

Seafood Chowmein

Preparation : 15 minute
Cooking Time : 30 minutes
Serves : 4

The art of Chinese cooking is in the preparation of the food ingredients prior to your final cooking and ensuring you have these set aside and in close proximity to your wok and stove.

INGREDIENTS

<ul style="list-style-type: none">• 125g King Prawns raw• 1 tsp sugar• 1 cup Chicken stock (see recipe)• 1 tbsp cornstarch• 250g Fish Fillets (any white flesh)• 125g Scallops (optional)• 125g Squid tubes• 50g Cauliflower• 50g Celery• 50g Cabbage• 50g Baby corn (canned)• 50g Carrots• 1 tsp ginger	<ul style="list-style-type: none">• 50g Capsicum• 50g Broccoli• 50g Straw mushrooms• 2 tbsp finely grated garlic• 1/2 tsp Sesame oil• 1 small onion• 1/2 tsp White pepper• 2 tbsp Oyster sauce• 3 cups peanut oil• 1/2 tsp salt• 150g Noodles (dry packet)• 2 tbsp Rice wine or Penfolds sweet sherry• 8 Garlic knobs
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METHOD

1. Cut fish into bite size pieces 25mm x 6mm and set aside. Clean and prepare squid by scoring in a cross pattern and cutting into 30mm x 10mm pieces and set aside. Clean and de-vain prawns and slit back to partially open, set aside.
2. Half fill cup with water and add cornstarch being careful not to stir but allow cornstarch to sink. Tip excess water from cup and stir and set aside.
3. Slice the straw mushrooms into halves and prepare capsicum, cabbage, cauliflower, broccoli and onion into 25mm square pieces.
4. Prepare celery by cleaning and cutting diagonally into 25mm lengths and setting aside.
5. Prepare garlic knobs, ginger and grate finely, set aside.
6. Blanch all vegetables including baby corn, capsicum, cabbage, cauliflower, broccoli, and celery for 2mins in boiling water, and immediately place under cold water to stop further cooking and set aside.
7. Prepare wok and heat 3 cups oil to moderate heat and pre-cook fish pieces a few at a time and set aside, continue with scallops, prawns and squid until complete, ensuring these are only 1/2 cooked. Set all seafood aside.
8. Boil salted water in pot and place dried noodles for 2 - 3mins. Remove and place under cold water.
9. Clean wok and add 10ml oil and heat very hot to smoking. Add cooked noodles and sauté 1 - 2min and place on a serving plate and keep noodles warm.
10. Clean wok and heat to very hot and place 20ml oil and swirl to cover wok surface. Add 1 tbsp garlic, 1 teaspoon ginger, and all vegetables previously blanched. Add salt, sugar, pepper and chicken stock.
11. Add rice wine and sauté 1min.
12. Add prawns, scallops, fish, squid, sesame oil and oyster sauce and stir fry 2mins. Add enough prepared cornstarch to thicken sauce and simmer

- 1min.
13. Place prepared noodles onto required dishes and serve cooked chow mien mixture over noodles and serve.
 14. Enjoy

ACKNOWLEDGEMENTS

Recipe with the compliments Mike Buck Mandurah Western Australia.