

# Starport Foods

## Spicy Hunan Beef & Rice Noodles Chow Fun



Ingredients:	
2 C.	<b>Spicy Red Hunan Sauce</b> (Starport 212) or <b>Garlic Sesame Sauce</b> (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 velvitized
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 Red 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 ¼” 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. (7/8 C.) **Marinade Seasoning** (Starport 356) in 1¼ 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.