized to your liking, you can turn the broiler on for a couple minutes to crisp the outside and add some color/flavor. Be sure not to walk away during this process, since the sweet char siu BBQ sauce can burn if left unattended.
10. Remove from the oven and baste with the last bit of reserved BBQ sauce. Let the meat rest for 10 minutes before slicing, and enjoy!