

Taiwanese Cold Noodles

BY TJ LEE | @CUPOFTJ

Taiwanese Cold Noodles is one of my absolute favorites! In Taiwan you can get it in the convenience stores and in street food stalls that open as late as 4am. It's such a great appetizer or main course for gatherings. And people who know it, are going to absolutely go crazy for it! The sauce in this recipe is delicious and will have your guest slurping it down. Enjoy it right away!

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SERVES: 4 **PREP TIME:** 20 minutes **COOK TIME:** 6 minutes

INGREDIENTS

Sesame Dressing

2 to 3 cloves garlic
½ cup plus 1 tbsp Chinese sesame paste
½ cup plus 1 tbsp water, plus more as needed
3 tbsp soy sauce, plus more as needed
3 tbsp toasted sesame oil
2 tbsp creamy peanut butter
2 tbsp rice vinegar
1 tbsp packed light or dark brown sugar
¼ tsp kosher salt, plus more as needed

Noodles and Toppings

1 ½ tsp vegetable oil
2 large eggs
Pinch kosher salt
¼ medium English cucumber (about 3 ounces)
1 small carrot (about 2 ½ ounces)
2 ounces thinly sliced deli ham (about 2 slices)
7 ounces dried Kuan Miao (Guan Miao) Taiwanese thin noodles

Note

You can use other Asian dried wheat noodles here, cook according to package directions before using.

INSTRUCTIONS

01 Make the Sesame Dressing

Mince 2 to 3 garlic cloves until you have 1 teaspoon. Place in a medium bowl and add ½ cup plus 1 tablespoon sesame paste, ½ cup plus 1 tablespoon water, 3 tablespoons soy sauce, 3 tablespoons toasted sesame oil, 2 tablespoons creamy peanut butter, 2 tablespoons rice vinegar, 1 tablespoon packed brown sugar, and ¼ teaspoon kosher salt. Whisk until smooth.

02 Make the Noodles & Toppings

1. Whisk 2 large eggs with a pinch of salt with a fork in a small bowl until well blended. Heat 1 ½ teaspoons vegetable oil in a large nonstick pan over medium heat until shimmering. Pour in the eggs in and tilt the pan to create a thin layer. Cook until the egg is set and crêpe-like with little to no browning, about 1 minute per side. Transfer to a cutting board and cut into thirds. Stack the portions and cut crosswise into ¼-inch wide matchsticks. Transfer to a plate.
2. Bring a large pot of water to a boil over medium-high heat. Meanwhile, prepare the following, placing each on the plate of eggs as you complete it (you should get about ½ cup each): Cut ¼ English cucumber lengthwise into ¼-inch thick planks. Stack a few planks and cut lengthwise again into ¼-inch wide matchsticks. Peel and cut 1 small carrot into thirds crosswise. Cut lengthwise into 1/8-inch thick planks, then cut the planks into ⅛-inch wide matchsticks. Cut 2 ounces sliced ham into ¼-inch wide matchsticks that are about 2 inches long.
3. Add 7 ounces dried Kuan Miao noodles to the boiling water and cook, stirring occasionally, until tender, about 4 minutes or according to package directions. Drain and rinse under cold running water, then drain well again. Transfer to a large bowl.
4. Add about ⅔ of the sauce to the noodles and toss to combine, adding 1 tablespoon water if needed to loosen the sauce. Add all the toppings and toss to combine. Taste and season with more sauce, kosher salt, or soy sauce as needed.