

What's Cookin': Chinese Noodle Soup

Serves approximately 10

Ingredients

- 2 tbsp canola oil
- 1/2 carrot, chopped fine
- 1 stalk celery, chopped fine
- 1/4 red pepper, chopped fine
- 1 cup finely chopped onion
- 3-4 baby bok choy, sliced the whites and greens separately
- 1 cup shitake mushrooms, cleaned, stem removed, sliced
- 1 tsp canola oil
- 3 chicken thighs, chopped fine
- freshly ground black pepper
- 1" fresh ginger, minced
- 1-2 cloves fresh garlic, minced
- 5 cups chicken stock
- 1/4 package rice stick noodles
- 1/2 to 1 tsp sambal olek
- 1 1/2 tsp soy sauce
- 1 tsp sesame oil
- 2 tsp finely chopped cilantro
- 2 green onions, sliced thinly on the bias

Method

1. In a large soup pot, heat oil until hot. Add carrot, celery, red pepper and onion. Cook over medium heat until vegetables have softened.
2. Add the white part of the baby bok choy and shitake mushrooms and continue to cook until softened.
3. In a separate non-stick skillet, heat canola oil. Add chicken and season with black pepper. Cook over medium-high heat until chicken is almost cooked through and

Lori Gysel & Gerry Kentner



slightly caramelized. Add ginger and garlic and cook for 2 more minutes. Remove from heat.



4. Add chicken mixture to vegetable mixture. Add stock to vegetable mixture. Cook over high heat until boiling, then reduce heat and simmer for 20 minutes.

5. To cook noodles, heat a large pot of water until boiling. Place noodles in water, turn heat off and put lid on pot. Allow noodles to sit in hot water for 2-5 minutes, depending on thickness of noodle until they are almost cooked, then strain and run noodles under cold water until they are cold. Chop noodles into manageable size for soup. Keep noodles separate from soup.

6. To soup mixture, add green part of bok choy, sambal olek, soy sauce, sesame oil, cilantro and green onions. Allow greens to soften.

7. Serve by placing a serving of noodles in a deep bowl. Ladle soup mixture over top.

Look for Lori and Gerry's What's Cookin' column about this recipe on www.independentfreepress.com



The Regional Municipality of Halton
www.halton.ca

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