

Crispy Egg Noodles with Abalone-Mi Xao Gion

Duncan Lu



COOK TIME

15 Minutes Prep
20 Minutes Cooking



SERVES

Four



SUITABLE FOR

Moderate - You'll be right!



INGREDIENTS

Shallow fried egg noodles

250-300g fresh thin egg noodles

400ml neutral cooking oil

½ teaspoon sea salt

Abalone & seasonal vegetables stir fry

1 large carrot, cut into 1 cm rounds

1 bunch bok choy, quartered

100g snow peas, deveined

2 tablespoons neutral cooking oil

1 small brown onion, sliced

2 garlic cloves, minced

850g canned Eyrewoolf Abalone

1L chicken stock (reduced salt)

1 tablespoon oyster sauce

1 tablespoon soy sauce

½ teaspoon sea salt

½ teaspoon sugar

½ teaspoon cracked white pepper

2 tablespoons potato starch

4 tablespoons water

½ bunch coriander (optional)

METHOD

- In a large fry pan bring the oil to 180C. Place the noodles in the oil and shallow fry for 1-2 minutes, then flip and fry for a further 1-2 minutes or until golden. Remove noodles, place on a serving plate and season lightly with sea salt. *Duncan's tip:* Strain, reserve and store leftover oil as it can be re-used to fry spring rolls.
- In a medium pot of boiling lightly-salted water, add the carrots and boil for 2 minutes, then add the bok choy and snow peas for 15 seconds. Strain and place into a large bowl of cold water to stop the cooking process. Strain again then set aside. *Duncan's tip:* the vegetables are interchangeable, so use your favourites or what's cheap and in season.
- Remove the abalone from the can and reserve the liquid.
- Prepare the abalone by slicing thinly across the abalone's small dimensions, approximately 2mm thickness. Set aside.
- In a large fry pan on medium heat, add a few tablespoons of oil and the garlic, and fry for a minute before adding onions. Continue to stir fry until golden or fragrant then add the strained vegetables, oyster sauce, soy sauce, sea salt, sugar and a pinch of cracked white pepper. Stir fry on high for 1 minute then remove and set aside.
- In the same pan, add abalone liquid and chicken stock, and bring to the boil.
- Meanwhile, in a small bowl add potato starch and water and mix well to create a loose slurry.
- Once stock reaches the boil, add 3 tablespoons of potato starch slurry and immediately stir in well for 1 minute or until stock thickens on high heat. If desired thickness is not achieved add more potato starch slurry as required.
- Add sliced abalone, return stir fried vegetables and warm through on high for 1 minute.
- Carefully pour gravy and ingredients onto fried noodles and garnish with coriander, chilli and cracked white pepper.
- Serve with a side dipping sauce of soy sauce and fresh chilli.



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