



Glass Noodle Stir-fry

NIBBLEDISH CONTRIBUTOR

Ingredients

2 bundles glass noodles -1 lbs sole fish fillet sliced -minced garlic -shredded ginger -5 asparagus thinly sliced -red bell pepper strips -1 tbsp fermented soy beans (unsalted) -1 tbsp oyster sauce -1 tbsp fish sauce -1 tbsp soy sauce -1 tbsp shaoxing cooking wine -sesame oil -sugar to taste

Instructions

Two of the more popular dishes associated with glass noodles recipes are the Szechuan style "Ants Climbing A Tree" and the Thai style "Pad Woon Sen". Both are stir fried but glass noodles also go great in soups or salads. The dish I'm preparing today is a simple quick stir fry recipe similar to the "Pad Woon Sen" but I'm going to kick it up a notch by adding a little unsalted fermented soy beans, which I prefer to the salted black beans because of its rich bean-ier flavor. 1. Boil a pot of water, turn off the heat and soak the glass noodles for 3 minutes. 2. Rinse in cold, running tap water, and then set aside. 3. Marinade the fish fillets with some oyster sauce, fish sauce, and then set aside. 4. Saute 1/2 portion of both shredded ginger and minced garlic until fragrant, add in the pre-marinated the fish fillets and pan fry on both sides until browned, toss in the sliced asparagus, red bell pepper strips, continue stir fry for 1 minute, and then set aside. 5. Heat the wok or skillet to a smoky point, saute the fermented soy beans and the remaining shredded ginger and minced garlic until fragrant. 6. Quickly add the chilled glass noodles in and stir fry on high heat until the fermented soy beans flavors completely infused into the glass noodles. 7. Splash the soy sauce, cooking wine, sesame oil and sugar to taste and mix well. 8. Dish up and serve with the pan fried sole fish fillets.