

VEGETABLE CHOW MEIN

1 pound fresh chow mein noodles

3 tablespoons vegetable oil

6 cloves garlic

1 inch piece ginger

4-5 cups seasonal vegetables

1/4 cup soy sauce

1 teaspoon sugar

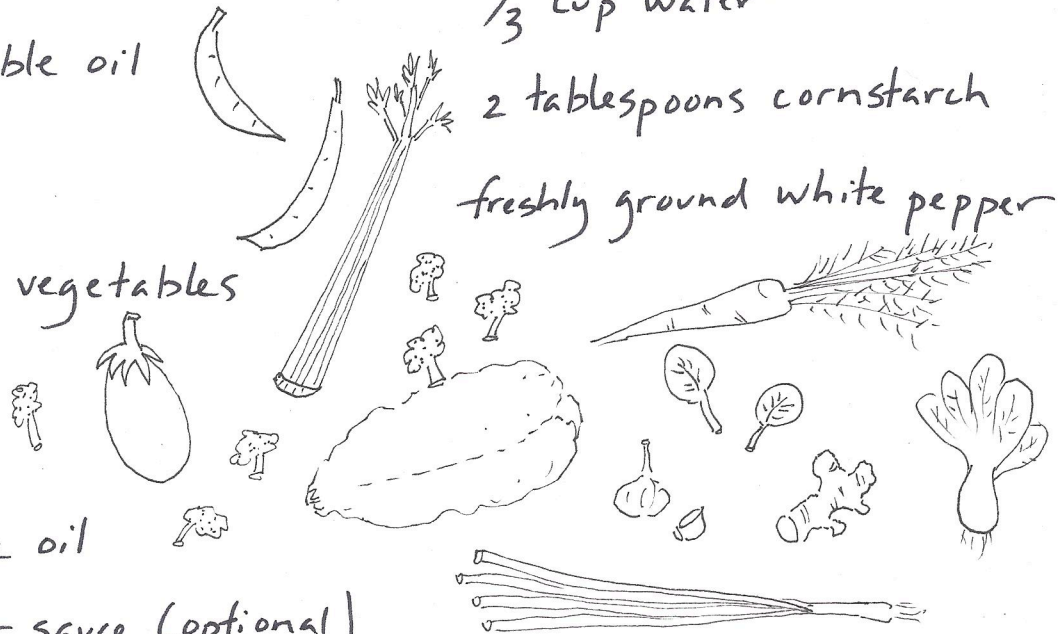
1 tablespoon sesame oil

2 tablespoons oyster sauce (optional)

1/3 cup water

2 tablespoons cornstarch

freshly ground white pepper



Cook noodles in boiling water for 1 minute. Rinse in cold water, drain, and set aside. Peel and mince the garlic and ginger and combine in a small bowl. Wash the vegetables and cut into bite sized pieces. (optional: blanch cut vegetables in boiling water for 45 seconds). In a small bowl combine the soy sauce, sugar, sesame oil and oyster sauce if using. In another small bowl combine the water and the cornstarch.

Heat oil in wok over high heat. Add garlic + ginger and cook 30 seconds (till fragrant). Add vegetables and cook till tender but still a bit crunchy. Add soy sauce mixture and stir well. Add cornstarch mixture and cook 30 seconds. Add noodles, stir well and cook till noodles are warm. Season with white pepper and serve.