

Authentic Lort Cha

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“A Bowl that Keeps Our Roots Alive”

Every holiday, the sound of my grandma’s pan meant it was time to gather. Before the laughter, before the gifts there was always that familiar sizzle of oil, garlic, and noodles hitting the pan. Lort cha wasn’t fancy; it was fast, warm, and full of soul.

For her, this dish wasn’t just something quick to make, it was a reminder. A way to keep Southeast Asian culture alive in a new world that sometimes felt far from home. The noodles symbolized connection short, sturdy, intertwined just like family.

She used to say, “Food remembers where we came from, even when we forget.” Now, whenever I cook lort cha, especially during the holidays, I feel her beside me not just through the smell of fried garlic or the crackle of the egg, but in the pride she carried for our culture. A single pan, a handful of noodles, and a legacy that still feeds us in every sense of the word.

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SERVES: 2-3 **PREP TIME:** 10 minutes **COOK TIME:** 10 minutes

INGREDIENTS

12 oz lort noodles (short, thick rice noodles or substitute cut-up rice noodles)
2 tbsp neutral oil (vegetable or canola)
2 cloves garlic, minced
½ small onion, thinly sliced
½ cup bean sprouts
1 scallion, sliced
2 tbsp soy sauce
1 tbsp oyster sauce
1 tsp fish sauce
1 tsp palm sugar (or brown sugar)
½ tsp dark soy sauce (optional, for deeper color)
1 egg, fried sunny-side up
Optional protein: sliced beef, shrimp, or Chinese sausage (lap cheong)
To serve: chili oil, lime wedge, and pickled vegetables on the side

INSTRUCTIONS

01 Prepare the noodles

Rinse the lort noodles under warm water to loosen and prevent sticking.

02 Make the sauce

In a small bowl, combine soy sauce, oyster sauce, fish sauce, palm sugar, and dark soy (if using).

03 Stir fry

Heat oil in a wok or large pan over medium-high heat. Add garlic and onion; stir until fragrant and lightly golden.

04 Add protein

Toss in your choice of protein and cook until just done.

05 Add noodles & sauce

Increase the heat and add noodles. Pour the sauce over and stir-fry quickly to coat evenly the noodles should take on a glossy, caramelized color.

06 Finish

Add bean sprouts and scallions last; cook briefly to keep them crisp.

07 Serve

Plate and top with a fried egg, a spoon of chili oil, and a squeeze of lime.