

'la mian' Hand pulled noodles

Season: any season

Serves: 8

Recipe source: Red House Spice

Fresh from the garden: wombok, tatsoi, broccoli, spring onions, eggs.

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

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

What to do:

1. Add flour, salt, and water to mixing bowl.
2. Mix well with chopsticks. When this becomes too difficult. Tip on clean work bench and knead until very 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.