

CUIS 'In Bordeaux workshop, Chef Jésus gives you the recipe

Stir-fried Chinese Noodles ... (for 4 people)

Ingredients :

- 4 packets of Chinese soup noodles (regardless of the flavor, we will not use the aromatic sachets !!! but only the plain noodles)
- 1 red onion et 1 spring onion or shallots
- 1 golden ball turnip or a piece of white turnip
- 2 carrots
- 1 piece of Butternut ou pumpkin (optional)
- 5 Paris mushrooms
- 1 piece of celery
- 2 chicken fillets or 250 g of bacon (your choice)
- 5 cooked bunch prawns (optional)
- Salty soy sauce
- Sesame oil

The recipe:

- Peel a medium-sized onion, cut it in half, and once placed on the dish, cut strips that you will cut into small squares,
- You can also prefer a new onion or a little garlic
- Brown your onion in a pan with a teaspoon of olive oil,
- In a salad bowl, pour your onions once cooked,
- Cut the vegetables into small dice (brunoise size approximately 5mm by 5mm)
- Remember the principle of the grid for cutting vegetables, we cut the head and the foot of the vegetable, then we cut it in half in its length to have a flat base, we cut in the length of the vegetable laid flat sections of 5 mm, then we pause at
- flat these sections that we cut lengthwise to 5 mm wide, once this first work is done we cut all the sticks in the other direction into small cubes of 5 mm ...
- Brown your vegetables as they go in the pan with a teaspoon of olive oil, do not stir immediately, wait for the fat to do its job and come crust your food, remove all the vegetables in a bowl
- Proceed to cooking the bacon, heat the same pan and throw your bacon in it, without fat, and without stirring immediately, until the pan returns to its heating temperature, we will do the same with diced chicken cutlets. , but with a little olive oil,
- Once your pieces are well grilled, sprinkle with a tablespoon of soy sauce, a few drops of mushroom sauce (optional) and finally a teaspoon of sesame oil, stir well,
- Return all the cooked vegetables to the pan, stir everything,
- Place the packets of Chinese noodles on top of your preparation, without using the aromatic sachets provided with... (very chemical !!)

- Start by pouring a first glass of water into your pan, the noodles will fall apart after a few minutes,
- Add more water each time your noodles have absorbed water
- Once the noodles are rehydrated, approximately (3 glasses of water), add a dash of olive oil to the mixture, and turn up the heat to sear and crisp your noodles,
- Add a little soy sauce or mushroom sauce,

We can cook these noodles only with vegetables, we can also imagine a variant with smoked salmon, in this case we add it in strips at the end of cooking, or Bayonne in strips with the same principle.