

Recipe

Homemade Noodle Soup

By

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Ingredients

Dough:

1/3 cup rye flour*

2/3 cup all purpose flour

1 tsp flaxseed meal, optional

1/3 cup water

Soup:

2 tsp oil

¼ cup chopped carrot

½ cup chopped Chinese celery or regular celery

1 tbsp cilantro

1 cup shredded cabbage

1 quart water

2/3 tsp salt

½ tsp Chinese chili paste

Preparation

Mix flour with water. *You may use 1 cup of all purpose flour instead of rye or whole wheat. Knead the dough for 10 to 15 minutes. If it gets too dry, add some water. Divide the dough into 3 balls. Roll each ball into a square or a rectangle. With a sharp knife, cut each square or rectangle into thin strips.

Heat oil in a pan. Sauté vegetables (you may use any vegetables you like) with salt until they are tender. Meanwhile, bring water to a boil in a pot. Dump noodle strips in hot water and cook for 5 minutes. Add cooked vegetables in the pot and cook for 2 minutes. Before serving, sprinkle with cilantro leaves and chili paste.

**Noodle soup is our daily food in Taiwan. There are various kinds of noodle soup. Noodles can be made from rice, wheat, mung beans, buckwheat, etc.

Serves

2

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