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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