‘la mian’ Hand pulled noodles

Season: any season

Serves: 8

Recipe source: Red House Spice

This is a lot of work, but also satisfying and delicious to make your own noodles.

Equipment:	**Ingredients:**
Stand mixer	250g plain flour
Mixing bowl	¼ teaspoon of salt
Dough hook	½ cup + 1 teaspoon of water
Scales	Oil for coating dough
Measuring cups	
Measuring spoons	
2 x trays	
Baking paper	
Cling film	

What to do:

1. Add flour, salt, and water to mixing bowl.
2. Mix with chopsticks to combine. When it comes together, tip on clean work bench and knead until smooth.
3. **Rest for 10 minutes.**
4. Divide dough into 2 equal parts. Roll into a rectangle about ½ cm thick.
5. Thoroughly coat with vegetable oil, place on a tray and leave to **rest for 1 ½ hours!**
6. Widthways, cut dough into about 1cm strips.
7. Pick up one strip of dough holding each end gently. Pull towards opposite directions. The movement should be smooth and consistent.
8. As your arms move apart, bounce the noodle on the work bench to help it stretch a bit further.
9. If you are feeling confident fold in half and stretch again.
10. Drop noodles in boiling water. Cook for 1 to 2 minutes, use tongs to place in strainer.
11. Prepare stir fry greens and add noodles to heat through.