

Hokkien Mee (Chinese Fried Noodles)



23:46

This recipe is available for:

- Convotherm mini

Accessories:

PROFILE

- Chilled 4°C
- 1 Portion
- From Scratch

Stage 1
175 °C

Combi-steam

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2

RECIPE

Ingredients

400-600 g	Hokkien Noodles
80 g	Chicken or Pork Meat
4 pcs	Prawns (Medium size)
20 g	Fish Cake or Fish Ball
2 tsp	Garlic Minced
2 tbs	Soya Sauce
4 tbs	Dark Soya Sauce
3 tbs	Oyster sauce
400 ml	Chicken Stock
40 g	Chinese Long Cabbage
20 g	Choy Sum (Option)
2 tbs	Crispy Pork Lard (Option)

1. Food Preparation

- Prepare all the sauce in a bowl, season well with salt & Paper. -Prepare the meat, seafood with seasoning. - Add Noodles to seasoning bowl. - Cutt vegetables into small portion size. - Get corn starch ready for thickened sauce later. - Saute the minced garlic with oil untill golden brown, keep the garlic for garnish later.

2. Cooking Instruction

Preheat Convotherm 4 in Combi Mode with 175 c

3. Food Serving Instruction

1-2 Pax