

Lorie's Korean / Chinese Bulgogi-Lo Mein

Ingredients: 1 bunch of Green Onions



1 to 2 lbs of beef (any beef cut, beef tips, roast, london broil etc.)
(you could get pre-sliced beef to save on prep time.)



(2) 16 oz. boxes of ultra thin noodles
(note: we have tried every brand but the only one that is perfect is:
DeCecco (Capellini No.9), or (Angel Hair no.9)



DeCecco products Available at many
Harris Teeter Grocery Stores in North Carolina.

1 bottle of soy sauce preferably Kikkoman Lite (Low Sodium) 8 to 10 oz.



1 bottle of sesame oil (any brand) (5 to 8 oz)



1 package of carrot sticks (any brand)



1 tsp of sugar

1 pinch of pepper

1 Tbs of minced Garlic (or more if you really like Garlic)



Some Chili Garlic Sauce for table seasoning as desired, similar to Sriracha but hotter and not as sweet, made by same mfg.



PREPARATION OF Stir-Fried BEEF (Korean Bulgogi without Sesame Seeds) in Soy, Garlic, Green Onions Marinade

Pour the entire bottle of soy sauce into large mixing bowl then add the following ingredients
Add chopped / minced green onions (entire stalks except roots),
Stir in 1 tsp of sugar,
Add 1 pinch of pepper,
Stir in 1 Tbs of chopped Garlic (or more to taste)



Slice beef into thin strips and add the strips to the sauce/marinade mixture

Transfer beef-strip marinade mix to sauce-pan.



Cook meat /soy /garlic mixture in a Sauce pan about 20 min. (medium heat) stirring frequently until meat is fully-cooked and browned!
After cooking use a strainer bowl over a catch-pan to drain liquid from meat mixture saving liquid and transferring liquid to a small serving bowl to add at table as desired (add 1 tbs per serving according to taste, if you are on a salt-free diet, skip this meal.)
Empty the strained cooked beef, green onions, garlic mix into a suitable bowl as this will be gradually mixed with pasta, carrots, sesame oil.

PREPARATION OF CARROTS: (this can be done before or while cooking beef-marinade)

Pour package of express carrots into bowl (1 to 2 quart) and add water to cover carrot sticks.
Cook in microwave 25-35 min. or until soft – not crunchy, unless you really like crunchy carrots.
Drain carrots and set aside for mixing everything together when pasta is ready.

PREPARATION OF NOODLES:

Bring a large pot of water to a boil (like preparing spaghetti noodles), cook the noodles in small enough portions so that you will have room in the pot to stir the noodles while cooking to keep the noodles from sticking together).

It is very important to spread them around in pot when adding them to the water or they will stick together! Cook these noodles about 3 min. at a full boil until noodles just beyond al dente. (not crunchy in the middle)

It is very important **not** to overcook the noodles. **They will become sticky! And sticky pasta ruins the dish.**

If your noodles Are starchy / sticky try a different brand, DeCecco will not become sticky if not overcooked- also keep in mind the noodle size (thickness) is critical—“thin spaghetti” is way too large.. We use De Cecco brand “Capellini No.9 or Angel Hair No.9” they always come out perfect.

Drain noodles (do not rinse them) and set noodles aside! If you have an assistant, the assistant can continue to cook and drain small batches of noodles while you proceed immediately to combine all elements as you do not want the noodles to sit after being drained for more than a few minutes before you begin combining all the elements (see below).

ADD ALL INGREDIENTS TOGETHER

Use a large pot, Large enough to hold everything that has been prepared, Pour a little sesame oil in the bottom of the pot, enough to coat the bottom of pot so noodles will not stick to bottom of pot. Add drained noodles gradually to pot (one small drained batch at a time) while mixing a little sesame oil and lightly tossing/stirring noodles so that all noodles get a light coating of sesame oil. (Use about ½ bottle of sesame oil per 16 oz box of noodles) also add the cooked carrots in small portions and also Add Cooked beef (already drained) in small portions – gradually, mixing as you go. Since you are mixing ingredients in small portions, the final outcome will be evenly mixed so that every portion contains all of the ingredients.

It is a good idea to transfer the contents of the finished product to a slow-cooker on low heat, in order to keep the dish warm for a couple hours if you are preparing in advance. Serve hot adding chili garlic sauce (start with a small dab, it's spicy hot) and also add a tsp of the soy garlic marinade liquid (from draining of stir fried beef mixture) as desired to taste. Enjoy!

This dish re-heats well in the microwave, cover the portion on the plate with a bowl to prevent splatters and to prevent drying out the portion.

If there are any leftovers, refrigerate, and hide a bowl for yourself, as midnight snackers usually eat the leftovers before morning.

