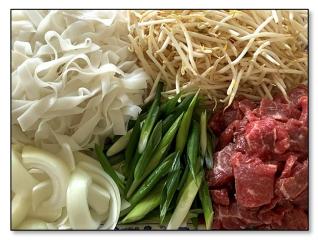
Starport Foods

Spicy Hunan Beef & Rice Noodles Chow Fun





Ingredients:	
2 C.	Spicy Red Hunan Sauce (Starport 212) or Garlic Sesame Sauce (Starport 209)
2 Lbs.	Rehydrated dried wide rice noodles, (1 lb. dried rice noodles) or fresh wide rice noodles
1 lb.	Bean sprouts
.5 lb.	Onions, sliced ¼" along grain
4 stalks	Green onions, bias sliced
1 lb.	Beef, sliced, marinated and velvetized
4 Tbsp.	Corn oil

Instructions:

- 1. Soak dried rice noodles in warm water about 30 minutes until softened. Re-hydrated noodles weigh about double that of dried weight. Drain well and add 1 Tbsp. of oil to about 2 lbs. of noodles to prevent sticking, toss, cover and refrigerate until use.
- 2. Marinate and velvetize sliced beef and set aside (see below).
- 3. Heat a wok or griddle to medium heat. Add in 3 Tbsp. oil, velvetized beef and spread evenly, then add in rice noodles on top of beef, do not stir and let beef sear for 30 seconds.
- 4. Toss beef and rice noodles gently about two minutes, then add in bean sprouts and onions. Continue to stir fry another two minutes until noodles are softened and become translucent.
- 5. Add in 2 C. **Spicy Rede Hunan Sauce or Garlic Sesame Sauce** toss gently and stir-fry until steaming hot.
- 6. Add in green onions and remove from heat.

Notes:

- 1. Bean sprouts may be substituted with sliced 1/4" wide green cabbage.
- 2. Fresh rice noodles are more delicate and needs more stir fry practice.

Beef Marinade and Velvetization

- 1. **To marinate:** For 10 lbs. sliced beef, dissolve 0.4 lb. (% C.) **Marinade Seasoning** (Starport 356) in 14 C. water then add 1 C. corn oil. Mix well and marinate beef for 30 minutes or more.
- 2. **To velvetize:** Oil blanch beef in deep fryer at 350°F in 2-pound batches for 60-80 seconds, unclumping the beef pieces with tongs. Beef will NOT be fully cooked. Remove and drain off oil.
- 3. When cool, place in covered container and refrigerate until ready to use. Make batch daily.