

Hot and Spicy Chinese Noodle Soup

Ginger and chili-flavored sesame oil give this dish an authentic Asian flavor.

In a pot, submerge the shiitake in water and soak for 2 hours or longer. Remove shiitake, cut off and discard stems, and thinly slice caps. Return caps to soaking water. Add ginger to the shiitake stock and gently simmer 10 minutes. Remove and discard ginger. Add salt, carrots, and bell pepper or celery, and simmer 10 minutes.

While soup is simmering, boil noodles in another pot for 5-6 minutes. Rinse cooked noodles under cold running water, drain well, and chop into 2-inch lengths. Divide noodles among individual serving bowls. To the simmering pot, add peas and soy sauce and simmer a minute more. Add chili-flavored sesame oil and remove from heat. Ladle hot soup over noodles and serve.

Preparation List:

Serves 6

- 6 cups water
- 5 dried shiitake
- 2 slices peeled fresh ginger root
- 1 teaspoon sea salt
- ½ cup thinly sliced carrots
- 1/3 cup diced red bell pepper or thinly sliced celery
- 2 ½ ounces/70 grams clear noodles, such as bifun
- 12 edible pod peas, trimmed and diagonally cut into 2-3 pieces
- 2 teaspoons natural soy sauce
- ¼ teaspoon chili-flavored sesame oil