

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Seafood Pan Fried Noodles

BY CHEF MARTY SLAVIN

(Serves 3) Ingredients

4 oz. scallops
6 oz. large shrimp
6 oz. cleaned squid
1½ cups hot chicken stock
½ tsp. sesame oil
1½ tsp. salt or taste
¼ tsp. sugar
2 tsp. oyster sauce
White pepper to taste
3 tbsp. cornstarch,
combined with 3 tbsp. water
4 oz. Baby bok choy
8 oz. dried noodles
4 tbsp. vegetable oil
(do not use olive oil)
3 slices ginger
1 garlic clove, minced
1 scallion, sliced in 1" pieces
¼ cup sliced carrot
¼ cup straw mushrooms
1 tbsp. rice wine

Directions

Prepare the sauce by mixing hot chicken stock with sesame oil, salt, sugar, oyster sauce, white pepper. Set aside. Separately, mix the cornstarch and water into a slurry and set aside. Cut ends of bok choy and wash well in cold water. Set aside.

Blanch bok choy, shaking off the excess water and keep warm. Blanch the shrimp, scallops and squid in the water until opaque; about 20 seconds. Remove from water and set aside.

Prepare noodles per the instructions on package and cook until they are al dente. Remove from water and rinse in cold water to stop all cooking. Drain thoroughly. Heat wok until hot, add a tbs of oil and swirl it around so it coats your cooking surface. Spread the noodles in a thin, even layer and fry for 3–5 minutes; or until crispy. While using a spatula, loosen the noodles, flip over, and cook the other side. Add another tbs. of oil around the sides of the pan to make sure the noodles brown evenly. Transfer to a serving plate.

Heat a clean, dry wok over medium-low heat. Add 1 tbsp. oil and ginger. Cook for 10–20 seconds. Stir in garlic, scallions, carrots and mushrooms, turning the heat up to high. Next add the shrimp, scallops and squid. Stir fry for 10 seconds and add the wine. Add sauce mixture and bring to a simmer. Stir the cornstarch slurry to ensure it combines. Add ⅔ of the mixture while stirring the contents of the wok. Cook 15 seconds until sauce thickens. Gradually add the rest of the cornstarch mixture until desired consistency is reached. Pour mixture over noodles, add the warm bok choy and serve immediately.