

Recipe

Noodles with Chinese Toon (Mahogany) Sauce

By

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Ingredients

Chinese Toon Sauce:

4 cups of Chinese toon* (Chinese mahogany leaves) dry or fresh

- 1 cup soy sauce paste (thick than regular soy sauce)
- ½ cup sesame oil
- ¼ cup oil
- 1 tsp salt
- Chili, optional

Noodles:

- 8-12 oz Chinese noodles or spaghetti, cooked
- 1 cup of mung bean sprouts
- Some cilantro leaves to garnish
- 1 tbsp soy sauce
- 1 tsp sesame oil, optional

Preparation

To make the sauce:

If you are using dry Chinese mahogany leaves, ground them to thin powder first. If you are using fresh tender leaves, chop them into fine pieces or blend them well in a blender.

Heat oil (not sesame oil) in the pan. Add the leaf powder or fine pieces. Add soy sauce paste and sesame oil. Keep stirring to prevent the sauce from burning. Add salt at last. It will take about 20 minutes to make the sauce. Once it is done, let it cool in a jar. If you want to keep the sauce longer, add more oil. You can keep the jar in the refrigerator for 4-6 months.

To make the noodles:

Once the noodles are cooked, while still warm, in a medium bowl, add 2 tbsp of the sauce, and some soy sauce and sesame oil. If you like your noodles salty and spicy, add some salt and chili now. Toss all ingredients well. Top the noodles with mung bean sprouts and cilantro leaves.

*Chinese toon leaves are good for diabetes and they are useful for strengthening the spleen, promoting digestion. Besides, it is also good for clearing away heat and eliminating toxins.

Serves

4 servings

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