

## LESSON NYONYA COOKING

### STIR FRY HOKKIEN MEE (NOODLE)

by Moni Lai Storz from Singing Wok, Malaysian Restaurant  
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#### RECIPE

##### INGREDIENTS

4 serves

1. 1 packet of yellow wheat noodles (*mee* in Hokkien dialect, *mien* in Cantonese)
2. 250 grams of bean sprouts
3. 1 bunch of green mustard leaves (*chai sim* or *choy sum*)
4. 250 grams fresh uncooked prawns
5. 250 grams of thinly sliced neck pork or belly pork
6. 1 dessertspoon of chopped garlic
7. 1 dessertspoon thick caramelised soya sauce
8. 1 dessert spoon thin soya sauce
9. 1 dessertspoon of fish sauce
9. 4 dessertspoonsful lard to fry all the above ingredients

Sambal blachan to eat with the Hokkien noodle

Blachan is a shrimp paste used in many peranakan dishes

Sambal is pounded fresh chillies

Lime juice

The sambal blachan sauce is made of red fresh chillies, blachan and lime juice.

Garnish

2 dessertspoons fried shallots, red chillies thinly sliced and egg omelette cut in strips.

##### INSTRUCTIONS

1. Warm up your wok and put in the lard, garlic, pork slices, stir fry till pork is cooked, then add in the prawns. When prawns are cooked, put in the noodle, thick and thin soya sauce. Toss and fry till noodles are cooked. Add in the green mustard leaves, followed by the bean sprouts. Garnish and serve with sambal blachan as a side dish.

##### STORY

This stir fried Hokkien mee is a traditional dish served for the Chinese new year family dinner on the eve of CNY. The noodle symbolises long life so it is a "must have" dish for all birthdays, anniversaries, opening of businesses, etc. long life for our parents and grandparents, generally for the elders of the family.

As a child, I would watch my mum stir fry the noodle, tossing it in the air, and the flames rushing out of the charcoal stove, like golden fangs of a fiery dragon. This noodle dish was our favourite among the many other dishes for our CNY family dinner.

Years later, when my young nephew who grew up in Canada came to visit my hometown of Ipoh, I took him to a mee making factory, a home factory really, just behind my parents' house. He saw a couple making these noodle from wheat flour, water and oil. Yee Shin or Paul was absolutely fascinated. He

was only 9 years old then.

**PROPS**

Props for filming

Wok, wok charn (ladle) bowls of ingredients as in the recipe, stove, etc