

DISCLAIMER!!!

- ▶ HAHA, NOTHING! NO DISCLAIMER AT ALL!
- ▶ ... Yeah, your stuck with me for a whole 2 minutes.



Chow Mein

By Matthew Wong

Reason for why I picked Chow Mein?

- ▶ My grandmother (who sadly past away) would always make this for any family gathering. Except Birthdays...
- ▶ Before cooking class, I was a really bad picky eater, and this dish was always there.
- ▶ Always good when playing video games, gives me brain power

Ingredients:

- ▶ Chow Mein noodles (the package literally says that)
- ▶ Celery
- ▶ BBQ (no fat) {pre-bought from store}
- ▶ Carrots
- ▶ Cabbage
- ▶ Salt
- ▶ Oyster sauce
- ▶ Olive oil
- ▶ Soy Sauce (sometimes)



The Steps:

- ▶ Wash vegetables
- ▶ Chop Vegetables and BBQ
- ▶ Boil your noodles for 5mins
- ▶ Rinse with cold water while in strainer to drain. (stops cooking process)
- ▶ Let it rest, for 10 mins
- ▶ Heat up wok, and start frying noodles (do it in batches)
- ▶ Put fried noodles into big bowl
- ▶ Start Frying celery and carrots together
- ▶ Put in big bowl with noodles
- ▶ Repeat process for BBQ and Cabbage (separately)
- ▶ After all of that, you start mixing it with oyster sauce (soy sauce too)



HISTORY!

- ▶ It's a Asian dish, very common in Chinese (just go to any Chinese restaurant)
- ▶ The word Chow Mein came from the people of Taishan, which is a city located in the Pearl River Delta, southwest of Jiangmen
- ▶ Originally, The noodles would be fried, like the Chow Meinn I've made, but now in west coast style, its usually steamed.
- ▶ Chow Mein, translates to "fried noodles"

I GUESS, ITS TIME TO CHOW DOWN!!

- ▶ ... Yeah lets just end that there, Enjoy!