



LO MEIN

Basic Egg Noodle Dough

- 3 cups AP flour
 - 1 tsp salt
 - 2-4+ oz room temp water
 - 3 eggs
 - 1 tbsp sesame oil
 - Bench flour/cornstarch mix
1. Place flour and salt in a large mixing bowl, make a well.
 2. Add water, eggs and sesame oil to well, whisk liquids with a fork.
 3. Then using the same fork begin to bring the flour together with the liquids.
 4. Continue to work a little four in at a time until dough comes together into a shaggy mass.
 5. Then work with hands until smooth and elastic.
 6. *Add a splash of water if dry, or pinch of flour if wet.*
 7. Let rest, wrapped, at room temp, while prepping sauce and vegetables

Noodle Rolling, Cutting & Cooking

1. Cut dough into 8-12 equal portions, flatten with hand into a rectangle as much as possible.
2. Roll rectangles out to 1/8-inch-thick sheets. Let sheets rest if they are pulling back.
3. Use plenty of flour/starch to prevent sticking. Rolled sheets should remain rectangular.
4. Fold finished sheets into 4" lengths, using a liberal amount of flour/starch between folds.
5. Using a Santoko or Chinese cleaver, carefully cut folded sheets strait down, 1/8-thickness.
6. Pull noodles apart, unfold and stretch. Lay out on paper lined, dusted tray, do not overlap.
7. When ready, working in batches, place noodles into rapidly boiling salted water for apx. 2 mins.
8. Drain, follow steps below.

Lo Mein Sauce

- 2 oz light soy sauce
 - 2 oz sweet soy sauce
 - 2 oz oyster sauce
 - 1 oz chicken broth
 - 1 tbsp sesame oil
 - 1 tsp garlic paste
 - 1 tsp ginger paste
 - Heat if desired
1. Mix well, set aside.

Chicken &/or Shrimp Lo Mein

- Corn oil
 - Julienned veg
 - Cooked protein
 - Sauce from above
 - Sesame seeds
 - S&P TT
1. Heat corn oil in a wok on medium high heat the veggies.
 2. Stir fry for 1-2 minute, until veggies begin to wilt, then push to sides of wok.
 3. Add cooked protein, stir fry for 1 minute more to heat through.
 4. Toss in hot cooked noodles, then add sauce, sesame seeds, S&P.
 5. Using tongs, gently twirl noodles onto bamboo bowl, **enjoy!**

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