

Vegetable Lo Mein

Suggested Ingredients

4 Chinese dried mushrooms
6 large leaves Napa cabbage, (12 ounces)
1-pound package Chinese fresh egg noodles
1 tablespoon sesame oil
2 tablespoons thin soy sauce
3 tablespoons vegetable oil
1 tablespoon finely minced ginger
1 cup julienne carrots
2 scallions, finely shredded
1 tablespoon oyster flavored sauce

Soak the mushrooms in $\frac{1}{4}$ cup cold water for 30 minutes or until softened. Drain and squeeze dry; keep soaking liquid. Cut off/discard stems and thinly slice the caps.

Wash the cabbage leaves in several changes of cold water and drain in a colander until dry to the touch. Trim $\frac{1}{4}$ inch from the stem end of the cabbage leaves and discard. Stack 2 to 3 cabbage leaves at a time and cut crosswise into $\frac{1}{2}$ inch wide shreds.

In a 4-quart saucepan, bring about 2 quarts water to a boil over high heat. Add noodles, return to rolling boil, and boil for 2 to 3 minutes. Rinse under cold water and drain the noodles thoroughly. Transfer to a medium bowl, add sesame oil and 1 tablespoon soy sauce, and mix well. Set aside.

Heat a 14-inch flat-bottomed wok or skillet over high heat until hot but not smoking. Add 1 tablespoon vegetable oil and the ginger, and stir fry 20 seconds. Add the carrots, scallions, and mushrooms, and stir fry 1 minute, or until the vegetables are just limp. Transfer the vegetables to a plate.

Add the remaining 2 tablespoons vegetable oil and cabbage, and stir fry 1 minute, or until cabbage begins to wilt. Add the cooked carrot mixture, noodles, and reserved mushroom soaking liquid, and stir fry 2 to 3 minutes., or until noodles are heated through. Swirl in the remaining 1 tablespoon soy sauce and oyster sauce and toss to combine. Serve immediately.

Servings: 4 to 6